ASSISTING • BONDING • CONNECTING

COMMUNITY DEVELOPMENT COUNCIL



CENTRAL SINGAPORE CDC • NORTH EAST CDC • NORTH WEST CDC • SOUTH EAST CDC • SOUTH WEST CDC

The CDCs promote community bonding and social cohesion through active partnership with grassroots organisations and community agencies...

... and provide various community, social and jobs assistance services for the residents.

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"Apart from relief measures to help needy residents cope financially, the CDCs will also focus on upstream intervention programmes to help them become self-reliant." Matthias Yao Chih Mayor of South East District and

Chairman of Mayors' Committee



The Community Development Councils (CDCs) were formed in 1997 to foster community bonding, and to encourage successful and able Singaporeans to help the less successful in the community. Over the past 12 years, the CDCs have evolved to better meet the needs of the community, including taking on the role of delivering social and employment services. In a 'Many Helping Hands' approach, the CDCs have built an extensive network of partners in the private, public and people sectors to help foster a more cohesive, compassionate and resilient community.

ACHIEVEMENTS IN FY2008

The CDCs continued to make good progress in their mission of Assisting the needy, Bonding the people and Connecting the community.

In financial year 2008, the CDCs disbursed \$64.3 million under the national ComCare and job assistance programmes. This included trust and agency grants administered by the CDCs on behalf of the Ministry of Community Development, Youth and Sports (MCYS), the Singapore Workforce Development Agency (WDA), as well as contributions from organisations such as the Lee Foundation, Hong Leong Foundation and Shaw Foundation.

The CDCs continued to ensure that needy residents receive timely assistance. In financial year 2008, 98% of cases were processed within six weeks, compared to 96% in the previous financial year. The CDCs adopt a holistic approach in helping needy residents achieve self-reliance.

In FY2008, 9,296 volunteers came forward to contribute in the various CDCs' programmes. Community partners, including grassroots organisations, voluntary welfare organisations, self-help groups, corporate partners, schools and government agencies, also contributed to the success of our programmes.

Social services were strengthened with more community partnerships through the ComCare Local Networks. There was greater sharing of information and fine-tuning to improve inter-agency referral processes. Such networks have helped to enhance the social safety net in the community.

 $^{^1}$ Trust and agency grants administered by the CDCs are not reflected in the CDCs' statement of income and expenditure.

CHALLENGES AHEAD

The new Council term began on 31 May 2009. On behalf of the Mayors, I wish to record our heartfelt appreciation to Mr Zainul Abidin Rasheed, Senior Minister of State for Foreign Affairs, for his contributions as Mayor of the North East District over the past ten years. His contributions will have a lasting impact on the District. We also welcome Mr Teo Ser Luck, Senior Parliamentary Secretary for Community Development, Youth and Sports and Transport, as the new Mayor of North East District.

Going forward, the CDCs would focus on three areas.

First, CDCs would encourage and enable self-help in the community and continue to provide platforms for successful Singaporeans to give back to the community. Second, CDCs would continue to extend linkages with community and corporate partners, and marshal resources in the community to better serve residents. Third, CDCs would continue to strengthen social cohesion by working closely with grassroots and community partners.

To all our partners, sponsors, volunteers and residents, we thank you for your many contributions and continuing support. I would also like to thank all Council Members who had served in the last term, and look forward to working closely with our new Members to meet the challenges ahead.

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Matthias Yao Chih Mayor of South East District and Chairman of Mayors' Committee

VISION

A VIBRANT COMMUNITY WITH ONE HEART

TO ASSIST THE NEEDY, BOND THE PEOPLE AND CONNECT THE COMMUNITY

MISSIDN

OUR MAYORS SWEARING-IN CEREMONY 2009



MAYORS' SWEARING-IN CEREMONY 2009

From left: Mayor Zainudin Nordin, Mayor Teo Ho Pin, Mr Lim Boon Heng, Deputy Chairman of People's Association and Minister, Prime Minister's Office, Mr Lee Hsien Loong, Chairman of People's Association and Prime Minister, Mayor Matthias Yao Chih, Mayor Amy Khor and Mayor Teo Ser Luck

CDC OVERVIEW COMMUNITY DEVELOPMENT COUNCILS





SOUTH WEST
Community Development Council

MAYOR
Dr Amy Khor Lean Suan

South West CDC
The JTC Summit
8 Jurong Town Hall Road
#03-11 Singapore 609434
Tel: 6316 1616 Fax: 6316 7251



NORTH WEST Community Development Council

MAYOR Dr Teo Ho Pin

North West CDC 900 South Woodlands Drive #01-04 / #06-01 Woodlands Civic Centre Singapore 730900 Tel: 6767 2288 Fax: 6219 1176



CENTRAL SINGAPORE
Community Development Council

MAYOR Mr Zainudin Nordin

Central Singapore CDC HDB Hub Bizthree 490 Lorong 6 Toa Payoh #04-10 Singapore 310490 Tel: 6370 9901 Fax: 6370 9928



NORTH EAST
Community Development Council

MAYOR Mr Teo Ser Luck

North East CDC 3 Tampines Grande #01-02 AIA Tampines Singapore 528799 Tel: 6424 4000 Fax: 6424 4077



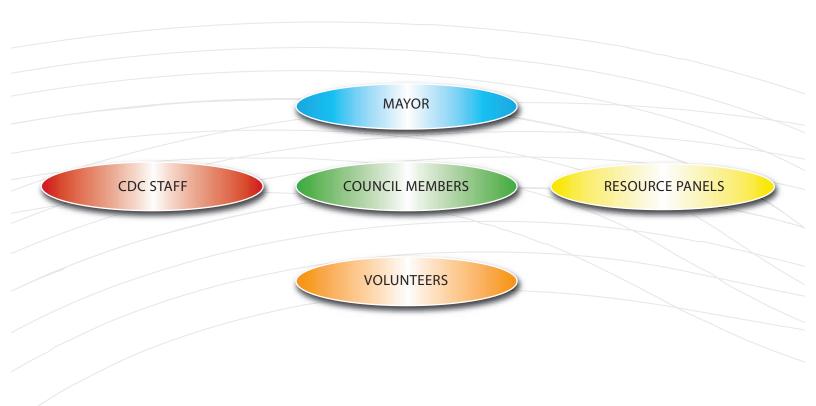
SOUTH EAST

MAYOR Mr Matthias Yao Chih

South East CDC 10 Eunos Road 8 #02-01 Singapore 408600 Tel: 6243 8753 Fax: 6243 3130

STRUCTURE OF COMMUNITY DEVELOPMENT COUNCILS

The Community Development Council (CDC) is managed by a Council comprising the Mayor and members. Each Council has between 12 and 80 members. The Council is appointed by the Chairman or Deputy Chairman of the People's Association Board of Management. The CDC is governed by the Community Development Council Rules 1997.





ANNUAL RESIDENT GRANT

Each Community Development Council (CDC) is provided with an annual grant of \$1 per resident living in its District to fund its programmes.

MATCHING GRANT FROM GOVERNMENT

The CDC can also raise funds for its programmes. For every \$1 donated to the CDC, the Government will match it with \$3. To encourage regular donations, the Government gives a higher matching grant of \$4 for every \$1 raised from local residents and businesses through GIRO contributions.

OPERATING GRANT

The Government funds the operations of the CDC offices.

RESERVE POLICY

Our Reserves Position:

	Current Year (S\$)	Previous Year (S\$)	% Increase / (Decrease)
Unrestricted Funds (Reserves)	50,502,879	49,137,342	2.78%

Restricted / Designated Funds:

NA	NA	NA
NA	NA	NA
NA	NA	NA
NA	NA	NA
50,502,879	49,137,342	
1.46: 1	1.43: 1	
	NA NA NA 50,502,879	NA N

The reserves that CDCs have set aside provide financial stability and the means for the development of CDCs' programmes and services. The Councils carry out quarterly reviews on the amount of reserves that are required to ensure that these are adequate to fulfill our continuing obligations.

Donated Funds are not used for the payment of any remuneration to the council members.

ASSISTING • BONDING • CONNECTING

OF COMMUNITY BONDING



 \triangle Job seekers at the North West CDC job fair.

The CDCs promote community bonding and social cohesion through active partnership with grassroots organisations (GROs) and community partners, and provide various community, social and jobs assistance services for residents. The key thrusts of the CDCs' roles are encapsulated in the 'ABC' of Community Bonding.



△ Mayor Matthias Yao joined participants at the South East Skipping Challenge.

✓ Mr Zainul Abidin Rasheed, Senior Minister
 of State for Foreign Affairs and former Mayor of
 North East District at "Live it Up",
 a North East District musical extravaganza.



A: ASSISTING

ASSISTING THE NEEDY.

The CDCs work with GROs and VWOs to help the needy through various Government and local assistance schemes.

In financial year 2008 (FY2008), the CDCs disbursed \$64.3 million in assistance to 72,053 beneficiaries under the national ComCare schemes, compared to \$62.4 million and 59,500 beneficiaries in 2007.

The CDCs continued to improve its work processes to better serve residents. The South East CDC developed an assessment tool kit to help CDC officers identify the barriers that needy residents face in achieving self-reliance. The South East CDC won the Best WITS Project (Bronze) Award at the PS21 ExCEL Convention in 2008 for their innovative tool and approach towards helping needy families achieve self-reliance.

SOCIAL ASSISTANCE - EMPOWERING PARTNERS

The CDCs partner and empower other community stakeholders to enhance the delivery of social assistance to the needy. The North West CDC organised Capability Building Lectures to enhance the capabilities of grassroots leaders and organizations in handling needy cases. The sessions impart soft skills such as assessment, basic counselling and interviewing techniques, as well as provide information on various employment and social assistance schemes.

The North East CDC organised quarterly Capability Building Workshops for social workers with Family Service Centres (FSCs), Voluntary Welfare Organisations (VWOs) and GRLs.

At Central Singapore, CDC's Train-the-Trainers workshops, GRLs and social workers learnt ways to guide needy residents in managing their finances.

South West CDC, in partnership with Mendaki and Darussalam Mosque, organised the 'Understanding the Cultural & Religious Issues of Malay/Muslim Families' workshop to raise the awareness of social workers of the



Participants at the South East CDC Financial Literacy workshop.

cultural sensitivities when working with Malay/Muslim families.

SOCIAL ASSISTANCE - EMPOWERING CLIENTS

The CDCs organised Financial Literacy Workshops to empower and help needy families learn how to better manage their

finances. Through board games and experiential learning e.g. shopping at supermarkets, needy families pick up useful budgeting tips in a fun way. These families are observed over a period of three months for improvements in their financial situation.

The South East CDC, in collaboration with the 14 Citizens' Consultative Committees (CCCs) in its District, MoneySENSE and South East CLN partners, organised the South East MoneyWise Carnival 2008. Some 12,000 residents took part in the one-day Carnival, participating enthusiastically in activities such as a shopping challenge, talks and quizzes about the importance of effective budgeting and financial planning.

At Central Singapore CDC, successful participants of its Talking Dollar & Sense programme were engaged to be motivators and facilitators in the subsequent workshops. They were also involved as programme ambassadors during the CDC's financial literacy roadshows.

The South West CDC introduced Family Money Survivors – Making Money Works, a financial education workshop targeted at low-income families. The workshop imparted valuable budget management skills to 15 families, who learnt to be financially self-reliant by managing their day-to-day finances, having sound financial planning and making prudent financial decisions regarding spending and saving.



Participants learnt budgeting skills at the South West CDC's Family Money Survivors Workshop.

JOBS ASSISTANCE

The CDCs served some 70,600 job seekers in FY2008, an increase of 38% compared to 51,200 in FY2007. During the economic downturn, the CDCs responded quickly to help residents. The CDCs also published the Recession and Resilience Roadmap to help residents cope in the difficult times.

Central Singapore CDC published a Survival Guide and conducted the Talking Money and Sense programme to teach residents how to reduce their expenditure and increase savings.

South West CDC launched the Interim Coping Package for Economic Downturn (iCOPE) provide the necessary support to needy and retrenched residents to tide over the difficult period. iCOPE helped job seekers with transport grants, food vouchers, utilities assistance, children's education expenses, tailored retrenchment workshops, internship programme and a recession survival guide.

North East CDC, together with the Singapore Workforce Development Agency (WDA), published a career kit for Professionals, Managers, Executives and Technicians (PMETs) to help them in their job search.

In October 2008, North West CDC launched the 'Trial, Train & Transit' (T3) programme. Under the programme, job seekers undergo a work trial in a new working environment and are trained for suitable job vacancies.

The CDCs leveraged on partnerships with WDA, employers, GROs and other agencies to organise targeted job fairs that suit the needs and profile of job seekers. Central Singapore CDC assisted the chronically-ill by collaborating with SingHealth to better understand their employment needs. North East CDC's Family Friendly Job Fair brought family-friendly employers together to offer flexible job arrangements for the unemployed.

To address the concerns of PMETs in the district, the Central Singapore CDC facilitated the formation of a support group called CLICK! (Come, Learn, Inspire, Connect and Kick-Start). Group counselling sessions helped the PMETs to cope with their job loss and helped lead 90% of participants into jobs. The South East CDC spearheaded Employability Workshops for PMETs to address their pre-employability skills, such as in resume-writing, personal grooming, interview and networking skills.

Between January and April 2009, the CDCs organized six workshops for 233 PMETs across the five Districts. The PMETs had opportunities to meet reputable recruitment agencies for job vacancies.

To cater for the influx of residents requesting employment assistance during the economic downturn, Central Singapore CDC set up a self-help resource corner within its office premises called Service @Central. The resource corner showcased job vacancies, recruitment events and courses available under WDA's Skills Programme for Upgrading and Resilience (SPUR) framework. It also offered immediate referral points and links to numerous government and job agency web portals. The corner is equipped with computers for public use and a designated officer to help job seekers set up email accounts, work on resumes, and identify job opportunities online.

The South East CDC conducted mobile recruitment events at MRT stations to disseminate information on available job vacancies. This approach enabled South East CDC to widen its outreach to unemployed residents. Since February 2009, seven mobile recruitment events were conducted, generating more than 1,500 referrals for employers.



Job seekers at the South East CDC Mobile Recruitment Booth.

B: BONDNG

BONDING THE PEOPLE

The five CDCs engaged the community through a wide range of social, cultural, educational and sports activities and programmes. These activities brought people of all races and backgrounds together to form friendships and forge strong community bonds.

BONDING THE COMMUNITY THROUGH THE ENVIRONMENTAL AWARENESS

The month-long North West Green Festival 2008 reached out to more than 167,000 residents through activities organized under the 3Rs (namely Reduce, Reuse and Recycle) theme. At the launch, 2,000 residents participated in the 'Green Walk', wearing green pledges on bibs made out of unwanted banners. Other activities included energy audits, and green volunteers helping to replace existing light bulbs with energy-saving ones. North West CDC also reached out to 16,000 students from 15 schools through a roving climate change skit focusing on the importance of conservation.

South East CDC, together with the National Environment Agency (NEA), organised the launch ceremony for Clean and Green Singapore 2009 at the Marina Barrage on 31 October 2008. The three-day event, with the theme 'Every Little Step Counts, Let's Make A Difference', promoted the adoption of environmentally-friendly lifestyles.

In January 2009, the South West CDC launched the Charitable Recycling @ South West programme, with City Harvest Church, Singapore Soka Association and South West Mosque Cluster. Some \$60,000 was raised



School students at the North East School Go Green 3.



Mayor Amy Khor at the launch of the Charitable Recycling @ South West Programme supported by faith-based organisations and corporate partners.

for the South West-ITE Educational Expenses Fund to defray educational expenses for 600 needy ITE students. The programme, supported by corporate partners Koh Kock Leong Enterprise and SembCorp Tay Paper Pte Ltd, collected a total donation of 22 tonnes of paper and 12 tonnes of clothing.

In March 2009, the North East Schools

Go Green 3 programme provided an opportunity for 3,000 students to view their peers' innovative ideas for protecting the environment.

COMMUNITY BONDING THROUGH SPORTS AND ARTS

A total of 14 divisions took part in the North East Dragon Boat Championship 2008. Through the competition, participants experienced the essence of teamwork, leadership and mental strength. In a spin-off from the championship, four corporations took a leading role in the 'Adopt a VWO Programme'. One of them was Pioneer Electronics Asia Centre Pte Ltd, which adopted Saint Luke's Eldercare Ltd and provided air-conditioning and AV equipment to the centre. Staff from the company also volunteered their time to bring the VWO's residents out for excursions.

The North West CDC's flagship healthy lifestyle programme - North West Brisk Walking Club, had 47,000 members from 128 clubs in FY2008. Organised in interest groups of 40 to 200 members, the brisk walkers met for weekly walks to stay healthy, active and get to know each other better. Walks were also organised at the division and district-level to bring more residents together to interact and bond with one another. Due to its simplicity yet



14 divisions participated in the the North East Dragon Boat Championship 2008.

the potential health benefits that one could reap from brisk walking, the success model of North West Brisk Walking Club was replicated and promoted at the national level.

The CDCs also engaged residents through Arts. The Arts Streets @ North East showcased the North East CDC's efforts to involve inmates and the physically challenged in a community event. At Dance Xplosion 3, 5,000 residents were treated to performances from 50 talented dance teams, in categories ranging from 'Ethnic & Cultural' to 'Modern & Hip Hop'.

The Central Singapore CDC's flagship arts programme - Community Life Arts Programme or CLAP!, reached out to some 82,000 residents in FY2008. The CLAP! programme engaged schools, VWOs, GROs and other community organisations to put up stage performances and organise the fringe programmes. In May 2008, CLAP! showcased the artistic capabilities of the members of our disabled community. In August 2008, residents wore red at the CLAP! programmes to celebrate our National Day as one.

The South West District Arts Festival brought arts closer to the community through partnerships with faith-based organisations including City Harvest Church, Al Mukminin Mosque, Central Sikh Gurdwara Board, The Spiritual Assembly of the Baháís of Singapore and 海印古寺, to piece 2,107 snapshots of well wishes and smiles



Mayor Teo Ser Luck joined 4,000 participants in the SubUrban Run @ North East 2009.

on a giant photo montage of the Singapore map. Other activities included four 2.4m-high Community Arts Pillars, which were created by the community to mark racial harmony and social cohesion, and the Faces of Harmony, which involved more than 300 residents and 30 new Singaporeans in making 'multi-racial' clay faces.

PROMOTING FAMILY LIFE AND BONDING

In FY2008, the North West CDC organized a series of Parenting Seminars at various schools to allow families residing in the District to get to know one another better. The seminars engaged 4,800 parents on topics such as effective mentoring and cyber-wellness.

4,000 participants took part in the SubUrban Run @ North East 2009 on 15 March 2009. Participants signed up in two-person teams, either with a parent, child, sibling, friend or neighbour, as a way to foster stronger bonding in the district. A donation drive was also organised in conjunction with the event to encourage participants to pledge food items to the needy.



North West District's brisk walkers at the "Women's Walkie Talkie" held to celebrate International Women's Day 2009.



Central Singapore CDC's High Five Youth volunteers at the signature event, Tapestry.

EMPOWERING YOUTHS TO MAKE A DIFFERENCE

In FY2008, more than 200 volunteers of Central Singapore CDC's High Five Youths were given opportunities to run various community projects. The youths received mentoring from CDC councillors and the High Five alumni. One of the volunteer group's signature event, Tapestry, showcased local amateur youth bands and other performing groups, and helped to raise awareness of the needs of the less fortunate in the community.

To engage working youths, the South East CDC introduced the South East Executive Development Series (SEDS). SEDS served as a platform for young working adults to pick up work-relevant skills, network with each other and contribute their knowledge through community projects. Through SEDS, the 'Open Sesame' programme was initiated to offer befriending services to needy families in the district. The 'Have a Hearty Start' programme was also launched to provide needy elderly residents with a nutritious breakfast.

The South West CDC organised Yourfilm.SG, a nation-wide short film and animation competition, to encourage youths to express their views on national campaigns and movements such as Racial Harmony, Kindness, and Inspirational Seniors. A total of 86 entries were received, tapping on new media tools such as YouTube to attract youth participation. The top winner walked away with \$500 cash voucher and a six-month film production package under Panasonic-Sinema Incubator Programme (worth \$35,000).

DISTRICT PROGRAMMES TO PROMOTE ACTIVE AGEING

The theme for Active Ageing Festival 2008 was to put the "active ageing, active living" mindset into action. Spanning over a period of three months, the CDCs' Active Ageing Roadshows reached out to 15,000 participants.

Senor Citizens at the South West CDC "Elderly @ IT!" Boot camp.



The South West CDC organised the Elderly @ IT! Boot Camp, an IT programme to promote active ageing and

family bonding. Residents participated in activities such as a half-day online gaming competition involving families teamed up with seniors. Participants were also introduced to the elderly-centric Web Adaptation Technology (WAT) software and the portal dedicated to seniors (www.INotOld.com). Graduates of the programme became alumni members with benefits such as subsidised computer courses and social gatherings. 10 graduates were also identified as training buddies for subsequent boot camps.



Residents at the launch of the National Orange Ribbon Celebrations.

PROMOTING RACIAL HARMONY

The National Orange Ribbon Celebrations (NORC) was held in July 2008. The NORC was spearheaded by the five CDCs, OnePeople. sg, MCYS and the five Self-Help Groups. This signature programme engaged the grassroots, community and corporate partners in promoting racial harmony. 6,000 people took part in the launch and over 66,000 people participated in the month-long celebrations. The NORC not only highlighted the importance of strengthening racial ties in maintaining peace and harmony, but also served as a platform for new citizens and immigrants to get to know our community.

The South West CDC collaborated with the Hong Kah GRC and Chua Chu Kang SMC to organise the 'Iftar Ramadan Break Fast with Residents'. This programme helped to deepen understanding between Muslims and non-Muslims. With Ramadan and Mid-Autumn Festival taking place during the same period, a key highlight included the making of the first-ever "date" halal moon cakes, using dates that are commonly taken during break fast for Muslims, but unusual in Chinese moon cakes.

C: CONNECTING

CONNECTING THE COMMUNITY

In FY2008, the CDCs continued to engage corporate and community partners under the ComCare Local Networks (CLNs) to better serve residents.

In May 2008, North West CDC set up Club-100 @ North West to encourage a culture of philanthropy amongst corporations and individuals. Club members pledge to donate \$100 (or more) of their net monthly profit or income to the North West Food Aid Fund. As at end FY2008, Club-100 @ North West attracted 72 members and raised \$67,000 for the North West Food Aid Fund.

The North West Food Aid Fund received another \$30,000 from North West CDC's collaboration with two corporations, Lerk Thai Restaurant and Fragrance Foodstuff Private Limited. The collaboration with Lerk Thai Restaurant involved Select Group Limited (parent company of Lerk Thai) donating \$1 for every pineapple rice dish sold, up to a maximum of \$15,000 by end July 2008. A similar donation drive was initiated with Fragrance Foodstuff.

North East CDC launched the North East Lunch Box Fund on 12 August 2008, with a contribution of \$25,000 by Neptune Orient Lines (NOL) and \$34,000 by Societe Generale. The fund provided \$1.00 and \$1.50 daily for each Primary and Secondary student in the North East District respectively for their lunch meals. In FY2008, 1,543 needy students from 32 Primary and 28 Secondary schools benefited from the Fund, totaling \$282,260.



Mayor Teo Ho Pin with partners at a donation drive in support of the North West Food Aid Fund.



Students recipients exchanged their coupons for meals under the North East Lunch Box Fund.

The South East CDC partnered Philips Electronics Singapore Pte Ltd, to promote volunteerism in the community and educate residents on environmental issues such as energy efficiency and conservation. Through a quiz game, the 'watts' earned from the game were exchanged for energy-saving light bulbs for residents living in one and two-room

flats within the South East district. Philips Electronics donated \$52,000 worth of energy-saving light bulbs for this project. The CDC also worked closely with GROs, Senior Activity Centres and schools to install the light bulbs for over 500 low-income households.

Through the South West CLN, the South West CDC successfully matched corporate partners with the needy in its district. In FY2008, some 2,000 needy students, families and vulnerable seniors in the South West District received some 17,000 energy-saving light bulbs and \$120,000 worth of electronic sponsored by corporate partners. The North West CLN also administered the Wheel Chair Sharing Scheme with their community partners to loan wheelchairs to short-term users.

In FY2008, Credit Suisse donated \$110,000 to the Credit Suisse – Central Singapore CDC's Nurture Programme. The Programme aims to break the poverty cycle of low-income families by increasing the literacy level of their children. 184 Credit Suisse staff also volunteered at 11 Nurture Centres. In FY2008, 270 low-income children from the 11 Nurture Centres benefited from this weekly programme.

Mayor Zainudin Nordin joined children attending the Credit Suisse-Central Singapore CDC's Nurture Programme.

South West CDC partnered ExxonMobil to assist 500 needy students with their transportation expenses. Through another collaboration with Koh Kock Leong Enterprise, the CDC was able to help 527 needy students with meal subsidies in schools, as well as snack packs to supplement their nutritional requirements over the weekends. These initiatives have allowed corporate partners to fulfil their social responsibilities.



MOVING AHEAD

Going forward, the CDCs would continue to work on their strategic focus areas of ABC.



WEworkz Co-operative members marketing their products at their booth during a community event.

Working closely with partners in the community and ComCare Local Networks, the CDCs would continue to place priority on helping residents in need cope and ride through the downturn.

WEworkz (Women Enterprise Workz), a cooperative set up by South West CDC, will help women from low income families who are unable to work full-time, by equipping them with skills to earn some income from home-based opportunities The Community Kitchen Cooperative, a social enterprise started by North West CDC in partnership with Bukit Panjang Citizens' Consultative Committee and Al-Iman Mosque, would provide training for needy job seekers in the food and beverage, and retail sectors. The Cooperative would also help mentor suitable participants to set up their own businesses.

Over the next three years, the CDCs would also be partnering MCYS and Health Promotion Board (HPB) to set up brisk-walking clubs and promote brisk-walking as a way to stay active and build friendships.

The CDCs will continue to work with grassroots, community and corporate partners to strengthen our social fabric, and build a more cohesive, compassionate and self-reliant community.



Brisk Walkers at the Launch of the National Brisk Walking Clubs.

