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Bridge

SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL

"IN EVERY CRISIS, THERE ARE OPPORTUNITIES AS WELL. THINK OF THESE POSITIVES AND KEEP GOING."

DR AMY KHOR
Adviser to Hong Kah North GROs

Caring for the Community

Strategic programmes and partnerships to help different groups of residents

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Transforming old postal uniforms into practical items

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BRINGING SMILES
ExxonMobil delivers care packs for 11 years running

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BUKIT GOMBAK PARK
A new green space for residents to unwind

Visuals shown are for illustrative purposes only.

CDC Voucher

Good news!

Every Singaporean Household will receive $100 in CDC Vouchers

Spend at participating hawkers and heartland merchants

Identify one member of the family to claim on behalf of your household

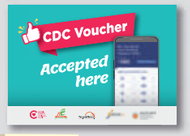
Please visit your nearest CC if you do not have a smartphone or Singpass, and need help to claim your CDC Vouchers.

Claim your vouchers now!

1. **Go to go.gov.sg/cdcv** and log in using Singpass. Only one household member is required to do this on behalf of your household.
2. **Key in your mobile number** and get a One-Time Password.
3. **Get your CDC Vouchers link sent via SMS.** Click on the link to go to your vouchers. Please share the vouchers with your other household members.

Start spending them!

4. **Visit a participating hawker or heartland merchant.** Simply look out for this decal.



5. **Tap to select the voucher(s) you want to use.** Present the QR code to the shop to scan.

Where to spend CDC vouchers?

Enter street name or postal code GO

Search for the nearest participating hawkers and heartland merchants at **gowhere.gov.sg/cdcvouchersmerchants**

Claim your vouchers!
go.gov.sg/cdcv

Vouchers are valid till 31 December 2022.

Need help to claim your vouchers?
Visit your nearest Community Centre/Club (CC) from 10am to 6pm (except Public Holidays) for assistance, or call PA hotline: 6225 5322 or write to us at **https://www.pa.gov.sg/feedback**.

Find out more:
Website: **https://vouchers.cdc.gov.sg**

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Bridge

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EDITORIAL TEAM
Ms Yong Puay Khim
Ms Wilna Tan
Ms Annie Sng
Ms Teri Quek
Ms Dashini Balachandran

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For enquiries, please email **southwest_cdc@pa.gov.sg**

SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL

The JTC Summit
8 Jurong Town Hall Road
#26-06 Singapore 609434
Tel: 6316 1616

www.cdc.gov.sg/southwest

Celebrating Our Solidarity

MS LOW YEN LING
Mayor of
South West District

Dear friends,

Happy New Year! As we begin 2022 with renewed hope, let us also celebrate the efforts we've made together as a community in uplifting and supporting each other.

The CDC has been working closely with our many partners to aggregate resources such as daily necessities, learning materials, meals, transport vouchers and financial assistance to support our vulnerable residents. I would like to extend my heartfelt appreciation to all our partners who have faithfully continued to support the CDC's outreach efforts despite the challenging pandemic.

For the past 13 years, our long-time partner Koh Kock Leong Enterprise Pte Ltd has contributed to many programmes such as Festive Cheers @ South West, South West CDC-KKL Education Grant and more. Over the next three years, the company will also support the newly launched $1 million South West Care Fund, which will be used to provide needy residents with practical help. Similarly, ExxonMobil, another long-time partner, has been distributing grocery packs to vulnerable residents under the Adopt @ Boon Lay programme for more than a decade. We are also thankful to Siltronic Singapore Pte Ltd and Siltronic Silicon Wafer Pte Ltd for meeting the needs of preschoolers and lower-income households through the My Schooling Needs @ South West and Food Connect @ South West programmes.

As we celebrate the strides we have made to improve the lives of residents, let us continue to keep an eye out for those around us who are in need, and grow the spirit of solidarity and neighbourliness in our district.

Wishing you a healthy and happy year ahead for 2022!

Rakan-rakan yang dihormati,

Selamat Tahun Baru! Sambil kita memulakan tahun 2022 dengan harapan baru, ayuh kita raikan usaha yang telah kita lakukan bersama sebagai sebuah masyarakat dalam meningkatkan dan saling menyokong satu sama lain.

CDC telah bekerjasama rapat dengan pelbagai rakan kongsi untuk mengumpulkan sumber-sumber seperti keperluan harian, bahan pembelajaran, makanan, baucar pengangkutan dan bantuan kewangan untuk membantu para penduduk kita yang memerlukan. Saya ingin mengucapkan setinggi-tinggi penghargaan kepada semua rakan kongsi kami yang terus setia menyokong usaha pendekatan masyarakat CDC walaupun berdepan cabaran pandemik.

Sepanjang 13 tahun yang lalu, rakan kongsi lama kami Koh Kock Leong Enterprise Pte Ltd telah menyumbang kepada pelbagai program seperti Festive Cheers @ South West, Geran Pendidik South West CDC-KKL dan banyak lagi. Dalam tempoh tiga tahun yang akan datang, syarikat ini juga akan menyokong Dana Penjagaan Barat Daya bernilai $1 juta yang baru dilancarkan, yang akan diguna untuk menyediakan bantuan praktikal kepada para penduduk yang kurang bernasib baik. ExxonMobil, yang juga merupakan rakan kongsi lama, telah mengedarkan pek-pek barangan dapur kepada penduduk yang memerlukan di bawah program Adopt @ Boon Lay selama lebih sedekad. Kami juga berterima kasih kepada Siltronic Singapore Pte Ltd dan Siltronic Silicon Wafer Pte Ltd kerana memenuhi keperluan kanak-kanak prasekolah dan keluarga berpendapatan rendah melalui program My Schooling Needs @ South West dan Food Connect @ South West.

Sambil kita meraikan kemajuan yang telah kita capai dalam meningkatkan kehidupan para penduduk Barat Daya, kita harus mermerhatikan sekililing kita untuk mereka yang memerlukan dan serta membina semangat setiakawan dan kejiranan.

Selamat sejahtera kepada anda bagi tahun 2022 yang akan menjelang tiba!

அன்பார்ந்த நண்பர்களே,

புத்தாண்டு நல்வாழ்த்துக்கள்! புத்துயிர் பெற்ற நம்பிக்கையுடன் 2022 ஆம் ஆண்டை நாம் தொடங்குகையில், ஒருவருக்கொருவர் கைக்கொடுத்து மேல்தூக்கி விடுவதிலும் உதவியதிலும் ஒரு சமூகமாக ஒன்றிணைந்து நாம் மேற்கொண்ட முயற்சிகளையும் கொண்டாடுவோம்.

எளிதில் பாதிக்கப்படக்கூடிய நிலையில் இருக்கும் நமது குடியிருப்பாளர்களுக்கு அன்றாடம் தேவையான பொருட்கள், கல்வி கற்பதற்குத் தேவையான பொருட்கள், உணவுகள், போக்குவரத்து பற்றுச்சீட்டுகள் மற்றும் நிதியுதவி போன்ற வளங்களை ஏற்பாடு செய்வதற்கு சமூக மேம்பாட்டு மன்றம் (சிடிசி) நமது பல பங்காளர்களுடன் நெருக்கமாகப் பணியாற்றி வருகிறது. சவாலான பெருந்தொற்றுக்கு மத்தியிலும், சமூக மேம்பாட்டு மன்றத்தின் (சிடிசி) விஞ்சிய முயற்சிகளுக்கு நல்லெண்ணத்துடன் தொடர்ந்து ஆதரவளித்து வரும் நமது பங்காளிகள் அனைவருக்கும் எனது மனமார்ந்த பாராட்டுகளைத் தெரிவித்துக் கொள்ள விரும்புகிறேன்.

கடந்த 13 ஆண்டுகளாக, நமது நீண்ட காலப் பங்காளியான Koh Kock Leong Enterprise Pte Ltd, ஃபெஸ்டிவ் சியர்ஸ் @ சவுத் வெஸ்ட், சவுத் வெஸ்ட் CDC-KKL கல்வி மானியம் மற்றும் பல திட்டங்களுக்குப் பங்களித்துள்ளது. அடுத்த மூன்று ஆண்டுகளுக்கு, இந்த நிறுவனம் புதிதாகத் தொடங்கப்பட்ட $1 மில்லியன் சவுத் வெஸ்ட் (தென்மேற்கு) நல நிதியையும் ஆதரிக்கும். இந்த நிதியானது உதவி தேவைப்படும் குடியிருப்பாளர்களுக்கு நடைமுறை வாழ்க்கைக்குத் தேவையான உதவியை வழங்க பயன்படும். இதேபோல், நமது மற்றொரு நீண்ட காலப் பங்காளியான ExxonMobil, 10 வருடங்களுக்கும் மேலாக அடாப்ட் @ பூன்லே என்ற திட்டத்தின் கீழ் எளிதில் பாதிக்கப்படக்கூடிய நிலையில் இருக்கும் குடியிருப்பாளர்களுக்கு மளிகைப் பொருட்கள் அடங்கிய பொதிகளை விநியோகித்து வருகிறது. மை ஸ்கூல் நீட்ஸ் மற்றும் ஃபுட் கனெக்ட் @ சவுத் வெஸ்ட் திட்டங்கள் மூலம் பள்ளிச் செல்வதற்கு முந்தைய பருவத்தில் உள்ள பிள்ளைகள் மற்றும் குறைந்த வருமானம் உள்ள குடும்பங்களின் தேவைகளைப் பூர்த்திச் செய்வதற்காக Siltronic Singapore Pte Ltd மற்றும் Siltronic Silicon Wafer Pte Ltd நிறுவனங்களுக்கும் எங்களது நன்றியைத் தெரிவித்துக் கொள்கிறோம்.

குடியிருப்பாளர்களின் வாழ்க்கைத் தரத்தை மேம்படுத்த நாம் மேற்கொண்ட முயற்சிகளின் மூலம் அடைந்த முன்னேற்றங்களைக் கொண்டாடும் அதே வேளையில், இன்னும் நம்மைச் சுற்றி உதவியை நாடி இருப்பவர்களைத் தொடர்ந்து கண்காணித்து, நமது மாவட்டத்தில் ஒற்றுமை மற்றும் அக்கம் பக்கத்தில் உள்ளவர்களுக்கு உதவும் உணர்வை வளர்ப்போம்.

2022 ஆம் ஆண்டு ஆரோக்கியமான மற்றும் மகிழ்ச்சிகரமான ஆண்டாக அமைய மனமார்ந்த வாழ்த்துக்கள்!

亲爱的朋友们，

祝大家新年快乐！在我们满怀希望迈入2022年之际，让我们共同庆祝作为一个社区在相互鼓舞与扶持所做出的努力。

西南社区发展理事会一直以来都与多个合作伙伴密切合作，为本区的弱势群体提供各方面的援助，例如日常必需品、学习材料、食物、公交补助券和财务援助。我在此谨向所有合作伙伴表示衷心的感谢，感谢他们在充满挑战的情况下依然极力支持社理会的拓展工作。

在过去的13年里，我们的长期合作伙伴许国良企业私人有限公司赞助了多个项目，例如“欢庆佳节在西南”(Festive Cheers @ South West) 、西南社区理事会-许国良教育补助金 (South West CDC-Koh Kock Leong Education Grant) 等。在未来三年，该公司也将资助新成立的100万元西南关怀基金 (South West Care Fund)，为有需要的居民提供实际援助。另一家长期合作伙伴埃克森美孚在过去的十多年也通过文礼邻里关怀计划 (Adopt@Boon Lay) 向弱势居民伸出援手、派发关怀礼包。我们也要对世创电子新加坡有限公司和世创电子材料硅片私人有限公司表达由衷的谢意，感谢他们通过西南区学校与餐饮关怀计划(My Schooling Needs @ South West and Food Connect @ South West)，为学龄前幼童和低收入家庭提供必要的援助。

在我们庆祝改善居民生活各方面取得的成就同时，让我们继续帮助周围有需要的人，在社区内发扬团结友爱的精神。

祝大家有一个健康快乐的2022年！

Deepening connections

SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL LAUNCHED THE SOUTH WEST CARE FUND AND THANKED PARTNERS FOR THEIR CONTINUED SUPPORT AT ITS DISTRICT MEETING.

PLAYING THE ROLE OF A COMMUNITY AGGREGATOR, BUILDER AND CONNECTOR, SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL (CDC) has expanded support for the district's residents in the past year despite challenges brought about by the COVID-19 pandemic, Mayor of South West District Ms Low Yen Ling shared this at the South West District Meeting 2021 on 30 November 2021. She added that the CDC increased its reach by more than 75 per cent in 2020, aiding over 600,000 residents. "In spite of the challenging economic climate, 2020 saw our corporate partners donating over $10.2 million in cash and in kind. The generous contributions of financial aid, expertise and time from our corporate and community partners and volunteers have enabled us to achieve more collectively," said Mayor Low.

Adviser to Chua Chu Kang GRC GROs (Keat Hong) Mr Zhulkarnain Abdul Rahim highlighted that South West CDC has been leveraging technology to better match community resources with the changing demographic needs of residents. "For example, we have a tele-befriending programme with the Girls Brigade Singapore to connect with our elderly residents," he said.

The use of technology has also complemented South West CDC's efforts in matching residents to their potential employers. Adviser to Jurong GRC GROs (Jurong Spring) Mr Shawn Huang recounted how he tapped on the newly launched qood portal to help one of the residents Mr Najib, who had been unemployed for six months, find a job. The portal increases the chances of a successful match for jobseekers and employers. Mr Najib was employed as a driver and was promoted to a transport supervisor within a month as he helped improve the workflow of his company's transport department," Mr Huang shared.

Mayor Low addressing attendees at the South West District Meeting 2021.

Mayor Low interacting with Mr Terence Quek, BBM, Chairman of Social Services Functional Committee, South West CDC (middle) and Ms Cecilia Tan (right), Vice President, Global Government Relations & Public Policy, Asia Pacific, Middle East and Africa, Procter & Gamble.

From left: Mr Zhulkarnain Abdul Rahim, Ms Vivian Chua, Managing Director of HP Inc. Singapore, and Mr Shawn Huang.

PLUGGING GAPS IN ASSISTANCE

At the district meeting, Mayor Low launched the $1 million South West Care Fund set up in partnership with Koh Kock Leong Enterprise Pte Ltd (KKL). Noting that COVID-19 has exacerbated many of the challenges already faced by vulnerable persons, Mayor Low said this new initiative under Adopt @ South West will bring holistic, essential and practical support to residents over the next three years.

"Besides complementing the existing CDC local assistance schemes, the fund will widen our net of support to include more areas under the three pillars of social support and wellness, education and enrichment, and home maintenance and improvement. For example, residents can use the funds given to them for counselling and therapy sessions, skills-training workshops or home maintenance services," Mayor Low elaborated.

Sharing about his company's involvement in improving lives in the community, KKL Managing Director Mr Koh Tiam Teck said, "We are humbled to partner South West CDC to better support vulnerable residents through the launch of the South West Care Fund. We hope that our contribution can effectively plug some gaps in the community to build a stronger safety net so that vulnerable residents can obtain the assistance they require."

Having worked with underprivileged children and youth, Ms Elaine Tan, a school social worker from SHINE Children and Youth Services, welcomed the financial support. "Eligible families can apply for funding for school-related expenses such as transportation and enrichment. The South West Care Fund can help to plug the gaps and will be a welcome relief for many underserved families," said Ms Tan.

Adviser to Nanyang GROs Mr Ang Wei Neng is keen to tap on the new fund to help residents in his constituency. "We are already giving vouchers to incentivise students in rental blocks to attend free tuition classes. With the South West Care Fund, I am excited to see how we can help these students even more in their learning."

RECIPIENTS OF SOUTH WEST CARING CORPORATE AWARDS

Diamond Award

- Koh Kock Leong Enterprise Pte Ltd
- Procter & Gamble

Sapphire Award

- Bo Tien Welfare Services Society
- HP Inc.

Ruby Award

- The American Chamber of Commerce in Singapore
- ExxonMobil Asia Pacific Pte. Ltd.

Emerald Award

- Microsoft Singapore

From left: Mr Zhulkarnain, Mr Ang, Mayor Low, Mr Koh, Mr Huang and Mr Quek launching the South West Care Fund.

SHOWING APPRECIATION TO PARTNERS

Besides Koh Kock Leong Enterprise Pte Ltd, other corporate partners have also stepped forward to meet the needs of vulnerable residents. HP Inc. donated 2,000 printers, while Microsoft Singapore gave out more than 60 laptops and tablets to support less-privileged students in their home-based learning. Procter & Gamble Singapore contributed $5 million worth of care packs to 300,000 migrant workers. Bo Tien Welfare Services Society, ExxonMobil Asia Pacific Pte. Ltd. and The American Chamber of Commerce in Singapore are also long-time partners who have contributed actively towards the South West CDC's Adopt @ South West programme.

To show its appreciation, South West CDC presented the seven organisations with the South West Caring Corporate Awards. "The best defence against the pandemic is working as a community to weave a tight social safety net around our vulnerable residents, so no one falls through the cracks," said Mayor Low.

CHARTING THE PATH AHEAD

During the district meeting, Ms Low shared that more webinars on how to manage mental wellness and provide better caregiver support would be launched in the first quarter of 2022.

She added that South West CDC would continue to advance in the four 'S' areas in the coming year: sustainability for a sustainable South West, skills for employment through job reskilling and enhancement, strengthening of our social safety net and fostering the spirit of SG United.

"COVID-19 has underscored the importance of keeping the CDC agile and adaptable. We thank you for partnering us to steer our community through an unprecedented time. We are confident that our solidarity will empower us with the strength to overcome the challenges ahead," Ms Low concluded. *B*

Mayor Low with the Caring Corporate Awards recipients.

More support in three areas

The South West Care Fund will defray living expenses of vulnerable residents with a widened scope of assistance under the three focus areas of Adopt @ South West:

i) Social Support & Wellness

- Food
- Essentials
- Phone & Connectivity
- Medication and medical supplies
- Counselling and therapy services
- Mental health related workshops and services

ii) Education & Enrichment

- Academic support programmes
- School transportation expenses
- School supplies and books
- Enrichment programmes to equip residents with new knowledge and skills for self-improvement
- Non-academic programmes to promote holistic development of underprivileged students
- Training workshops for upskilling and improving employability of residents
- Equipping seniors with skills to be digitally savvy

iii) Home Maintenance & Improvement

- Purchase/repair of household appliances and furniture
- Home cleaning and painting services
- Home moving services
- Electrical and plumbing services
- Installation and repair of home assistive devices

Mayor Low presenting the South West Caring Corporate Award (Sapphire) to Mr Kong Meng Sin, President, Bo Tien Welfare Services Society.

KKL Managing Director Mr Koh Tiam Teck receiving the South West Caring Corporate Award (Diamond).

Ms Karen Wong, PBM, Singapore Public and Government Affairs Director, ExxonMobil Asia Pacific Pte Ltd, receiving the South West Caring Corporate Award (Ruby).

Giving new life to old postal uniforms

SINGPOST'S UPCYCLING INITIATIVE BENEFITS BOTH THE ENVIRONMENT AND THE COMMUNITY.

SINGAPORE POST (SINGPOST), THE NATION'S POSTAL SERVICE PROVIDER, has been serving homes and businesses for over 160 years, and the iconic blue uniform worn by its staff has become a symbol of reliability. While the attire was replaced with a new design in 2020, the organisation's latest sustainability initiative, Re:Post, has given it a new lease of life — in the form of lifestyle products that the public can purchase*.

NOTHING GOES TO WASTE

"Throwing them out does not do justice to the values that the uniforms represent and the sacrifices made by generations of postmen to get us to where we are today," explained Mr Vincent Phang, Group Chief Executive Officer of SingPost. "I am delighted by the second lease of life given to the uniforms. By turning them into practical and contemporary lifestyle products, the spirit of service they embody is honoured, environmental waste is reduced and members of the public can own a piece of postal history."

SingPost partnered with South West Community Development Council (CDC) and three homegrown social enterprises — Social Gifting, Alfya Atelier and Our Barehands — to transform the old uniforms into 12 different products such as tote bags, tissue box holders, cushion covers and picnic mats. The three groups put in careful thought in designing items that can be made from various parts of the uniforms, with an emphasis on using as much of the materials as possible. This resulted in lunch bags that incorporate the gutter straps of the raincoats and tote bags with zippers from the cargo shorts. To ensure the quality of these handcrafted pieces was not compromised, the uniforms were sent for cleaning before their transformation.

33,000 old shirts, cargo pants, windbreakers and raincoats weighing 12 tonnes have been made into coin pouches, cushion covers, reversible shopping bags, tote bags, toilet roll holders and picnic mats.

12 different products such as tote bags, cushion covers, tissue box holders and coin pouches were made from the old SingPost uniforms.

Mdm Latifah Suradi, Founder of Alfya Atelier (far left); Ms Chanel Go, Co-founder of Our Barehands (second from left); and Ms Valen Tan Husistein, Founder and Chief Empowerment Officer of Social Gifting (far right) receiving tokens of appreciation from Mr Vincent Phang, Group CEO of SingPost, and Mayor Low Yen Ling.

TAPPING ON COMMUNITY TALENT

The upcycling project has helped 138 beneficiaries find purpose and earn an income during the COVID-19 pandemic. Social Gifting roped in seniors from Lions Befrienders senior activity centres to craft the products. One of them is 66-year-old Mdm Tan Siew Hong. The Clementi resident has always enjoyed sewing and was glad for the chance to put her skills to meaningful use. "It took us about two months to complete the items. All of us who took part are very happy to be a part of Singapore's postal history," she told *BRIDGE*. "As we had to use a new model of sewing machine to make the products, there was a bit of a learning curve. But I am glad we overcame the challenge."

The project also brightened up the life of head coach at Social Gifting Ms Betty Tan, who created sewing instructions and taught 30 seniors how to sew the items. "When Social Gifting approached me to participate, I immediately dedicated myself to the project and created over 10 prototypes. Four were chosen for production. Within two months, we created 1,240 pieces of coin pouches, tissue bags, bottle bags and toilet roll holders with seniors from Lions Befrienders," she shared.

Mayor Low and Mr Phang displaying the old uniforms before placing them into a post box to launch Re:Post.

The Social Gifting team engaged seniors from Lions Befrienders to produce over 1,200 items from old SingPost uniforms.

Mayor Low and representatives from SingPost admiring a picnic mat made out of old SingPost windbreakers and rainy weather outfits.

Our Barehands founders Ms Germaine Lye (far right) and Ms Chanel Go (second from right) partnered NAFA student Ms Callyn Yang (far left) to design three upcycled items.

Mayor Low and Mr Phang with Alfya Atelier's Miss Lina Othman (second from left) and Mdm Khai Suradi (far right).

COMMUNITY CARE

The South West Caregiver Support Fund provides a one-time $500 grant to caregivers to defray their self-care and caregiving expenses.

Residents with mobility issues receive additional meal subsidies through Meals Service @ South West.

Alfya Atelier provided work for trained sewers who were either from lower-income households or stay-home caregivers. "We started Alfya Atelier five years ago and were doing quite well until COVID-19 hit," said Mdm Latifah Suradi, Founder and Director of the social enterprise. "When we heard about Re:Post, we reconnected with three of our beneficiaries and roped in three more to help." Beneficiaries earned between $6 and $8 for each product sewn. Mdm Suradi shared, "One of our beneficiaries is an experienced seamstress who recently lost her job. Because she is very fast, she could sew up to 14 bags a day, earning about $80 every day!"

Ms Rabia Jaafar, Co-founder of Alfya Atelier, added, "Our beneficiaries' morale has been greatly boosted by this project as it gave them a source of income during these trying times, especially when most of them had lost their jobs due to the pandemic."

Our Barehands worked with a student from Nanyang Academy of the Fine Arts (NAFA) to design the products, as well as eight local home-based artisans to craft them. "Most of our artisans are single parents who are very good with their hands but do not have the opportunity to use these talents on a full-time basis because of their caregiving responsibilities," explained Ms Chanel Go, Co-founder of Our Barehands. "We are confident that this project would help beneficiaries to improve their professionalism and attention to detail, since many of them have not sewn for commercial projects before. With this experience, they can take on new jobs and live with dignity, knowing that they are supporting themselves with their unique talents," she added.

> "THIS UPCYCLING PROJECT IS AN EXAMPLE OF HOW ORGANISATIONS AND SOCIAL ENTERPRISES CAN COME TOGETHER TO TRANSFORM UNWANTED RESOURCES LIKE OLD POSTMEN UNIFORMS INTO DESIRABLE PRODUCTS — WHILE AT THE SAME TIME MEETING THE NEEDS OF AND UPLIFTING THE VULNERABLE IN OUR COMMUNITY."
>
> **Ms Low Yen Ling**
> Mayor of South West District

SUPPORTING MULTIPLE GROUPS

Vulnerable residents in the South West District also benefit from this project as funds from the sale of the merchandise will be donated in full to two South West CDC initiatives — the South West Caregiver Support Fund and Meals Service @ South West.

"I would like to thank SingPost for donating the proceeds to the CDC to support two of our social programmes," said Mayor of South West District Ms Low Yen Ling at the Re:Post launch on World Post Day on 9 October 2021. "We hope this project will inspire everyone to keep coming up with innovative ways to reduce waste by repurposing old things. It is also a reminder to us that we can do our part to save the environment. A simple idea can go a long way in shaping our sustainable future." *B*

** The products are on sale at 15 selected post offices, including Jurong Point and Jurong West. They are also available at all philatelic stores, as well as on shop.singpost.com and via the SingPost mobile app.*

SCAN THE QR CODE TO BUY THESE HANDMADE ITEMS.

SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL PARTNERS EXXONMOBIL TO SPREAD WARMTH TO 1,000 FAMILIES UNDER ADOPT @ SOUTH WEST.

Sending gifts of love

FOR THE ELEVENTH YEAR RUNNING, ExxonMobil has supported Adopt @ South West in uplifting the lives of underprivileged South West residents through the annual distribution of grocery packs. On 30 October 2021, Minister for National Development and Adviser to Boon Lay Grassroots Organisations (GROs) Mr Desmond Lee, Mayor of South West District Ms Low Yen Ling and volunteers from ExxonMobil and Boon Lay GROs distributed gift packs to over 1,000 vulnerable families living in five rental blocks in Boon Lay.

Consisting of grocery and sundry items, the gift packs also included the South West Caregiving Care Guide self-assessment checklist and mental health resources for residents to turn to if they need assistance. Beneficiary Mr Dogol Bin Watimin is grateful for the unwavering support from South West CDC and ExxonMobil. "I am thankful to the volunteers for giving us a gift pack every year. The items in the pack are useful, especially the masks and the anti-bacterial spray," said the 64-year-old, who received the care pack for the second time.

Mayor Low Yeng Ling and Mr Fabio Garagiola, Singapore Refinery Manufacturing Director, ExxonMobil Asia Pacific Pte Ltd, with Sameerudin (wearing cap) and his family after passing them the gift packs.

> "OVER THE YEARS, THE CONTINUOUS SUPPORT OF DEDICATED PARTNERS LIKE EXXONMOBIL HAS WOVEN AN ENDURING SOCIAL SAFETY NET TO ASSIST AND UPLIFT THE VULNERABLE IN SOUTH WEST DISTRICT. THIS HAS HELPED BUILD OUR COMMUNITY'S RESILIENCE AND ABILITY TO OVERCOME CHALLENGES, ESPECIALLY IN THESE DIFFICULT TIMES."
>
> **Ms Low Yen Ling**
> Mayor of
> South West District

BRINGING SMILES TO FACES

Because of the COVID-19 situation, the need to adapt to home-based learning may have caused some students considerable anxiety and stress, said Mayor Low. To encourage students residing in rental blocks, over 100 of them received stationery packs as part of this initiative. Sameerudin s/o Saburudeen, 13, shared, "I am excited and happy to receive the stationery pack as it contains useful items for school. My favourite is the charging cable that can charge multiple devices at one time."

These students were also recipients of the ExxonMobil Transport Bursary where each beneficiary received up to $150 e-voucher to defray their transport expenses. ExxonMobil volunteers also wrote motivational notes to encourage the students to stay happy and healthy during such times. "I really appreciate the thoughtful note written by the volunteers," added Sameerudin, who wrote a card to the ExxonMobil volunteers in return.

Ms Nafisah Sahul Hameed, a volunteer from ExxonMobil, said, "Volunteering at Adopt @ South West allows me to connect with our community and make it a better place through building relationships, improving well-being and helping those in need. I'm glad that we can do our part for this neighbourhood amid the pandemic."

GIVING TO NEIGHBOURS

In 2021, ExxonMobil contributed over $90,000 through the funding of South West CDC-ExxonMobil Transport Bursary e-vouchers, care packs and stationery packs. ExxonMobil's yearly contribution of $60,000 to the Transport Bursary, matched dollar-for-dollar by South West CDC, has helped 1,000 beneficiaries defray their transport expenses. Ms Geraldine Chin, Chairman and Managing Director, ExxonMobil Asia Pacific Pte Ltd, said, "We're glad to do our part for the Boon Lay residents. They are our neighbours and immediate community in the South West District." *B*

Mr Dogol Bin Watimin receiving the gift pack from Minister Desmond Lee and Ms Geraldine Chin, Chairman and Managing Director, ExxonMobil Asia Pacific Pte Ltd.

12 year-old Umairah was one of 100 students who received stationery packs from Mayor Low and Mr Garagiola.

Ms Nafisah Sahul Hameed writing notes of encouragement that were given together with the stationery packs.

Mr Low showcasing his art piece with Felisia.

Doing art helps seniors like Mr Balu recall the good old days.

Mdm Lim enjoys expressing herself through painting.

Enriching the lives of seniors with art

PAINTING CLASSES FUNDED BY THE WECARE ARTS FUND GIVE BENEFICIARIES A CREATIVE OUTLET FOR EXPRESSION AND HELP THEM FIND MEANING IN THEIR DAILY LIFE.

MR LOW CHENG HUA, 74, HAS NEVER TRIED HIS HAND AT PAINTING, but thanks to the Expressive Painting Art Programme at St Joseph's Home, the senior recently completed his first artwork on canvas.

He is among the home's over 100 residents who are benefitting from such a programme funded by the WeCare Arts Fund. A collaboration between the National Arts Council and the five Community Development Councils (CDC), the fund engages residents through arts to enrich their lives and boost their well-being.

Conducted by occupational therapists trained by artists to facilitate the sessions, the Expressive Painting Art Programme equip beneficiaries with skills to exercise their creativity and practice their fine motor movements.

For former security officer Mr Low, the programme gives him the opportunity to try something new and express himself through art. Mr Low has diabetes and had to stop working after a leg amputation in 2017. In line with one of the workshop's theme, "Love the world", he painted a heart shape and a Chinese character "*zheng*" ("upright" in English).

"I painted '*zheng*' as I feel it is important for people to be upright and not hypocritical. It was the first time I tried painting and I enjoyed it," said Mr Low in Mandarin, as he showed his painting to *BRIDGE* during the online interview. He added that with a good facilitator, such art workshops add purpose and meaning to the lives of seniors so they do not feel empty.

Ms Felisia Ang, the occupational therapy assistant who conducted the painting class for Mr Low and his fellow residents, said the session helped some seniors to "recall their good old days" — one of them being Mr Balu.

In his youth, Mr Balu, 53, loved to draw and was especially good at landscape drawings of traditional *kampungs*.

"During my school days, I used materials like colour pencils and crayons. The materials used in this workshop were different, like canvas and acrylic paints. I enjoyed the process and felt happy," shared Mr Balu, who was also a former security officer.

Despite his blurred vision due to cataract in both eyes, Mr Balu said he picked up new painting techniques through the workshop. His mixed-media artwork featured heart-shaped paper cut-outs and bold brush strokes.

Ms Ang plays soothing music during such art sessions to help the residents relax and get inspired. Although she gives them a theme to base their artwork on, the seniors have the freedom to paint whatever they want.

Such an approach has helped Madam Lim Lye Chun, 82, express herself. She has a knack for making flowers come alive on paper and proudly showed us her many paintings during the interview. "I love to draw since young. This art programme has given me a chance to express myself. I also learnt new brushstroke techniques," she said in Mandarin.

Sharing her observation of the seniors during the workshop, Ms Ang said, "They look happy and enjoy themselves. Those who complete their artwork feel a sense of achievement. Many of them also ask if they could keep their finished piece."

The colourful canvases created by St Joseph Home's residents will be displayed in an upcoming allied health exhibition. *B*

WeCare Arts Fund is open to all Social Service Agencies that are keen to work with artists/arts organisations to bring the arts to their beneficiaries through workshops or co-creation of performances and exhibitions. Scan the QR Code for more information.

Leading the charge to meet needs

MR ANTHONY TAN, PBM, STRENGTHENS THE COMMUNITY SPIRIT BY RALLYING CORPORATE PARTNERS AND RESIDENTS TO GIVE BACK.

FOR MR ANTHONY TAN, PBM, serving others is not a "do it only when I am free" activity but a part of his life. "I get great joy from serving others, especially when I see the satisfaction on the faces of fellow members and the beneficiaries we help," he shares. "I was inspired to give back when I witnessed the dedication of those who came before me. They were very committed to making a difference in their communities and I wanted to do the same," he adds, describing a journey that began seven years ago.

From these pioneers, Mr Tan, 48, learnt the importance of rallying the entire community, including residents, schools, corporates and social service agencies to help others. This whole-of-community approach is especially important in a place like the South West District, home to many multinational corporations and homegrown businesses. "These organisations, however, may not know how to help or know where help is needed. That is where the South West Community Development Council (CDC) comes in," explains Mr Tan, who works in the media industry. "We have our ears on the ground and know the needs of residents, so we can facilitate community support and enrichment."

This is precisely what he does as the Chairman of the South West CDC's Volunteerism and Philanthropy Functional Committee, a role he assumed in 2017. With his leadership and the support of his fellow councillors, corporate sponsors have contributed generously towards various South West CDC assistance schemes and programmes over the past financial year despite the challenges posed by COVID-19.

SUPPORTING OTHER VOLUNTEERS

The benefits of such corporate engagement are numerous, says Mr Tan. For one, it can grow the pool of volunteers in the community. "I have observed a knock-on effect when companies take part in corporate social responsibility projects. Some of the staff find such efforts very meaningful and are motivated to give back."

Realising that many such individuals were looking for more avenues to give back, Mr Tan and his fellow District Councillors set up the South West Volunteer Corp Network (VCN) in 2016. "The network has helped build a volunteer base that we can tap on throughout the year. We typically get an influx of volunteers during festive periods. But the community's needs are present all year round. With the network, we can effectively match volunteers to community needs and help them give back in an area they are passionate about."

Since 2016, the South West VCN has grown to include some 30 corporate and community partners, including HP, CrimsonLogic and Jurong Port, among others.

The South West VCN has also been an important source of support and motivation for volunteers, as they can tap on training grants that can help them better serve beneficiaries and find like-minded friends. Providing more structure to volunteering also helps adults who are juggling professional and personal responsibilities. This balance is one that Mr Tan is familiar with, as he started serving when his two daughters were in their early teens. "But now that they are grown up, I have more time to give back."

Beyond the South West CDC, Mr Tan is also an active volunteer in organisations like the Singapore Chinese Orchestra. For his efforts to rally the community to give back, Mr Tan received the Pingat Bakti Masyarakat (Public Service Medal) at the 2021 National Day Awards. "I must thank Mayor Low Yen Ling, my fellow District Councillors, the staff at the South West CDC and all the other volunteers I work with. Their support has been invaluable and this win is a team effort." *B*

Building a greener south west district

RESIDENTS CAN ENJOY A MORE SUSTAINABLE HOME, THANKS TO THE EFFORTS OF MR TIEW CHEW MENG, BBM.

MR TIEW CHEW MENG, BBM, always felt like something was missing. "It hit me that life is not just about thinking for yourself; it is also about finding opportunities to give back and help those around you," shares the 54-year-old father of two sons, who chanced upon the work of South West CDC in 2009.

"My previous organisation was looking for ways to contribute to the community, and we partnered South West CDC to distribute environmentally-friendly lightbulbs to needy residents." Beyond providing lightbulbs, Mr Tiew and his team went to residents' homes to help install them. "More than just providing financial support, it was also a way of meeting the people we are helping and hearing their life stories."

This experience deeply impacted Mr Tiew and motivated him to take on an active role at the South West CDC. "Professionally, I was in the lighting industry back then, although I have since moved to the semiconductor sector. The South West CDC saw that my career aligned nicely with its sustainability efforts and invited me to join the Environmental Functional Committee," explains Mr Tiew, who now serves as the Chairman of that committee.

PEOPLE AT THE HEART OF IT ALL

Through his team's efforts, the South West CDC has rolled out various sustainability initiatives. "When I started out, most people thought about sustainability in terms of energy saving and efficiency. That has evolved over the years, and I am glad that our programmes have kept up with the critical issues, such as carbon footprint and zero waste."

Still, Mr Tiew is aware that some of these issues may not be easily understood by all residents. "As a team, we are all passionate about and familiar with sustainability, but it can be difficult for some residents to understand what we mean by that. With our programmes, we try to make sustainability accessible to all, so that more residents can adopt eco-friendly practices."

To date, Green Spaces @ South West has rallied over 3,000 volunteers and 23,000 participants to seed 170 community green spaces. Here, residents can enjoy more than 1 million native plants across the South West District.

The key to making sustainability accessible is a close partnership with all stakeholders. For example, when the team was devising the Sustainable South West Masterplan, they held multiple focus group sessions with residents of all ages. "With their inputs, we learnt how to tailor different messages to people in different stages of life. We also worked closely with industry partners to align our messages and co-create initiatives," explains Mr Tiew.

Also important is knowing the interests and talents of your district. Mr Tiew and his team knew that many residents in South West District have green thumbs and that they are very passionate about gardening. This led to Green Spaces @ South West, which transformed community gardens into pockets of green spaces for all to enjoy.

For his efforts to build a more sustainable and eco-friendly district, Mr Tiew received the Bintang Bakti Masyarakat (The Public Service Star) at the 2021 National Day Awards. "I am deeply honoured and grateful toreceive this award and would like to thank the team and residents for their hard work and dedication in building a greener and sustainable South West District that we call home." *B*

ADVISER TO HONG KAH NORTH GROS DR AMY KHOR TELLS US WHY SHE IS CONFIDENT THAT SINGAPORE WILL CONTINUE TO BE GREENER AND MORE SUSTAINABLE IN THE YEARS TO COME.

Green's in our genes

MINUTES INTO OUR INTERVIEW WITH DR AMY KHOR, IT BECAME CLEAR THAT SHE WALKS THE TALK WHEN IT COMES TO CARING FOR THE ENVIRONMENT. As we chatted, the Senior Minister of State, Ministry of Transport and Ministry of Sustainability and the Environment, pulled out a pink reusable mug filled with lime juice from a nearby drinks stall. "It doesn't just save the earth; it also keeps drinks nice and cold," she says with a smile.

Dr Khor's passion for the environment is not a recent preoccupation — she is a firm believer of clean and green surroundings, even during her days as a real estate lecturer at the National University of Singapore and then as a real estate consultant in the private sector in the 1990s. "When I started serving in Hong Kah in the early 2000s, I met several grassroots volunteers and residents who were running waste management businesses. We worked together to start the first trash for groceries recycling drive, and other parts of the South West District and Singapore have also organised such drives since then," recounts Dr Khor, who is also Adviser to Hong Kah North GROs.

In those early days, Dr Khor's ability to make sustainability issues accessible to the man on the street came in handy, since few people really understood climate change or even the concept of recycling. "I had to show people the value of recyclables they owned and the trash for groceries recycling drive did just that," she explains. "Because of initiatives like the recently launched Singapore Green Plan, we've found that awareness of sustainability issues has risen across the board."

The Singapore Green Plan, launched earlier in 2021, is an ambitious framework to inculcate sustainable practices in every aspect of life. It has been widely welcomed by young Singaporeans, who have gamely submitted proposals for projects to further drive the adoption of sustainable practices. "I am very heartened by their energy and enthusiasm, and hope that they will rope in their family and friends to join us on this journey. Now that there's greater awareness, the next step is greater action," says Dr Khor.

How would you encourage seniors to adopt more sustainable practices?

Actually, many of our Pioneer Generation are already very eco-friendly by nature. They have been through great hardships, so they are reluctant to throw things away or waste anything. When my 92-year-old mum cooks, she uses every part of the produce. She doesn't like to waste food; in fact, she scolds me because I can be greedy when I go to the market and buy more fruits than the family can actually finish. So I've learnt from her to purchase fruits in amounts that I can consume quickly.

Tell us about your love for hawker food.

I'm a foodie at heart and I especially love hawker food. Before COVID-19, I used to visit one or two with my family every week. Like so many others, mine bonds over hawker food as well. We have been to many coffeeshops and hawker centres, so I can share with you some of the best dishes in these places. Now that we're mostly working from home, the family gets together a lot more for meals. And because we all love hawker food, we sometimes turn to delivery apps to get us food from hawker centres across the island, be it Maxwell, Changi, Punggol or Jurong. I've been able to try lots of food without having to queue, which has been great. Hawker food has fuelled us for generations. I think we should try our best to support these men and women, who work so hard to give us tasty and affordable meals every day.

What are some of your must-eats?

Mostly the sinful stuff: *hokkien mee* from Golden Mile Food Centre, crayfish *hor fun* from Hong Lim Market and Food Centre. Too many to list!

COVID-19 has been a challenging time for us all. What message do you have for South West residents?

It has been tough, but I would encourage residents to stay positive and look on the bright side of things, like how we can spend more time with the family working from home, appreciating nature more as well as having the opportunity to sample food from many places through food delivery. In every crisis, there are opportunities as well. The pandemic has forced more people to pick up digital skills. Think of these positives and keep going.

That being said, I want to acknowledge the pain we have all been through. Each life lost is one too many. I thank residents for the support through these challenging times and for stepping up to help the less fortunate among us. Things are looking up, and I am confident that if we stay together and stay resilient, we can overcome the challenges ahead.

DEALING WITH DISCOURAGEMENT

For eco enthusiasts, few things are more disappointing than seeing the community recycling bin contaminated with non-recyclables. Inconsiderate dumping and littering in estates can also discourage even the most ardent environmentalists. Dr Khor has some handy advice for these situations: "I believe in this motto: 'If you fail, you stand, dust off the dirt and continue.' The younger ones may not realise how far we've come in terms of sustainability issues. I have personally seen the change and this gives me great comfort and encouragement that we will build a greener tomorrow."

Dr Khor officiated the Hong Kah North Tree Planting Day 2021 on 14 November 2021.

STAYING ACTIVE

Residents are familiar with Dr Khor and her concern for the environment, having seen her work tirelessly for the community for more than two decades. "If there's one thing they don't know, it is that I used to be a size M when I was a teenager but lost a lot of weight through running and strength training," Dr Khor reveals. These are habits she maintains till today. In fact, on the morning of our interview, Dr Khor completed a 7 km early morning run through Bukit Batok. "If I have a bit more time, I'll add a strength-building workout as well."

Dr Khor distributing *Qurban* meat sponsored by Jamiyah Singapore to a resident. About 180 residents benefitted from this exercise.

To encourage residents to reduce food waste, a chef from Pin Shi demonstrated how to turn excess food into tasty dishes in one of the Hong Kah North Environment Day 2020 activities.

环保 无处不在

丰加北集选区基层组织顾问**许连碹**博士向我们分享了为什么她坚信新加坡会在未来变得更加环保，以及更有可持续性。

在我们开始进行对许连碹博士的采访不久之后，我们就注意到，在保护环境方面，她能做到以身作则。在采访期间，这位交通部兼永续发展与环境部高级政务部长拿出了一个装满来自附近饮料摊上的酸柑汁的粉色可重复使用杯子。“它不仅能拯救地球，也会让饮料保持冰凉。”她微笑着说。

许博士对环保的热忱并不是最近才开始培养的，从上个世纪90年代她在新加坡国立大学担任房地产讲师以及后来在一家私企担任房地产顾问时，就已经是清洁和绿色环境的坚定支持者，“当我从本世纪初开始在丰加区服务时，我遇到了几名基层义工和居民，他们当时经营废弃物管理业务。我们一起发起了第一次垃圾回收换杂货活动，从那时起，西南区以及全新加坡的其他地区也组织了类似的活动。”许博士回忆道，她现在还担任丰加北集选区基层组织顾问。

在最开始的时候，许博士渊博的知识能让普通公众意识到可持续性发展所面临的问题，因为那个时候很少有人真正了解气候变化的影响，甚至是再循环回收这个理念。“我不得不向人们展示那些可回收物品的价值，而垃圾回收换杂货这个活动正好能够实现这个目的。”她解释说。“由于最近推出的新加坡绿色发展蓝图等举措，我们发现，公众对可持续发展问题的意识已经有了全面的提升。”

新加坡绿色发展蓝图于2021年初提出，制定了新加坡可持续发展的宏伟框架，旨在将可持续实践贯彻到生活的方方面面。该蓝图受到了新加坡年轻人的广泛欢迎，他们更是踊跃地提交了各种方案，以进一步推动可持续实践的采用。“我被他们所表现出来的活力和热情所鼓舞，希望他们能吸引更多家人和朋友加入我们这个旅程。现在公众有了更强的意识，下一步就是鼓励他们采取更大的行动。”许博士说道。

您要如何鼓励乐龄人士采取更可持续的实践？

实际上，我们的建国一代中就有很多人本来就非常注重环保。他们经历过艰苦的岁月，因此不愿意扔掉或者浪费任何东西。我的母亲今年92岁了，她每次煮饭时都会尽量将食材全部用完。她不喜欢浪费食物；而如果我因为贪嘴而在巴刹多买了一些水果，还会被她骂。所以我向她学到的一点就是，买水果不要买太多，刚刚好能很快吃完就行了。

聊一聊您对小贩食物的喜爱。

我天生喜欢美食，尤其喜欢小贩食物。在2019冠病疫情之前，我和家人每个星期都会去吃一到两次。跟许多其他人一样，我的家人也喜爱小贩食物。新加坡大部分的咖啡店和小贩中心都被我们吃遍了，所以我对哪里有什么美食都了如指掌。现在我们大部分时间都是居家办公，因此我和家人聚餐的机会也多了。而由于我们实在对小贩食物念念不忘，因此偶尔会使用送餐应用程序，从全岛知名小贩中心点餐，包括麦士威、樟宜、榜鹅还有裕廊。这让我不用排队就能品尝到热门美食，感觉棒极了。小贩食物供养了我们好几代人。我认为我们应该尽最大努力来支持这些小贩们，他们每天辛苦地劳作，就是为了给我们提供美味和实惠的饭菜。

您必吃的美食有哪些？

大部分都是吃了让你有罪恶感的食物：黄金坊熟食中心的福建面，芳林巴刹与熟食中心的虾婆河粉。数不胜数！

2019冠病疫情对所有人的生活都带来了严峻的挑战。您想对西南区的居民说些什么？

这段时期对很多人来说的确很艰难，但我鼓励居民们保持乐观，多往好的方面想，例如我们由于居家办公能够花更多时间陪伴家人，能够更多地欣赏自然风景，以及有机会通过送餐应用程序品尝到来自其他地区的美食。危机中的“机”代表着机会。2019冠病疫情让更多人能够掌握数码技能。多想想这些积极的方面，能让我们保持更好的心态。

话虽如此，我也承认我们所经历过的痛苦。每一条生命的丧失都让人难以接受。我感谢居民们在这些困难时期所给予我的支持，以及他们能够伸出援手帮助那些有需要的群体。疫情已经开始好转，我相信，只要大家团结一致，继续保持坚韧不拔的精神，就一定能克服当前面临的任何挑战。

应对挫折

对于环保爱好者来说，最令他们感到失望的莫过于社区的回收垃圾箱内堆满了不可回收垃圾。面对住宅区内随意倾倒和乱扔垃圾的情况，即使最热心的环保人士也会感到灰心丧气。许博士对此提出了一些实用的建议：“我非常喜欢的一句格言是：‘如果你跌倒了，别灰心，站起来吧，掸掉灰尘，继续前进。’年轻一代可能没有意识到我们在可持续发展方面所取得的重大成就。而我则亲眼目睹了这些改变，这带给我很大的安慰和鼓励，让我更加坚信我们能够打造更加绿色的明天。”*B*

MUST GO, MUST SEE

To Dr Khor, these are essential places to visit in Hong Kah North:

➜ Coffeeshops:
“I visit these at least once a week. I'll also be spending the first day of 2022 here, meeting residents and wishing them all the best for the year ahead.”

➜ ABC Waters @ Bukit Batok Canal, family hub etc:
“There are serene spots for exercise and finding peace.”

➜ The upcoming Tengah forest town:
“This will add large lush, green spaces to the estate.”

Dr Khor distributing masks to residents at a food court.

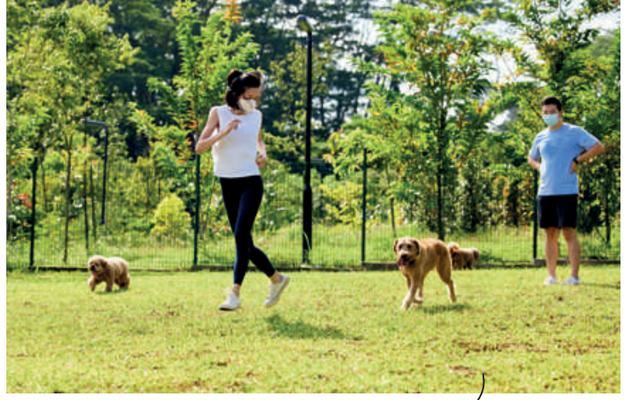
保持活跃

许博士孜孜不倦地为社区工作了二十多年，居民们对她以及她对环境的关注已经非常熟悉。“很多人可能不知道的是，我年少时是中尺码。不过后来通过跑步和力量训练减掉了很多体重。”许博士透露说。这些好习惯她一直保留至今。事实上，在接受我们采访的那天早上，许博士已经完成了穿越武吉巴督的7公里晨跑。“如果还有时间的话，我也会进行一些力量训练。”

A new green space in the district

THE NEW 4.8-HECTARE BUKIT GOMBAK PARK OFFERS VARIOUS OUTDOOR RECREATIONAL FACILITIES FOR ALL AGES — AND EVEN PETS.

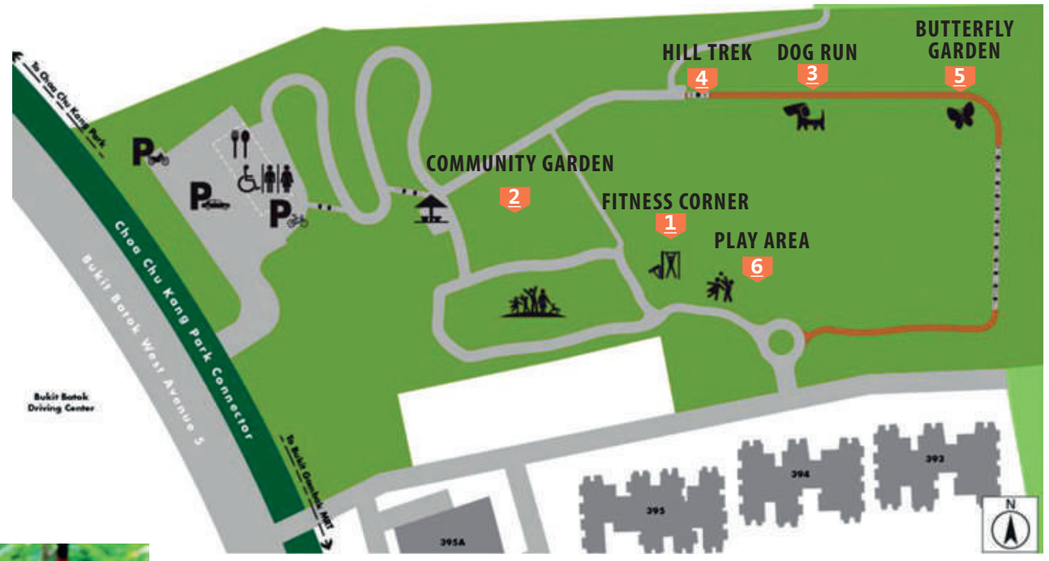
2 COMMUNITY GARDEN
Some 120 plots, measuring 2.5m by 1m each, sit within the park's premises.



3 DOG RUN
The 480sqm space is incorporated into the park at the request of residents living in the area.

4 HILL TREK
This flight of 108 steps is part of the park's 400m looped hill trek.

BUKIT GOMBAK PARK



BUKIT GOMBAK PARK WAS OPENED BY ADVISER TO CHUA CHU KANG GRC GROS (CHUA CHU KANG) MR GAN KIM YONG AND ADVISER TO CHUA CHU KANG GRC GROS (BUKIT GOMBAK) MS LOW YEN LING on 5 September 2021 after COVID-19 stalled its construction the year before. Part of the Bukit Batok Nature Corridor, the park forms an ecological corridor between the Central Nature Park Network and the Tengah Forest Corridor in western Singapore.

MAKING A POSITIVE ENVIRONMENTAL IMPACT

- More than 1,500 trees have been planted in the park.
- The amount of carbon sequestered by these trees over 10 years is about 294 tonnes, the equivalent of the annual emissions of over 100 cars.

Photos by NParks and Wilson Pang

1 FITNESS CORNER
Keep fit with the exercise equipment found at the fitness corner.

5 BUTTERFLY GARDEN
Perched 45m above sea level, the butterfly garden is home to 45 species of butterflies.

6 PLAY AREA
Highlights include balancing beams set among trees and shrubs, and a 5.3m-long slide erected on a sloped terrain. *B*

Adviser to Chua Chu Kang GRC GROs (Chua Chu Kang) Mr Gan and Adviser to Chua Chu Kang GRC GROs (Bukit Gombak) Ms Low toured the park during its launch.

A partner the community can rely on

KOH KOCK LEONG ENTERPRISE PTE LTD HAS SHOWN UNWAVERING SUPPORT FOR VULNERABLE RESIDENTS IN THE SOUTH WEST DISTRICT OVER THE PAST 13 YEARS.

TO MANY HOUSEHOLDS IN THE SOUTH WEST DISTRICT, FESTIVE CHEERS @ SOUTH WEST BRINGS WELCOME RELIEF DURING THE END-OF-YEAR FESTIVE SEASON. Specially prepared care packs distributed to residents provide them with practical necessities and food items, helping to defray some of the costs of daily living. Koh Kock Leong (KKL) Enterprise Pte Ltd is one of the long-time partners of the South West Community Development Council (CDC) that has funded this initiative. In 2020 the local engineering company contributed $220,000, which benefitted some 8,000 needy families.

KKL's partnership with South West CDC dates back to 2008, when it started the KKL-South West CDC Meals Bursary to fund school meals for children from vulnerable households. With $200 and $300 disbursed annually to primary school and secondary school students respectively, the programme aims to ensure that no child goes hungry in school because of his/her family's financial situation.

KKL Managing Director Mr Koh Tiam Teck receiving the South West Caring Corporate Award (Diamond) from Mayor Low.

EIGHT SOUTH WEST CDC PROGRAMMES SUPPORTED BY KKL

- South West Care Fund
- Festive Cheers @ South West
- South West CDC-KKL Meals Bursary
- South West CDC-KKL Graduate Relief & Individual Training Fund
- South West CDC-KKL Education Grant
- South West Tertiary Grant
- My Schooling Needs @ South West
- Food Connect @ South West

The company's dedication to supporting education for vulnerable children and youth has led it to contribute $360,000 to other initiatives it jointly launched with South West CDC in 2020 alone. These include My Schooling Needs @ South West in which pre-schoolers receive new bags and stationery and bookstore vouchers; the South West CDC-KKL Education Grant that helped with the purchase of school essentials such as books and calculators; and the South West Tertiary Grant that helped defray education expenses for polytechnic and university students.

KKL also stepped up to support the community in the early days of the COVID-19 pandemic, joining South West CDC to set up the South West CDC-KKL Graduate Relief & Individual Training (SWCDC-KKL GRIT) Fund. Worth $500,000, this provided a one-off financial grant of $500 to 1,000 full-time students from low-income families, who are schooling at Institutes of Technical Education, polytechnics and universities to tide them through their job search. To encourage beneficiaries to upskill themselves, they were offered a free course of their choice on the online learning platform Gnowbe, another partner of the SWCDC-KKL GRIT Fund. "We are glad to provide timely support to fresh graduates affected by COVID-19 and hope that our contribution will help them through this trying period," said Mr Koh Tiam Teck, Managing Director of KKL.

To Mr Koh Kong Wen, PBM, a Contracts Manager at the company, taking part in these efforts to uplift the community adds greater meaning to his work. "We have always been supportive of the CDC's programmes, often taking cues from it to meet the community's needs. The CDC is able to match the community's needs to resources, which can be in terms of funding, donations-in-kind, or simply volunteering one's time for the CDC's programmes," said Mr Koh, who is also a South West CDC District Councillor.

For its exemplary contribution to the South West community, KKL received the Diamond Award at the South West Caring Corporate Awards 2021. The company has won this accolade three times in a row since 2018. Commenting on its commitment to the district, Mr Koh said, "As we are located in the South West District, we felt it was natural to give back to the community around us. To be of help in some way in someone's life is why we continue giving back to the community." *B*

Since 2008, KKL has supported many of CDC's programmes to aid vulnerable residents in the areas of education, meals and transport.

Getting the job done

THE QOOD PORTAL HELPED THIS DETERMINED JOBSEEKER FIND SUITABLE EMPLOYMENT.

MR TEH YONG KANG IS BLIND IN HIS LEFT EYE AND HAS A VISION OF ABOUT 30 PER CENT IN HIS RIGHT. The visual impairment, caused by complications during his premature birth, makes it difficult for the 40-year-old to work — although he really wants to. "I enjoy working but there are many jobs that I cannot do because of my poor eyesight," he tells *BRIDGE*. Even when he does find a job that he can do well, Mr Teh has to consider how to travel to the workplace from his home where he lives with his ageing parents. "Previously, I would take the MRT and then hop onto a shuttle bus to my former workplace on a farm in Lim Chu Kang. But due to COVID-19, my employer had no choice but to cancel the shuttle bus service, making it difficult for me to reach the farm." It was with a heavy heart that Mr Teh decided to find a new job.

Despite his poor vision, Mr Teh found suitable work from the qood portal within a month of searching.

SIMPLIFYING THE JOB HUNT

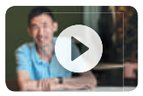
From that experience, Mr Teh learnt the importance of finding a job that is accessible and close to home. The task of looking for such work was made easier with the qood (pronounced "good") job portal, which was officially launched at the South West Community Job Fair on 24 September 2021. The online platform (*qood.com.sg*) allows jobseekers to filter job listings by location and preference. qood Community Outreach Advisor Ms Jenny Wee, PBM, who is also a District Councillor at South West Community Development Council, called Mr Teh personally and helped him write his resume, which was used to apply for various positions on the portal.

> "MY WORK INCLUDES SANITISING TABLES AND MENUS, WHICH IS AN IMPORTANT TASK DURING THIS PANDEMIC. I AM DOING MY PART IN THE FIGHT AGAINST COVID-19."

Mr Teh was surprised at how many available jobs there were on qood. "Most of the time, I hope to be the one that is chosen. But here, I came across many opportunities and could talk to the various employers," he says, adding that most of his interviews were conducted over the phone due to COVID-19. Within a month of searching, he found a role as a dishwasher at vegetarian restaurant Mother Earth.

He started working at the restaurant in July 2021 and his employers are pleased with his progress. Mr Teh, too, feels like he has made the right choice. "It is close to home and the team is very caring and friendly," he says. "I start my days at 9 am by washing and drying dishes. After that, I help to sanitise the tables and menus, which is an important task during this pandemic. I feel like I am doing my part in the fight against the virus." *B*

More than **722** employers and over **13,897** jobs are available on the qood job portal. Register now at **qood.com.sg.**



SCAN QR CODE TO VIEW A VIDEO ON MR TEH:

Mr Teh's employers at Mother Earth are pleased with his positive work attitude.

Mr Teh's daily duties include cleaning dishes, sanitising menus and packing cooking ingredients.

Raising awareness on palliative care

A NEW ONLINE GAME AIMS TO EDUCATE YOUTH AND YOUNG ADULTS ABOUT CARE FOR THE TERMINALLY ILL.

JOHAN IS A HEALTHY YOUNG SPORTSMAN WHO LIKES TO LIVE IN THE PRESENT; KATE IS A BUSY WIFE, MUM AND DAUGHTER WHO WANTS THE BEST FOR HER FAMILY; AND RAJ IS A RETIRED VOLUNTEER WHO IS PREPARED FOR WHAT THE FUTURE HOLDS. These are not characters from a Channel 5 TV serial; instead, they are playable characters from *The Living Game* — a new online game developed by the Singapore Hospice Council (SHC) to enhance understanding of palliative care among young people aged 18 to 35.

Launched on 9 October 2021 in conjunction with World Hospice and Palliative Care Day (WHPCD), the game features three characters in different stages of life. By playing as each of these characters, players are put in different situations and learn to make decisions involving palliative care.

Mayor Low and Dr Chong Poh Heng, Vice Chairman of Singapore Hospice Council, doing a virtual hi-five to launch SHC's online game, *The Living Game*.

"It is never too early to teach the young about palliative care," said Mayor of South West District Ms Low Yen Ling at *The Living Game* launch. "At some point of their lives, they may know someone who needs palliative care or be in a position to give care and comfort to such an individual. We hope the game would bring meaningful insights to our young people and the public about the role of palliative care, and how it helps caregivers and their loved ones live and leave well."

Youth who had tried the game were drawn to its colourful graphics and easy-to-understand concepts. "Before playing, I had the perception that palliative care only applies to the old," said one young adult. "However, as I progressed with the game, I understood how important it is, regardless of age, to have conversations about palliative care, to know about the care options available and to seek the right support."

SHOWING THAT WE CARE

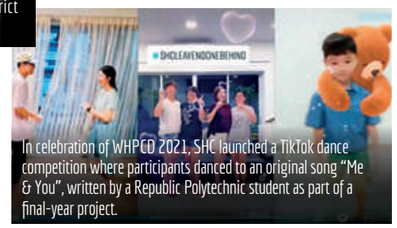
Also held on WHPCD is a virtual concert jointly organised by SHC and the South West Community Development Council (CDC). The event serves to honour terminally ill patients, their families, their caregivers and volunteers, as well as raise awareness of the availability of hospice and palliative care services in the South West District. As part of WHPCD celebrations, 420 patients and healthcare workers from palliative care facilities in the district were treated to plant-based rice bento meals and eco-friendly soap sponsored by Han's Union.

Besides activities like these, SHC and South West CDC are also looking to implement programmes to better address the needs of patients, their families and caregivers. This will be done by making relevant resources and services — such as caregiver respite care services, financial support schemes and caregiver training — more accessible to residents.

"Caregivers play a vital role in supporting seniors," explained Dr Chong Poh Heng, Vice-Chairman of SHC. "By moving away from individual to collective caregiving, SHC hopes to continue to work alongside South West CDC to strengthen support for caregiving." *B*

Singapore Hospice Council showcased its services, programmes and community engagement activities in the South West District during the virtual launch event.*

SHC staff and volunteers shared messages about palliative care with event attendees.



In celebration of WHPCD 2021, SHC launched a TikTok dance competition where participants danced to an original song "Me & You", written by a Republic Polytechnic student as part of a final-year project.

>> PLACES OFFERING PALLIATIVE CARE SERVICES IN THE DISTRICT

SHC currently has 25 member organisations that are actively providing hospice and palliative care services in Singapore. Seven of these serve residents in the South West District:

- HCA Hospice Care
- MWS Home Care & Hospice Care
- Ng Teng Fong General Hospital
- St Joseph's Home
- St Luke's Hospital
- Singapore Cancer Society
- Tzu Chi Foundation (Singapore)

**The photo was taken at Westgate in 2019 before COVID-19 measures were put in place.*

Mr Yeo Chao Loy leading a *qigong* practice at Hillview before COVID-19 restrictions kicked in.

Ms Ang Chiew Guat celebrated National Day with her fellow *qigong* club members via Zoom.

Taking the lead in championing wellness

AMID COVID-19 RESTRICTIONS, HEALTH LEADERS FROM THE SOUTH WEST DISTRICT TOOK TO CYBERSPACE TO LEARN AND SHARE BEST PRACTICES WITH ONE ANOTHER.

MORE THAN TWO DECADES AGO, Mr Yeo Chao Loy made a decision that changed his life: he decided to make health a priority by joining the Bukit Gombak Hillview Connections Neighbourhood Committee (NC)'s weekly *qigong* practice. "I am proud to say that in the past 21 years, I have not taken a single day of MC," said the 55-year-old, who now leads the NC's Health *Qigong* @ South West club.

With COVID-19 preventing members from gathering physically, Mr Yeo's club has taken its practices online. "About 15 people join me each time. Some are even very old participants! They may not be as tech-savvy but their families help them with the set-up so they can still enjoy *qigong* at home," he explained.

As a health leader, Mr Yeo regularly shares tips about healthy living and wellness with residents during the *qigong* sessions. "I learnt a lot from a virtual get-together organised by the South West Community Development Council (CDC)," said Mr Yeo, who is a public servant. The virtual gathering he was referring to, held on 31 July 2021, was a networking event attended by 30 health leaders from the South West CDC's Fun Walkers and Health *Qigong* programmes. Such sessions are held biannually and provide health leaders with opportunities to bond and share best practices with one another. Since the start of the pandemic, the sessions have gone online. As Ms Ang Chiew Guat, who heads the Taman Jurong Community Club WEC's Health *Qigong* club, pointed out, the meetings are enriching, with plenty of informal learning. "It was very nice to see the other health leaders again. I learnt more about conducting virtual *qigong* sessions through my interactions with them," the 53-year-old said.

LEARNING TO TEACH OTHERS

It is not just peer-to-peer learning that takes place at these sessions. Participants also gain knowledge from experts on various aspects of wellness. At the 31 July session, participants were introduced to palliative care by the Singapore Hospice Council. Besides learning about the basics of palliative care, they also got insights into the resources available in the community. "It is very good to know about resources like care providers and subsidies, so we know where to direct our members to should they need assistance," says Ms Ang.

Participants also learnt about *seifu*, a popular alternative wellness treatment that originated in Japan. An instructor took them through simple exercises that they could do at home "This is something that could help with body aches which I would like to introduce to my club members," said Mr Yeo. *B*

About 20 residents join Mr Yeo's weekly *qigong* practices that are now conducted online.

WHAT IS *SEIFU?*

Seifu **therapy originated in Japan and is based on the principle of improving blood circulation. It is believed that one way of doing this is by gently lifting the skin at strategic points around the body.**

TO HELP IMPROVE THE LIVES OF VULNERABLE RESIDENTS IN THE SOUTH WEST DISTRICT, leading wafer manufacturer Siltronic contributed $585,000 towards two South West Community Development Council (SWCDC) programmes — My Schooling Needs @ South West and Food Connect @ South West — through its subsidiaries Siltronic Singapore Pte Ltd (SSP) and Siltronic Silicon Wafer Pte Ltd (SSW). My Schooling Needs @ South West provides underprivileged preschoolers who are transitioning to primary school with school supplies and bookstore vouchers, while Food Connect @ South West provides food and essential items to vulnerable households.

On his company's philanthropic directives, Mr Niew Bock Cheng, President of SSP and SSW, shared, "Siltronic is happy to partner South West CDC to provide support to the needy families with Food Connect programme. We also hope that the support provided for the students under My Schooling Needs will inspire them to do better in their studies."

A total of 580 K2 students and 720 families benefitted from My Schooling Needs @ South West and Food Connect @ South West.

Essentials for school children

CORPORATE PARTNER SILTRONIC STEPPED UP TO FUND MY SCHOOLING NEEDS AND FOOD CONNECT @ SOUTH WEST.

What's in the school essentials bag?
- Customised school bag
- Box of oil pastel crayons
- Box of poster colours
- Box of 2B pencils
- Long ruler
- Sharpener
- Pencil case
- Coin pouch

What's inside the Food Connect Pack?
- Mixed brown rice
- Canned sardine
- Canned tuna
- Cream crackers
- MSG-free instant noodles
- Instant oatmeal
- Instant kopi-o
- Canned baked beans
- Cereal corn
- Canned mushroom
- Peanut butter
- Low-fat tonic drink
- Dried fruits and nuts
- Sunflower oil

What's inside the Food Connect Household Pack?
- Toilet paper
- Soap bars
- Multi-purpose cloth
- Detergent powder
- Dish washing paste
- Toothpaste
- Toothbrush
- Sponge scourers

ESSENTIALS FOR SCHOOL CHILDREN

Since its inception four years ago, My Schooling Needs @ South West has benefitted more than 1,000 students with a total disbursement of $270,000. The programme, which initially supported Kindergarten 2 (K2) students from PAP Community Foundation Sparkletots, now extends to beneficiaries from NTUC My First Skool and MOE Kindergarten.

Following a review in 2019, the funds allocated to each student was increased from $140 to $250. Each student received bookstore vouchers worth $230, a school bag and stationery items. More than 580 K2 students received the school essentials bag in 2021.

Mdm Anita Binte Maulana and her son receiving the food pack from a staff at Hong Kah North Community Club.

PROVIDING FOOD RATIONS TO THE NEEDY

Started in 2010, Food Connect @ South West aims to nurture a more caring and cohesive district by providing opportunities for individuals and corporations to help the less fortunate in the district. Part of the funds from SSP and SSW go towards purchasing items for the food packs that are distributed to beneficiaries monthly.

The food distribution programme has touched the lives of many residents such as Mdm Anita Binte Maulana, 42. Being the main caregiver of her family of 10, the food packs have helped defray living expenses for the Bukit Batok resident since early 2020. "We are thankful to Dr Amy Khor who signed us up for this programme. The regular supply of household items such as brown rice, canned food and sundries such as laundry detergent has helped my family so much after my husband met with a severe accident last year," said Mdm Anita.

Each of the 18 divisions in the South West District identifies up to 40 eligible families that will receive the food packs on a monthly basis under Food Connect @ South West. Every month, volunteers from Bo Tien Welfare Services Society (Bo Tien) assist with packing and distributing the food packs. To address ad hoc needs of residents, Bo Tien has also been providing in-kind help by sending South West Relief Food Packs to up to 15 identified residents per division quarterly since 2013. Besides food packs, needy households also receive household essentials packs comprising items such as detergent, toothbrushes and toilet rolls twice a year. *B*

A $4 MILLION TEMASEK TRUST – CDC LIFELONG LEARNING ENABLING FUND HAS BEEN LAUNCHED TO SUBSIDISE TRAINING FEES AND LEARNING SUPPORT SERVICES FOR ADULTS WITH DISABILITIES.

Fostering a culture of lifelong learning

DESPITE BEING ON THE AUTISM SPECTRUM, Ms Alyssa Josephine Prince is a Starbucks barista whose passion in latte art recently earned her the title of 'Coffee Master'. Yet, even with this impressive professional achievement, the 33-year-old jumps at the prospect of upskilling herself. "As someone with special abilities, I did not learn at the same pace as others, and I just found out that I really want to learn and grow," she said.

Ms Prince will soon be able to tap on the Temasek Trust – CDC Lifelong Learning Enabling Fund to support her training and upskilling needs. Set up by the five Community Development Councils (CDCs) and Temasek Trust, and administered by SG Enable, the fund grants each eligible adult with disability (AWD) up to S$1,000 to defray course-related fees, and costs incurred for learning support services/devices. "Having this grant to help me develop my areas of interest is wonderful. I would really like to learn another language and pursue dance and musical theatre courses," shared Ms Prince, who loves singing and dances to keep fit.

While the Temasek Trust – CDC Lifelong Learning Enabling Fund aims to help AWDs acquire vocational and independent living skills, Mayor of Central Singapore District Ms Denise Phua said the programme is also meant to encourage more persons with disabilities to adopt lifelong learning. "Many adults with disabilities do not have many learning opportunities and may stop learning after their formal schooling years. The five CDCs hope that this fund will nudge them to embark on continued education and training so they can stay relevant and not be left behind," she said at the launch of the fund. When thanking Temasek Trust for supporting persons with disabilities' learning and encouraging more donors to support the disability community, Ms Phua added, "We also want to encourage training providers to develop more inclusive and accessible training programmes for persons with disabilities."

Full-time photographer Isabelle Lim, who has Nager Syndrome, a rare condition that can affect the development of the face, hands and arms, plans to tap on the fund to better her career. The 27-year-old shared, "It is awesome to hear that there is such a fund that persons with disabilities can tap on. I hope to use this grant to learn and expend my photography skills further!" *B*

Applications for the fund started on 3 December 2021 — to coincide with the International Day of Persons with Disabilities (PWDs) — and close on 31 December 2022. PWDs aged 18 years and above, who are not currently enrolled in mainstream or SPED studies, can apply for the fund through SG Enable. Find out more: Go.gov.sg/temasektrust-cdc-fund.

What the Fund Can be Used For

1. Courses and Related Costs
- Any SkillsFuture courses, continual learning and education by institutes of higher learning
- Selected training programmes offered by social service agencies and courses supported by SG Enable
- Registration fees, course fees, course materials and assessment fees

2. Learning Support Devices and Services
- Assistive technology that helps with learning such as for transcribing, magnifying or recording
- IT infrastructure and software such as broadband access, laptops, tablets, screen reader software
- Accessibility services such as sign interpreter and note taker

Putting their heart into their work

THE TEAM AT ST LUKE'S HOSPITAL SUPPORTED THIS FAMILY DURING THEIR DARKEST DAYS.

WHEN 62-YEAR-OLD MDM KARTINA BINTI IMAN HAD A SECOND STROKE IN MAY THIS YEAR, IT LEFT HER PARALYSED ON HER LEFT SIDE. She was admitted to an acute hospital, but her daughter Ms Nur Aisyah Tan, who had moved to Germany, could not be by her side immediately. This was because the 36-year-old needed to serve a three-week Stay-Home Notice (SHN) upon her arrival in Singapore.

Ms Tan knew that the condition would hit Mdm Kartina hard as she was already feeling down before the stroke. "For the past two Hari Rayas, our families could not meet due to the pandemic, and her first-ever trip to visit me in Germany was cancelled because of COVID-19. She has not been able to go out much as well. Having suffered the stroke, she told me on her birthday, 'I don't know if I can live another year'," recounts Ms Aisyah.

Mdm Kartina (middle) trying to stand up with the support of her daughter (left) and physiotherapist (right).

THE VALUE OF NEVER GIVING UP

After 25 days of recuperation at the acute hospital, Mdm Kartina was transferred to St Luke's Hospital for rehabilitative care. The facility at Bukit Batok is Singapore's first hospital dedicated to the elderly who are sick, caring for over 2,300 inpatients and 3,500 outpatients every year.

The priority of the multidisciplinary team at St Luke's Hospital was to help Mdm Kartina regain her mobility through physiotherapy. But Ms Aisyah was concerned that her mother would not participate actively in the rehabilitation programme. Thankfully, the therapists befriended the senior and motivated her continuously. "When she did not want to do certain exercises due to the pain, the therapists kept reassuring her that things would not stay like this and that she would get better. They never got frustrated with her," says Ms Aisyah.

After a period of physiotherapy, Mdm Kartina's condition started to improve. The team would celebrate her recovery milestones, such as when she regained enough strength to twitch her toe. Mdm Kartina was greatly encouraged by this and began to show off her progress. "Now, when she meets her therapists, she proudly demonstrates her movements," says Ms Aisyah.

SUPPORT AT DIFFERENT LEVELS

When Ms Aisyah could not yet visit her mother, nurses who took care of Mdm Kartina ensured that she received the flowers her daughter sent. Ms Yvonne Yeo, a medical social worker at St Luke's Hospital, was also on hand to help Ms Aisyah navigate Singapore's healthcare system. "Being away for so long, I was not familiar with the local healthcare system and schemes. Everyone was so helpful and accommodating in answering my questions and in reassuring me," says Ms Aisyah. With Ms Yeo's assistance, she was able to arrange for a domestic worker to help care for her mother and better understand the various resources available to defray the cost of medical care.

Today, Mdm Kartina is no longer bedridden and can stand and use a walking aid to move about with some assistance. She continues to attend outpatient rehabilitations sessions at St Luke's Hospital. Ms Aisyah is grateful to have the St Luke's team by her family's side at every step of the way. "Everyone was so involved in my mum's care to find the best way to help her and my family," she reflects gratefully. *B*

DID YOU KNOW?
>> St Luke's Hospital marked its **25th anniversary** in 2021.
Find out more at **slh.org.sg/gosilver**

REHAB MATTERS

Rehabilitation is an important part of post-stroke recovery. It helps to
- **Improve** the ability to perform usual functions
- **Reduce** complications after a stroke

Find out more about St Luke's Hospital at **www.slh.org.sg**.

Mdm Kartina's physiotherapist discussed her progress and encouraged her regularly.

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

Win South West CDC Tabletop Calendars!

HOW TO PARTICIPATE

1. Take 3 photos at 3 different spots in Bukit Gombak Park, and share with us what you like most about the park and why.

2. Email your submission to **southwest_cdc@pa.gov.sg**. Type "Win South West CDC tabletop calendars!" as the subject header. Include your full name and phone number.

3. 10 residents with the best entries will each win a South West CDC tabletop calendar.

Turn to page 17 to discover Bukit Gombak Park

A WeCare @ South West Initiative by:

SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL

KKL 許國良企業私人有限公司

SOUTH WEST TERTIARY GRANT

$500 for successful applicants to defray general educational expenses

Eligibility Criteria

- Resident of South West District;
- Full-time student at local tertiary institutions (polytechnics / universities);
- Singapore citizen or at least one immediate family member is a Singapore citizen; and
- Combined gross monthly household income of $3,500 or per capita income of $875, whichever is lower.

Scan the QR Code to download the application form.

Application is open throughout the year. Submit your completed form with your supporting documents to your nearest Community Club located in the South West District. Visit www.cdc.gov.sg/southwest for more information or email us at swcdc_bursaries@pa.gov.sg for further enquiries.