

JAN - APR
2023

A COMMUNITY MAGAZINE
OF THE SOUTH EAST DISTRICT

Contact

SOUTH EAST



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CENTRESTAGE

In Good Company

Corporations chip in to uplift the lives of seniors



SE BUZZ

Empowering youth in their future career journeys

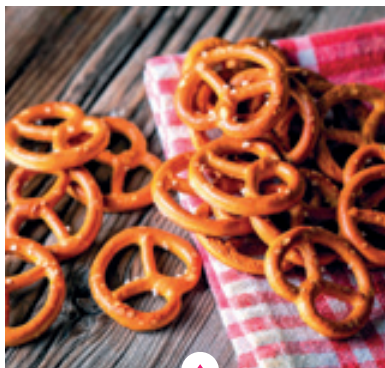
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CHANGEMAKERS

Giving the differently-abled a chance to contribute

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FEAST

Pretzels — a popular snack with a storied past

pg 21



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Closing the loop
for fashion for good

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WHY ARE WE DOING THIS?

189,000 tonnes of textiles waste was generated in 2021.

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Waste isn't waste, until we waste it.



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Contact
SOUTH EAST

JAN – APR 2023

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Win!
NTUC FAIRPRICE
VOUCHERS

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MAYOR'S MESSAGE

A FRESH START

Dear Residents and Friends,

Warm wishes for 2023! The dawn of a new year is a chance to take stock of our lives and focus on the things that really matter. As we do this, I hope that we will each think about the ways we can better our community. This issue of *Contact South East* is chock-full of stories of residents who are making a difference every day. May they inspire you to do the same.

Doing good does not have to be a solo activity; in fact, your employer might already have a corporate social responsibility programme to engage and benefit the community around them. Joining such initiatives is one way to connect with colleagues while making a difference. That is certainly the case for staff of organisations like Singapore Airlines, Vision Direct Club and Development Bank of Singapore Limited (DBS), that had organised programmes to brighten the lives of our seniors.

Here at the South East CDC, we want to make it easy to give back. Through partnerships with organisations like the FairPrice Foundation, we have shown that doing good can be easily integrated into daily activities like shopping for groceries. For a sense of how this is done, read about our successful *FairPrice Walk for Rice* @ South East* this year. A big thank you to all of you who have put your best feet forward for the community!

The hundreds of thousands of bowls of rice raised through *FairPrice Walk for Rice* @ South East* go a long way towards helping vulnerable households cope with the cost of living. Similarly, the community's embrace of programmes like the St Andrew's Autism Centre's hydroponics programme allows people with moderate to severe autism to reap the benefits of work, in spite of their challenging circumstances. This is just one example of efforts that are being undertaken to promote a more inclusive society, where everyone is seen as a valued member, regardless of their abilities.

I hope these stories will inspire you to make your own impact felt in the community. Here's to a prosperous and Happy Year of the Rabbit for all!

Best Wishes,

MOHD FAHMI BIN ALIMAN
Mayor, South East District
Adviser to Marine Parade GRC GROs



VISIT TO =DREAMS

=DREAMS is a boarding facility that provides academic and holistic support for students, to empower them to reach their potential for a tertiary education.

全新的起点

亲爱的居民和朋友们，

祝大家2023年新年快乐！在新的一年里来临之际，让我们回顾过去一年走过的旅程，全心全意把精力放在真正重要的事项。与此同时，我希望我们每一位都能思考如何改善我们的社区。本期《Contact South East》刊登了很多居民的故事，他们每天都让这个世界变得更加精彩。期待你们能从中深受启发，也奉献自己的一份力量。

做好事不仅限于个人。事实上，您的雇主可能已经制定了一份企业社会责任计划，让员工参与并造福周围的社区。参加这些活动是与同事建立联系的一种方式，同时也能为社区作出贡献。新加坡航空公司、Vision Direct Club和星展银行就是表率，它们组织员工服务社区内的乐龄人士，让他们的生活更美好。

在东南社区发展理事会的工作领域，我们想让大家能够更容易地回馈社会。通过与职总平价基金会等组织的合作，我们证明了做好事可以很容易地融入到日常生活中，例如购买食品杂货。想了解这一点是如何做到的，请阅读我们今年成功举办的“为米步行在东南”活动。非常感谢你们，所有为社区做出贡献的人士！

通过“为米步行在东南”活动筹集的数十万碗米饭，在帮助弱势家庭减低生活成本方面，发挥了重大作用。同样，社区也开展了圣安德烈自闭症中心式水培计划，让中度至重度自闭症的患者在充满挑战的环境下，仍能从工作中获益。这只是为了促进具包容性的社会所做的其中一份努力。在这个社会里，每个人都应被视为有价值的成员，不论其能力如何。

我希望这些故事能让大家深受启发，然后积极投身服务社区。祝大家兔年大吉大利、万事如意！

FAIRPRICE WALK FOR RICE* @ SOUTH EAST

Championing Healthier SG at the launch of our 14th annual *FairPrice Walk for Rice* @ South East* on 3 November 2022, which marks its return as a physical event following 2 years of COVID-19 restrictions.



PERMULAAN BARU

Para Penduduk dan Rakan-rakan yang dihormati,

Selamat tahun baru 2023! Permulaan tahun baru adalah peluang untuk kita bermuhasabah diri dan memberi tumpuan kepada apa yang penting dalam hidup. Sambil kita melakukannya, saya berharap kita juga dapat memikirkan bagaimana kita boleh pertingkatkan masyarakat kita. Keluaran *Contact South East* kali ini padat dengan cerita para penduduk yang sedang melakukan perubahan positif setiap hari. Semoga mereka dapat menjadi inspirasi kepada anda untuk melakukan perkara yang sama.

Melakukan kebaikan tidak semestinya satu kegiatan yang dilakukan secara individu; sebaliknya, majikan anda mungkin sudah pun mempunyai program tanggungjawab sosial korporat untuk mendekati dan membantu masyarakat di sekeliling mereka. Menyertai inisiatif sedemikian adalah satu cara untuk merapatkan hubungan dengan rakan-rakan sekerja sambil membuat sumbangan positif. Inilah yang dilakukan oleh kakitangan pertubuhan seperti Singapore Airlines, Vision Direct Club dan Development Bank of Singapore Limited (DBS), yang telah menganjurkan program-program untuk menceriakan kehidupan warga emas kita.

Di CDC Tenggara, kami ingin memudahkan anda untuk menyumbang. Melalui kerjasama dengan pertubuhan seperti Yayasan FairPrice, kami telah membuktikan bahawa melakukan kebaikan boleh disepadukan dengan mudah ke dalam kegiatan harian seperti membeli barangan dapur. Untuk mengetahui bagaimana ini boleh dilakukan, bacalah kisah kejayaan acara "*FairPrice Walk for Rice* @ South East*" kami tahun ini. Terima kasih kami ucapkan kepada semua yang telah memberikan yang terbaik untuk masyarakat kita!

Ratusan ribu mangkuk beras yang dikumpulkan melalui acara "*FairPrice Walk for Rice* @ South East*" telah banyak membantu keluarga yang memerlukan mengatasi kos sara hidup. Begitu juga, penerimaan masyarakat terhadap program-program seperti program hidropnik Pusat Autisme St Andrew's yang membolehkan mereka yang mengalami autisme dari tahap sederhana hingga teruk meraih manfaat bekerja, meskipun dalam keadaan diri mereka yang mencabar. Ini hanyalah satu contoh usaha yang sedang dijalankan bagi menggalakkan masyarakat yang lebih inklusif, di mana setiap orang dilihat sebagai anggota masyarakat yang dihargai, tanpa mengira kebolehan mereka.

Saya berharap kisah-kisah ini akan memberi inspirasi kepada anda untuk membuat impak anda sendiri dalam masyarakat. Semoga Tahun Arnab membawa kemakmuran dan kebahagiaan untuk semua!

ஒரு புதிய தொடக்கம்

அன்பார்ந்த குடியிருப்பாளர்களுக்கும் நண்பர்களுக்கும்,

2023-ஆம் ஆண்டு சிறப்பாக அமைய நல்வாழ்த்துக்கள்! ஒரு புதிய ஆண்டின் விடியல் என்பது நம் வாழ்க்கையைப் பற்றி சிந்திப்பதற்கும், உண்மையில் முக்கியமான விஷயங்களில் கவனம் செலுத்துவதற்கும் ஒரு வாய்ப்பாகும். நாம் இதைச் செய்யும்போது, நமது சமூகத்தை மேம்படுத்துவதற்கான வழிகளைப் பற்றி நாம் ஒவ்வொருவரும் சிந்திப்போம் என்று நம்புகிறேன். தென்கிழக்கைத் தொடர்புகொள்க (*Contact South East*) எனும் இந்த இதழில், ஒவ்வொரு நாளும் வித்தியாசத்தை ஏற்படுத்தும் குடியிருப்பாளர்களின் கதைகள் நிறைந்துள்ளன. மேலும் நீங்களும் அவ்வாறு வித்தியாசத்தை ஏற்படுத்துவதற்கு அவை உங்களைத் தூண்டலாம் என்று நம்புகிறோம்.

நன்மை செய்வது ஒரு தனிப்பட்ட செயலாக இருக்க வேண்டிய அவசியமில்லை; உண்மையில், உங்களைச் சுற்றியுள்ள சமூகத்தில் ஈடுபடுவதற்கும் பயன்டைவதற்கும் உங்கள் முதலாளி ஏற்கனவே ஒரு பெருநிறுவனச் சமூகப் பொறுப்பணர்வுத் திட்டத்தை வகித்திருக்கலாம். அத்தகைய முனைப்புகளில் இணைவது சமூகத்தில் ஒரு வித்தியாசத்தை ஏற்படுத்தும். அதேவேளையில், சக ஊழியர்களுடன் இணைவதற்கான ஒரு வழியாகவும் இருக்கும். சிங்கப்பூர் ஏர்லைன்ஸ், விஷன் டைரக்ட் கிள்ப் மற்றும் டெவலப்மென்ட் பேங்க் ஆஃப் சிங்கப்பூர் லிமிடெட் (DBS) ஆகியவை நமது மூத்தோர்களின் வாழ்க்கையை பிரகாசமாக்குவதற்கான திட்டங்களை ஏற்பாடு செய்துள்ளதால், இவற்றின் ஊழியர்களுக்கும் இது நிச்சயமாகப் பொருந்தும்.

இங்கே தென்கிழக்கு CDC-இல், சமூகத்திற்கு நன்றிக்கடன் செலுத்துவதை நாங்கள் எளிதாக்க விரும்புகிறோம். பேர்பிரைஸ் ஃப்வுண்டேஷன் போன்ற அமைப்புடனான பங்களித்தலும் மூலம், மனிகைப் பொருட்களை வழங்குவது போன்ற அன்றாட நடவடிக்கைகளில் நன்மை செய்வதை எளிதாக ஒருங்கிணைக்க முடியும் என்பதை நாங்கள் காட்டியுள்ளோம். இது எவ்வாறு செய்யப்படுகிறது என்பதை அறிய, இந்த ஆண்டின் எங்கள் வெற்றிகரமான பேர்பிரைஸ் Walk for Rice* @ South East பற்றி வாசிக்கவும். சமூகத்திற்குச் சேவை செய்வதற்காக முன்வந்த உங்கள் அனைவருக்கும் எனது மனமார்ந்த நன்றிகள்! பேர்பிரைஸ் Walk for Rice* @ South East

மூலம் சேகரிக்கப்படும் நூறாயிரக்கணக்கான அரிசிக் கிண்ணங்கள், உதவி தேவைப்படும் குடும்பங்களுக்கு வாழ்க்கைச் செலவைச் சமாளிக்க மிகவும் உதவுகின்றன. இதேபோல், செயின்ட் ஆன்ட்ரூஸ் ஆட்டிசம் நிலையத்தின் ஹைட்ரோபோனிக்ஸ் திட்டம் போன்ற திட்டங்களைச் சமூகம் ஏற்றுக்கொள்வது மிதமான முதல் கடுமையான மன இறுக்கம் உள்ளவர்கள் சவாலான துழ்நிலைகள் இருந்தபோதிலும் வேலையின் பலன்களைப் பெற அனுமதிக்கிறது. ஒவ்வொருவரும் தங்கள் திறன்களைப் பொருட்படுத்தாமல், மதிப்புமிக்க உறுப்பினர்களாகக் கருதப்படுகின்ற, அனைவருக்கும் சமவாய்ப்பு அளிக்கப்படுகின்ற ஒரு சமுதாயத்தை ஊக்குவித்து வளர்ப்பதற்கு மேற்கொள்ளும் முனைப்புகளுக்கு இது ஒரு எடுத்துக்காட்டாகும்.

நீங்கள் சமூகத்தில் தாக்கத்தை ஏற்படுத்துவதற்கு இந்தக் கதைகள் உங்களை ஊக்குவிக்கும் என்று நம்புகிறேன். நம் அனைவருக்கும் வளமான மற்றும் மகிழ்ச்சியான முயல் ஆண்டு காத்திருக்கிறது!

GET IN TOUCH

If you have any questions or concerns that you would like to highlight to the Mayor, please write in to:

Contact_South_East@pa.gov.sg
or mail your enquiries to
Contact South East – Mayor South East Community Development Council, Wisma Geylang Serai 1 Engku Aman Turn, #03-02 Singapore 408528

You may also follow the Mayor on Facebook at **facebook.com/fahmialimansg** or on Instagram at **@fahmialimansg**



VISION DIRECT CLUB PARTNERSHIP

Through this partnership, seniors are given free eye tests and also presented with newly prescribed glasses.

WORKING HARD, DOING GOOD

Doing good for seniors in the community can start at the workplace, as *Contact South East* discovers.

The term “corporate social responsibility (CSR)” drives home the reality that many businesses and corporations care about the communities around them. This is not just good for the community, but also for employers themselves, as Singaporeans overwhelmingly prefer working for companies that are committed to the community. This is according to a 2018 survey by recruitment agency Randstad, which found that nearly three out of four

employees and job-seekers in Singapore would only want to work for a company with a strong CSR programme. Here are some examples of how corporates, both big and small, work with social purpose entities to make a difference to the lives of seniors in the community. As their stories show, corporates help in many ways and in regular frequency; from making time to spend with seniors to putting their professional skills to good use for their benefit.



MISSION VISION

More than 40 beneficiaries from two Senior Activity Centres in the South East District benefitted from a recent initiative sponsored by **Vision Direct Club** and **South East CDC**. In addition to learning techniques to care for their eyes, beneficiaries also enjoyed comprehensive eye screenings for free. Those with poor eyesight were given free spectacles as well, while beneficiaries who required treatment were referred for further care.

The eye check-up was the first for Mdm Teng Lai Chan in six years.



The 80-year-old homemaker knew that her vision was impaired but just wore her husband's glasses out of convenience. “I'm very thankful to finally have my own pair of glasses. I've also learnt the importance of regular eye checks,” she said.



A DBS staff member sharing a 'wefie' moment with a beneficiary against the backdrop of the Cloud Forest at Gardens by the Bay.

BY THEIR SIDE

The skies are buzzing with flights again as air travel roars back to life. Despite their busy schedules, 10 cabin crew from flag carrier **Singapore Airlines** recently took time to befriend the seniors of **Montfort Care's GoodLife! Makan programme** at Marine Parade. They helped to clean the kitchen and serve lunch to the seniors. Some of these volunteers went the extra mile by putting their home repair skills to good use and fixing the electrical appliances of seniors. They even helped the seniors to declutter tech items so that they could live more comfortably.



THE GIFT OF FRIENDSHIP

“It was definitely challenging but meaningful to plan and participate in this event!” That was how 25-year-old Ms Krystal Ng recalled her recent experience of bringing seniors to Gardens by the Bay. Ms Ng was part of a group of 17 **DBS** staff who led the tour. Each DBS staff member was paired with a beneficiary from **Bizlink Centre Singapore**, a non-profit organisation that serves disadvantaged individuals, in particular persons with disabilities. “Initially, we thought that bringing people with disabilities out would be a challenge, as it was the first time for most of us. But the fear and uncertainty were replaced by excitement and eagerness as the event drew nearer,” the design producer told *Contact South East*. When asked why, she said, “I knew that what we were doing had a bigger purpose and meaning to it.”

In addition to appreciating the Gardens' breathtaking flora, the group also enjoyed a simple activity of finding statues in the attraction's signature Cloud Forest. The tour ended with the DBS staff buying refreshments for their newfound friends. Reflecting on the experience, Ms Ng said, “The befriending experience was fun and interesting. The highlight of the trip was the handmade gifts presented to us by the beneficiaries at the end of the tour. We were so glad to be able to make a difference in the lives of the beneficiaries we accompanied!”

RARING TO GIVE BACK



75% of businesses engaged in at least one form of giving during the COVID-19 pandemic. This was an increase from **52%** in 2017.

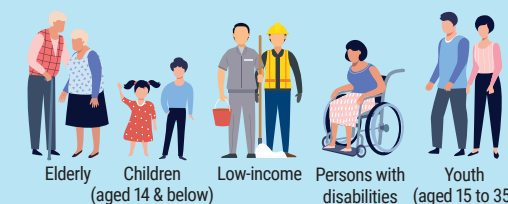


12% of businesses had increased their corporate giving during the pandemic, while **54%** maintained their pre-pandemic levels of contributions and **34%** had to decrease their levels of corporate giving.



The survey found that the financial and insurance, and information and communications industries had increased their community contributions the most.

The most commonly-supported vulnerable groups were:



Source: Corporate Giving Survey by the National Volunteer and Philanthropy Centre



“This game taught me that nothing happens by chance. If you excel at something, and continue to work on it with resilience and grit, you will be rewarded.”

Joshua Ang, a Secondary Two student from St Patrick's Secondary School

Taking On TOMORROW

Citi Foundation – Build Your Tomorrow @ South East gave youth a peek into various careers in a fun and engaging way.

Career talks and workshops are not unusual these days. If done right, they can make a lasting impact on young ones. Just ask Joshua Ang, a Secondary Two student from St Patrick's Secondary School. Growing up, he thought he would wind up in a job in the arts industry, given his love for playing the guitar. But after attending a Citi Foundation – Build Your Tomorrow @ South East session last May, he discovered that he was just as passionate about another field: journalism.

He learnt of his passion for journalism thanks to the programme's unique approach. Organised by global bank Citi and South East CDC, it focuses on imparting knowledge and skills in an engaging manner. Students are exposed to five modes of learning: career mentorship, workplace visits, career simulation games, career exploration workshops and career skills classes (see sidebar for more).

This allows the programme to cater to every learner type. “Before the programme, I thought that the session was going to be just a normal talk about different industries,” Joshua told *Contact South East*. “However, I was surprised that it took the form of a game. I ended up really enjoying it and learning more about the different career opportunities. It was definitely something different from a usual career guidance lesson.” While playing the game, Joshua recalled being focused and engaged in planning his future career for the first time. “At the end of it, I was named chief editor of

a newspaper. Although it was unexpected, I was very happy with what I had achieved in my ‘career’, even if it was just a simulation.”

SPURRED TO ACTION

Joshua's views were echoed by Sheikh Johan bin Sheikh Faisal, who is pursuing a *Higher Nitec* in Electronics Engineering at ITE College East. The 17-year-old cherished the opportunity to connect with a mentor in the electronics engineering field and got a sense of how a career in the field might pan out. “I was guided on how to navigate the work culture and how I can play a part in building a positive work environment,” said Sheikh. “Interestingly, I also picked up tips on moving through the ranks.” He added that he was also impressed with his mentor's eagerness to advise him on things beyond his career. “He taught me about the Japanese concept of *ikigai* (‘life worth’ or ‘reason for living’), which made me reflect on what exactly I want to do in life and how I can find greater purpose and meaning.”

Attending the programme left Joshua with a feeling of urgency and action. “It made me realise that I need to choose the right course after secondary school in order to apply for jobs that suit me,” he shared. “It's never too early to plan your career and work on the necessary skills to better your chances of landing that dream job.”



Through participating in visits to various workplaces and engaging in discussions with mentors, students gained a new perspective on the career choices that are open to them.

A NEW TWIST

Citi Foundation – Build Your Tomorrow @ South East reaches out to students from secondary schools and institutes of higher learning. Students learn about their career aspirations and gain knowledge and skills to succeed through:

- **Career mentorships:** Students are attached to working professionals from different industries for a structured programme that lasts for at least four weeks. During this time, mentors guide the students towards a final project, which can be a task or a presentation.



- **Workplace visits:** Half-day company visits provide students with a glimpse into how different departments function within an organisation.



- **Career simulation games:** By role-playing as a working adult, students learn about the ups and downs of life in the workplace. They will see how different decisions they make about their further education and careers will affect them down the line. Students also set their own personal goals, which could be anything from climbing their chosen industry to mastering the skills needed for higher job positions.



- **Career exploration workshops:** Conducted by working professionals, these workshops provide insights into different roles available in various industries. Professionals will tap on their expertise to give students an understanding of the daily life of each job role, as well as perspectives about their industry.



- **Career skills classes:** Skills are the focus of these classes, which equip students with soft skills in areas such as public speaking and interview or résumé writing. Hard skills such as photography, graphic design or videography are also taught.



GOING The Extra Mile

The South East community cheered the return of the first physical FairPrice Walk for Rice* @ South East event since the pandemic.

The Singapore Sports Hub was a hive of activity on 3 November 2022, as nearly 500 residents gathered for the long-awaited return of FairPrice Walk for Rice* @ South East as a physical event. The annual campaign, now in its 14th year, helps vulnerable families in the South East District by raising rice and oatmeal for them.

FairPrice Foundation pledged to donate 1 bowl of white rice, 1 bowl of brown rice and 1 bowl of oatmeal for every 300 metres of walking or running recorded during the three-month campaign. These donations will benefit 7,000 vulnerable families, with a goal of raising 500,000 bowls of white and brown rice each, and 50,000 bowls of instant oats for them through the campaign.

The campaign — which ends on 31 January 2023 — got off to a roaring start at the Singapore Sports Hub. Participants were flagged off from the stage area outside Kallang Wave Mall by Mayor of South East District Mr Fahmi Aliman, Mr Seah Kian Peng, Chairman, NTUC FairPrice Foundation and Mr Vipul Chawla, Group Chief Executive Officer, FairPrice Group. They then joined participants on a walk through the FairPrice Xtra store, starting from the front of the mall and back to the launch area. That trek, which clocked 240km in total, raised about 800 bowls of white



Mr Chawla, Mayor Fahmi and Mr Seah at the FairPrice Walk For Rice* @ South East launch at Singapore Sports Hub.

rice, 800 bowls of brown rice and 800 bowls of oatmeal for vulnerable families.

A WIN-WIN FOR ALL

Over three months, FairPrice Walk For Rice* @ South East expanded its footprint in the South East District, with two roadshow booths at Singapore Sports Hub and Nex in November and December, respectively. These events helped the campaign reach its other goal of engaging more than 30,000 residents.

As Contact South East discovered, residents were not just enthusiastic about doing good. For many of those who had supported FairPrice Walk For Rice* @ South East in the past, the return of such physical events was both familiar and comforting. As Mayor Fahmi put it, "It's quite a symbolic moment of the community's resilience, as we used to do this in person before COVID-19 and now, we get to do it again while being physically together."

To residents' delight, the event on 3 November was also a chance to try their hand at novelty sports, among them spin cycling, floor curling and archery. Like FairPrice Walk For Rice* @ South East itself, these activities could spark a greater interest in health and wellness among South East residents. "Together, these complement Singapore's new healthcare reform plan, Healthier SG, which encourages Singaporeans to take charge of their health and focus on preventive care measures such as practising an active lifestyle," explained Mayor Fahmi.

Flagging off the participants who did their part by clocking steps.



DID YOU KNOW?



Although FairPrice Walk For Rice* @ South East was held virtually for the past two years, it still proved a whopping success: 2020 actually boasted the highest mileage ever achieved in the programme's 14-year history, with more than

680,000km
clocked.



Fringe activities such as floor curling and trampoline captured the interest of residents at the launch.

“Apart from receiving the rice and oats from this campaign, I also help to clock steps! I feel great that I can give back to society by doing something so simple like taking a walk. As I'm getting older, it also reminded me of the importance of staying healthy.”

Mdm Aminah, 66



HOW RESIDENTS BENEFIT

- 1 South East CDC works closely with schools, social purpose entities, grassroots organisations, and other community partners and agencies to identify families that may be in need.
- 2 These families are then approached to gauge their interest in receiving rice and oats.
- 3 This matching ensures that no grains go to waste and that those in need get a helping hand.





A Focus On MENTAL ALTH

How South East CDC is working with partners to prioritise and champion the psychological wellbeing of our youth.

The year-end examinations are often a stressful time for students, as they rush to revise the knowledge learnt over the past year. To help students overcome stress during this period, South East CDC worked with partners, MOH Office for Healthcare Transformation (MOHT) and Limitless last year to equip young people with a suite of mental health resources and tools that they could use to boost their mental wellness. These were distributed to some 1,000 youths in conjunction with World Mental Health Day on 10 October 2022.

The intervention came at the right time for students like 19-year-old Michelle Lee, from ITE College East. “As students, we are sometimes affected by our own negative thoughts and emotions. For example, I may compare myself with others,” she said. “Usually, I would turn to music or lighthearted entertainment shows to feel better.” However, thanks to the tools she recently picked up, Michelle has other ways of coping with the tougher days of adolescence.



Toolkits and resources help students take charge of their mental wellbeing.



TOOL #1: Self-Help Toolkit

The centrepiece of these tools is a self-help toolkit for youth designed by Limitless, a mental health organisation that provides intervention services for young people and champions greater awareness about mental health issues among the wider population. Termed the Pausitivity Box, the toolkit was adapted from its counselling programme and includes items such as a journal to help process thoughts and emotions, and a colouring pad that promotes mindfulness and living in the moment. It was distributed with the support of South East CDC's Community Mental Wellness Grant, which enables partners to tailor mental wellness programmes for residents in the South East District. "The items inside have been designed to help reduce or manage stress and anxiety – particularly for students who are taking their end-of-year examinations," said Mr Asher Low, Executive Director of Limitless. He points to the journal as an example: "It's designed to provide a 30-day experience for youth to journal, affirm themselves and identify things that they are grateful for, including calming activities that they can do on the go."

TOOL #2: Information Portal

Youth from across the district also participated in a webinar on 17 September 2022, where they were introduced to [mindline.sg](https://www.mindline.sg). This portal caters to those in their teens and twenties who are curious about mental health-related topics. It also helps those who are facing anxiety, or are just trying to make sense of who they are and their life choices.

"On the platform, you'll find a series of free personalised mental health tools, self-guided wellbeing exercises and local support resources," said Mr Caleb Tan, Senior Manager for mindline.sg at MOHT. "This platform encourages young Singaporeans to take charge of their mental health through

More than 1,000 Pausitivity Boxes were presented to students to help them cope with stress and support their mental wellness.

developing good self-care habits, reach out for professional help and support in a timely fashion without fear of stigma.” He added that MOHT’s ultimate aim is to equip young people with tools to recognise their emotions and state of wellbeing, knowledge about self-care, and channels of support to seek help and advice.

One of these channels of support is let's talk, the mindline community forum. Here, youth can connect with trained professionals, peer supporters and like-minded individuals. As Mr Tan explained, "This moderated safe space allows youth to express their feelings, thoughts and questions without fear of judgement, and to get advice and support from the community of like-minded individuals." He stressed that the goal is to catalyse meaningful conversations surrounding youth mental health and create more supportive networks for young people.



Mr Caleb Tan is passionate about sparking conversations about mental health among the youth.



A Timely Intervention

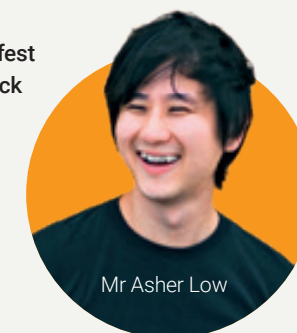
Together, these tools have been a boon for youth like Michelle. “The things I learn from these tools can be applied to my daily life, such as journaling and reaching out to friends,” she shared. “They have come in very handy during high-stress periods.”

Given the success of the programme, South East CDC is exploring ways that it can be expanded to benefit more people, such as teachers and school staff, who are often the first line of defence in protecting the wellbeing of our youth. There are also plans afoot to extend such programmes to more students and to South East CDC's youth volunteers, so that more people in the community can become familiar with mental health issues. Such efforts are timely, given the urgency of youth mental health issues. According to the World Health Organization, 50 per cent of mental health issues arise before the age of 14, and 75 per cent by the age of 24. In Singapore, youth are most affected by mood and anxiety disorders, particularly adjustment disorders, according to Mr Low, who has studied data on youth mental health compiled by Limitless and similar organisations.

STRESS POINTS

According to Mr Low, adjustment disorders manifest in symptoms similar to depression, including a lack of energy and feeling unfulfilled by activities that were once meaningful. Common triggers for such disorders include stressful events like:

- ▶ Moving to a new school
- ▶ Losing a relationship
- ▶ Failing a class or exam



Mr Asher Low

MY MARINE PARADE

Dr Chua Ee Chek, JP, BBM(L), 62, on how his longstanding ties to the estate have inspired him to give back.

✍ KEENAN PEREIRA 📷 ALVIN TEO



Tell us about your links to Marine Parade.

Well, you could call it a lifelong connection! My parents moved into Block 63, Marine Drive in 1974. I moved out of the estate when I got married in 1988, only to move back in 1990 — this time to Block 14, Marine Terrace. We were living a few floors above my in-laws, who helped look after my two kids.

How did your active role in the community begin?

It was my neighbour, Mr Cheng Chean Shin, who approached me to join the Marine Parade RC in 1990 and as they say, the rest is history. I have continued to serve in Marine Parade because of my strong links to the area, even after I moved to different parts of the country. I volunteered in the Marine Parade Community Centre Management Council

and later the Marine Parade Citizens' Consultative Committee (CCC). I was Chairman of the CCC for about 10 years before I stepped down in 2015 due to work commitments. To ensure continuity, I stayed on as Vice-Chairman.

What are some of the causes you have championed over the years?

There have been so many! I think these efforts have all been guided by a common theme — a desire to help residents. This could range from the upgrading of our estates to uplifting the lives of those who needed help the most. Most recently, I assumed the chairmanship of WeCare@MarineParade, which helps vulnerable residents in Marine Parade through community action

and partnerships. In this role, I help deliver the last mile of care to children and their caregivers.

FUTURE RENEWAL

Dr Chua is working closely with his team to build a pipeline of do-gooders in Marine Parade. "We are building and strengthening our processes for someone else to take over and ensure that we continue to make a difference," he shares, adding that he continues to wish his successor Mr Tan Jack Thian, PBM (who took over as CCC Chairman in 2015), all the very best.



How has giving back changed your life?

I have made lifelong friends with both residents and grassroots leaders in Marine Parade. I am also proud to have made a difference in the lives of our residents.

MY TOP SPOT IN THE ESTATE



How has your work as a doctor helped you in the community?

As physicians, we have to be able to listen and empathise with our patients. They can have myriad problems, but as long as you are willing to listen, you can make a difference. I adopt the same approach with residents.

Congratulations on receiving the Public Service Star (Bar), 2022. How do you feel?

Thank you! Like many volunteers, I give back without expecting anything in return. Credit for this award should go to my teammates and mentors, including Emeritus Senior Minister Goh Chok Tong, whom I had the privilege of serving for more than 30 years. And now, I continue to help our current Adviser, Dr Tan See Leng. I have learnt so much from them, and other Grassroots Advisers in Marine Parade as well, like Mr Othman Haron Eusofe and Mr Lim Biow Chuan.

NATIONAL DAY AWARD WINNERS

An earlier issue of *Contact South East* featured a list of 25 National Day Award Winners in the South East District. There were in fact a total of 27 National Day Award Winners in the South East District. Adding on our heartiest congratulations to these two recipients from our Grassroots Organisations, who have been recognised for their tireless dedication to the community. We are sorry for the oversight.

THE PUBLIC SERVICE STAR, BBM Bintang Bakti Masyarakat



MR CHEW SIONG HUAT
PBM
Immediate Past Chairman,
Mountbatten CCC

THE PUBLIC SERVICE MEDAL, PBM Pingat Bakti Masyarakat



MS LIM SIEW HUAY, YVONNE
Chairperson,
Mountbatten CC SCEC

HERE TO LEND A HAND

How the community's support of the St Andrew's Autism Centre allows it to give people with moderate to severe autism the dignity of work.

✍ KEENAN PEREIRA 📷 ALVIN TEO



Clients at SAAC are closely guided by programme coaches as they go about their work.

Recent television shows like *The Good Doctor* and *Extraordinary Attorney Woo* have raised the profile of people with autism and their abilities. However, Mr Bernard Chew, Chief Executive of the St Andrew's Autism Centre (SAAC), says that for those with moderate to severe autism, careers in medicine and the law are realistically, often out of reach. Given their condition, even regular employment can be challenging. "And yet, like everybody else, such people also deserve to enjoy the dignity of work," says Mr Chew, referring to a philosophy that everybody should be allowed to work and make a difference.

To provide such people with the dignity of work, SAAC runs a hydroponics programme at its Day Activity Centre (Siglap), nestled along Elliot Road. Here, 25 clients are exposed to the world of hydroponics, which enables them to grow vegetables like *kang kong* and *xiao bai cai* without soil. "We break down the hydroponics process into systematic steps that help our clients pick them up more efficiently, depending on their abilities," shares Ms Chloe Phua, a programme coach who guides SAAC's clients through the process. "These steps include



Harvested vegetables make their way to restaurants around the island, thanks to SAAC's network of partners.



Mr Bernard Chew, Chief Executive of SAAC.

the germination of seeds, transplanting of seedlings into the system and later, harvesting the vegetables."

Clients work on the farm at least four times a week, between one to two hours daily. Most are now familiar with the transplanting and harvesting process, and can complete tasks with minimal prompting. "Some of the clients enjoy germinating the seeds because it's a task they can do while sitting down comfortably at their individual workstation and does not require any social interactions," observes Ms Phua.

Other clients — especially those more comfortable with social interactions — enjoy distributing the vegetables to the community. The produce grown at SAAC is sold to farmers' markets and nearby residents and restaurants. Hotels like Conrad Centennial Singapore also purchase vegetables for use in their kitchens. Mr Chew says that this form of community support goes a long way towards helping SAAC run its hydroponics programme. "Everything that we produce is sold out every month. This is very heartening." This level of community support allows SAAC's clients to reap the benefits

of work, such as learning to keep to a schedule, teamwork and socialisation skills. "We have witnessed an improvement in the motor skills of our clients as they go through the programme," adds Ms Phua.

One such client who has benefitted from the hydroponics programme is Mr Lee Jing Loong. The 34-year-old is a shining example of a client who is involved in the process from start to finish. "He can do germination independently and also participates in the selling of the vegetables," notes Ms Phua. "He might need a bit of guidance for things that require teamwork as he may get distracted or may do certain things too quickly, but overall, he works well with the team."



Every month, clients at SAAC spend more than **100 hours** in its hydroponics garden, helping to harvest about **60kg** of vegetables.

Those looking to explore a partnership with **ST ANDREW'S AUTISM CENTRE** can write to volunteer@saac.org.sg.



ABOUT SKILLSFUTURE ADVICE @ SOUTH EAST

The SkillsFuture Advice @ South East is a community outreach initiative to raise awareness on SkillsFuture initiatives among Singaporeans and to encourage everyone to adopt a lifelong learning mindset. It is a collaboration between SkillsFuture Singapore, People's Association (PA), specifically the Community Development Councils (CDCs), Workforce Singapore (WSG) and the Employment and Employability Institute (e2i).

To find out more details on the workshops hosted by the SkillsFuture Advice Team @ South East, visit: <https://go.gov.sg/sesfareg>



GETTING BACK ON HER FEET

How newfound confidence and a positive attitude enabled this mother to re-enter the workforce.

A baby's birth is often associated with joy and celebration. But alongside these usual feelings, Mrs Eve Ng recalls feeling extremely down. This was because she had been let go from her sales and marketing role late in her pregnancy. "I'm a career-minded person so I lost confidence in myself and slipped into post-natal depression," shares Mrs Ng, now in her mid-40s.

As there was no one else to look after her child, she decided to view the situation favourably and threw herself into caring for her newborn. 15 months later, she enrolled her child into infant care, eager to re-enter the workforce.

This turned out tougher than she had anticipated. Despite sending out hundreds of résumés, she received almost no replies. "Nobody contacted me, and I didn't understand why," she says, highlighting the struggle that new mothers and those who have not been

working for a while face as they try to return to the workforce.

A TURNING POINT

The turning point came when Mrs Ng heard about how the Government was stepping up its efforts to help jobseekers like herself through bodies like NTUC's Employment and Employability Institute (e2i). She got in touch with the organisation and was soon paired with Mr Daryl Lee, a Senior Specialist with e2i. "By the time I met her, she had been out of a job for more than three years," explains Mr Lee. "There have been a lot of changes in the working world since then, including the shift to more telecommuting following COVID-19." Fortunately, he found that despite her challenging job search, Mrs Ng had maintained a positive, go-getter attitude.

Mr Lee was also impressed that during her period of unemployment, Mrs Ng had taken the initiative to

improve her skills by attending courses on digital marketing and sales. He encouraged her to go for even more programmes to build up her confidence, which had been shaken by the experience of being let go. She later attended e2i's flagship CREW workshop to regain this confidence. CREW, which stands for Career Resilience Executive Workshop, is a one-day programme for professional, managerial, executive and technical (PMET) candidates to build confidence and resilience as they evaluate and strategise job search strategies. It helped Mrs Ng discover her personal strengths and skillsets and also, identified possible knowledge and skill gaps.

A MARATHON, NOT A SPRINT

Armed with this knowledge, Mr Lee worked closely with Mrs Ng to map out different career pathways, advising her on the pros and cons of each. Through this exercise, they looked at roles and development opportunities at different types of employers, from small-to-medium enterprises to large multinational



firms. “Through it all, Eve kept an open mind. This flexible and adaptable mindset comes in handy when one is looking for a job,” advises Mr Lee. “Imagine if you were previously from a multinational firm and unwilling to consider other types of companies, that would considerably narrow your career options.”

Mr Lee also advised Mrs Ng to change her approach in sending résumés. Instead of sending the same version to each potential employer, he suggested tailoring all her documents, including her cover letter and résumé, to each employer. With this guidance, Mrs Ng successfully landed a

job as a Marketing Program Manager at a multinational tech firm. The role allows her to work from the office or at home at her own discretion, according her more flexibility to focus on both her career and family. Looking back at her job hunt, she has this to say: “Nothing beats what e2i offered. There was in-depth and intensive guidance. The coaches know the different systems so well.” But Mr Lee adds that Mrs Ng deserves equal credit. “She never gave up and was ready to keep going. This is a healthy attitude for jobseekers, especially those who have been out of work for a prolonged period. After all, finding a job is a marathon, not a sprint.”

BOUNCING BACK AFTER BEING LET GO

Tips from e2i’s career coach Mr Daryl Lee:

1 Take some time to accept what has happened. You don’t have to dive into your job search right away. Take some time to process what has happened, allowing yourself to grieve. Lean on loved ones for support.

2 Be consistent and pace yourself. Once you are ready, start applying for jobs. Try to apply for a job every two days. And instead of sending out 20 job applications on the first day, try to space out each application. This gives you more time to tailor each one to the job you are applying for.

3 Research is key. The roles and responsibilities of various jobs change with time. Do some research online about what exactly each job entails. You may find yourself qualified to take on roles that you had never envisioned because of transferrable skills from your previous jobs.

重返职场, 再创精彩人生

一位母亲仅凭重振的信心和积极的态度得以重返职场。

孩子的出生通常带给母亲和家庭莫大的欢乐和愉悦。但对黄佩玲女士，当时的经历也同时掺杂着沮丧的心情。这是因为她在临近生产的时候被解雇，失去了她的营销岗工作。“我的事业心很强，这次失业让我对自己失去了信心，陷入了产后抑郁症。” 现年40多岁的黄女士回忆时说道。

由于当时也没有人能帮忙照顾孩子，她决定以乐观的态度看待自己当下的处境，并且全身心地照顾刚出生的孩子。15个月後，她将孩子送去婴儿日托中心，渴望重新回到职场。

但现实还是给她泼了一盆冷水。发出的数百份简历都石沉大海。“我不明白为什么没有任何公司联系我，” 她的经历正好反映了新手妈妈和一段时间没有工作的人，想要重返职场时所面临的困境。

曙光初现

当黄女士听说政府正在通过就业与职能培训中心 (e2i) 之类的机构帮助像她这样的求职者重返职场时，她觉得自己又看到了曙光。她联系了机构后，很快地与 e2i 的高级专科李志坚先生配对。“当我第一次见到她时，她已经失业三年多了，” 李先生解释道。“而且，那时的职场又发生了很多变化，比如由于冠病疫情，很多公司都采取了远程办公的工作模式。” 不过，他发现黄女士尽管在求职中处处碰壁，但依然一直保持着积极进取的态度。

让李先生印象深刻的一点是，黄女士在失业期间仍积极主动地报读了数码营销相关课程，以提升自己的技能。他鼓励黄女士报读更多课程，以重振之前丧失的信心。她后来参加了 e2i 的核心辅导课程——CREW 工作坊，让自己重拾了信心。CREW是英文 Career Resilience Executive Workshop 的简写，中文意为职业韧性执行人员工作坊，是为待业的专业人士、经理、执行人员和技师 (PMET) 而设，为期一天的课程。让他们在评估和制定求职策略时，建立信心和韧性。课程不仅帮助黄女士了解自己的个人优势与技能，也筛出了她在知识和技能方面的不足之处。

持之以恒

搜集了这些“情报”之后，李先生得以更加深入地 为黄女士提供帮助，为她规划不同的职业道路，也为每条道路的利弊提供建议。在这个过程中，他们研究不同类型雇主能提供的岗位和发展机会，从中小型企业到大型跨国公司。“自始至终，黄女士都保持着开放的心态。“有了这种灵活变通的心态，求职成功的几率会大大增加，” 李先生建议道。“想象一下，如果你之前就职于一家跨国公司，不愿意考虑其他类型的公司，那将大大缩小你的职业选择。”

李先生还建议黄女士改变发送简历的方式。与其给每个潜在雇主发送同样的求职文档，不如针对每个雇主发出特定于该雇主的文档，包括求职信和简历。在李先生的悉心指导下，黄女士成功地在一家跨国科技公司找到了一份营销项目经理的工作。这份工作允许她根据自己的需求去办公室或在家里工作，让她能够更灵活地平衡工作与家庭事务。在回顾她的求职经历时，她说道：“e2i 提供的帮助是不可替代的。这包括深入而全面的指导。辅导员对求职的方方面面都了如指掌。” 但李先生认为，黄女士求职成功也归于自己的功劳。“她从未放弃，始终保持前进的动力。这种态度对求职者来说非常重要，尤其是那些已经失业很长时间的人士。毕竟，求职就像一场马拉松，讲究的是持之以恒，不可一蹴而就。”

Berdiri Kembali

Bagaimana keyakinan baru dan sikap positif membantu ibu ini memasuki semula alam pekerjaan.

Kelahiran anak sering dikaitkan dengan rasa teruja dan disambut dengan gembira. Namun, di samping ini, Puan Eve Ng teringat bagaimana beliau dibelenggu perasaan yang amat sedih. Ini kerana beliau telah diberhentikan daripada jawatan jualan dan pemasarannya semasa di fasa lewat kehamilannya. “Saya seorang yang mementingkan kerjaya jadi saya hilang keyakinan diri dan mengalami kemurungan selepas bersalin,” kongsi Puan Ng, kini berusia di pertengahan 40-an.

Memandangkan tiada sesiapa yang boleh menjaga anaknya, dia memutuskan untuk berfikirna positif dan menjaga bayinya sendiri. 15 bulan kemudian, dia mendaftarkan anaknya ke pusat jagaan bayi, dan bersemangat untuk menyertai semula alam pekerjaan.

Ini ternyata lebih sukar daripada apa yang dia fikirkan. Meskipun telah menghantar ratusan resume, tiada satu pun yang dibalas. “Tiada siapa yang menghubungi saya, dan saya tidak faham mengapa,” katanya, menekankan tentang cabaran yang dihadapi oleh mereka yang baru sahaja menjadi seorang ibu atau yang sudah lama tidak bekerja untuk cuba kembali bekerja.

TITIK PERUBAHAN

Keadaan berubah apabila Puan Ng mendapat tahu tentang bagaimana Pemerintah sedang mempertingkatkan usaha untuk membantu pencari kerja seperti dirinya melalui badan-badan seperti Institut Pekerjaan dan Daya Kerja (e2i) NTUC. Dia menghubungi pertubuhan tersebut dan tidak lama kemudian digandingkan dengan Encik Daryl Lee, seorang Pakar Kanan di e2i. “Semasa saya bertemu dengannya, beliau sudah pun tidak bekerja selama lebih daripada tiga tahun,” jelas Encik Lee. “Dunia pekerjaan telah banyak berubah, termasuk peralihan kepada lebih banyak telekomunikasi berikutan COVID-19.” Mujur, beliau dapati bahawa walaupun menghadapi cabaran dalam mencari pekerjaan, Puan Ng masih menunjukkan sikap positif dan terus berusaha.

Encik Lee juga kagum bahawa semasa tempoh dia tidak bekerja, Puan Ng telah mengambil inisiatif untuk meningkatkan kemahirannya dengan menghadiri kursus pemasaran digital dan jualan. Beliau menggalakkannya agar mengikuti lebih banyak program untuk membina keyakinan dirinya yang telah terjejas akibat diberhentikan. Dia kemudian menghadiri bengkel khas CREW e2i untuk meraih semula daya keyakinan. CREW, yang bermaksud ‘Career Resilience Executive Workshop’ atau Bengkel Eksekutif Daya Ketahanan Kerjaya, merupakan program satu hari untuk calon profesional, pengurusan, eksekutif dan teknikal (PMET) membina keyakinan serta daya ketahanan diri sambil mereka menilai dan menyusun strategi pencarian kerja. Ia membantu Puan Ng mengetahui kekuatan dan kemahiran dirinya, dan juga mengenal pasti sebarang jurang pengetahuan dan kemahiran.

MARATON, BUKAN LARIAN PECUT

Berbekalkan pengetahuan ini, Encik Lee bekerja rapat dengan Puan Ng untuk melakarkan beberapa laluan kerjaya yang berbeza, sambil menasihatinya tentang baik dan buruk bagi setiap satu daripadanya. Melalui aktiviti ini, mereka melihat peranan dan peluang pembangunan di pelbagai jenis majikan, daripada perusahaan kecil hingga sederhana kepada firma berbilang negara yang besar. “Sepanjang tempoh ini, Eve mengekalkan fikiran yang terbuka. Cara pemikiran yang fleksibel dan bersedia untuk menyesuaikan diri ini berguna apabila seseorang itu sedang mencari pekerjaan,” nasihat Encik Lee. “Bayangkan sebelum ini anda daripada sebuah firma berbilang negara dan tidak bersedia untuk mempertimbangkan jenis syarikat yang lain, itu sudah pasti akan menyekat pilihan kerjaya anda.”

Encik Lee juga menasihati Puan Ng agar mengubah pendekatannya dalam menghantar resume. Beliau mencadangkan agar menyesuaikan semua dokumennya, termasuk surat permohonan pekerjaan dan resume, kepada setiap majikan, dan bukan menghantar versi yang sama kepada kesemua bakal majikan. Dengan bimbingan ini, Puan Ng berjaya mendapat pekerjaan sebagai Pengurus Program Pemasaran di sebuah firma teknologi berbilang negara. Jawatan tersebut membolehkannya bekerja dari pejabat atau di rumah mengikut budi bicaranya sendiri, dan memberikannya kelonggaran untuk menumpukan kepada kerjaya dan juga keluarga. Mengimbas kembali pengalamannya mencari pekerjaan, dia berkata: “Apa yang ditawarkan oleh e2i tiada bandingannya. Bimbingan yang diberi mendalam dan intensif. Pembimbingnya mahir tentang sistem-sistem yang berlainan.” Tetapi Encik Lee menambah bahawa Puan Ng berhak menerima pujian yang sama. “Beliau tidak pernah putus asa dan bersedia untuk terus berusaha. Ini adalah sikap yang sihat bagi pencari kerja, terutama sekali mereka yang sudah lama tidak bekerja. Lagipun, mencari pekerjaan adalah satu maraton, bukan larian pecut.”

தனது வாழ்க்கைத்தொழிலுக்குத் திரும்பிய தாய்

அர்ப்பணிப்பு உணர்வுகொண்ட ஒரு வாழ்க்கைத்தொழில் பயிற்சியாளரின் புதிய நம்பிக்கையும் உதவியும் எவ்வாறு இந்தத் தாய் மீண்டும் வேலைக்குச் செல்ல உதவியது என்பதைத் தெரிந்துகொள்ளுங்கள்.

ஒரு குழந்தையின் பிறப்பானது பெரும்பாலும் மகிழ்ச்சி மற்றும் கொண்டாட்டத்துடன் தொடர்புடையது. ஆனால் இந்த வழக்கமான உணர்வுகளுடன் கூடவே மிகவும் மனச்சோர்வடைந்த நிலையில் இருந்ததை திருமதி ஈவ் எங் நினைவு கூர்கிறார். இவர் கர்ப்பக் காலத்தின் பின்பகுதியில் விற்பனை மற்றும் சந்தைப்படுத்தல் பணிப் பொறுப்பில் இருந்து விடுவிக்கப்பட்டதே இதற்குக் காரணமாகும். “எனக்கு வாழ்க்கைத்தொழில் குறித்து அதிகப் பற்றுள்ளது, அதனால் நான் என் மீது நம்பிக்கையை இழந்து, பிரசவத்திற்குப் பிந்தைய மனச்சோர்வுக்கு ஆளானேன்,” என்று திருமதி இங் பகிர்ந்துகொள்கிறார். இப்போது அவர் 40களின் மத்தியில் இருக்கிறார்.

தனது குழந்தையைப் பராமரிப்பதற்கு வேறு யாரும் இல்லாததால், அவர் அந்நிலைமையைச் சாதகமாகப் பயன்படுத்திக்கொள்ள முடிவு செய்து, பிறந்த குழந்தையைப் பராமரிப்பதில் தன்னை ஈடுபடுத்திக்கொண்டார். 15 மாதங்களுக்குப் பிறகு, அவர் தனது குழந்தையைக் கைக்குழந்தை பராமரிப்பு நிலையத்தில் சேர்த்துவிட்டு, மீண்டும் வேலைக்குச் செல்ல ஆர்வமாக இருந்தார்.

இது அவர் நினைத்ததைவிட கடினமான ஒன்றாக இருந்தது. நூற்றுக்கணக்கான சுயவிவரங்களை அனுப்பிய போதிலும், அவருக்கு எந்த நிறுவனத்திடமிருந்தும் பதில் வரவில்லை. “யாரும் என்னைத் தொடர்பு கொள்ளவில்லை, அது ஏன் என்று எனக்குப் புரியவில்லை,” என்று அவர் கூறுகிறார். புதிய தாப்பமார்களும் சிறிது காலமாக வேலை செய்யாதவர்களும் மீண்டும் வேலைக்குச் செல்ல முயற்சிக்கும்போது எதிர்கொள்ளும் போராட்டத்தை அவர் முன்னிருத்திக்காட்டுகிறார்.

திருப்புமுனை

NTUC-இன் வேலை நியமன, வேலைத்தகுதி கழகம் (Employment and Employability Institute, e2i) போன்ற அமைப்புகளின் மூலம் தன்னைப் போன்ற வேலை தேடுபவர்களுக்கு உதவுவதற்கான முயற்சிகளை அரசாங்கம் எவ்வாறு முடுக்கிவிடுகிறது என்பதைப் பற்றி திருமதி இங் கேட்டறிந்த போது, அவர் வாழ்க்கையில் திருப்புமுனை ஏற்பட்டது. அவர் அந்த அமைப்பைத் தொடர்பு கொண்டார். விரைவிலேயே அவர் e2i உடன் மூத்த நிபுணரான திரு டேரில் லீயுடன் இணை சேர்ந்தார். நான் அவரைச் சந்தித்த நேரத்தில், அவள் மூன்று ஆண்டுகளுக்கும் மேலாக வேலை இல்லாமல் இருந்தார் என்று திரு லீ விளக்குகிறார். “கொவிட்-19 -க்குப் பிறகு அதிகமாக வீட்டிலிருந்து பணிபுரியும் நிலை ஏற்பட்டது உட்பட, வேலை உலகில் நிறைய மாற்றங்கள் ஏற்பட்டுள்ளன.” நல்வாப்பப்பாக, அவரது சவாலான வேலைத் தேடல் இருந்தபோதிலும், திருமதி இங் ஒரு நேர்மறையான, செல்வாக்கு செலுத்தும் மனப்பான்மையைக் கொண்டிருந்ததை லீ கண்டறிந்தார்.

திருமதி இங் வேலையில்லாமல் இருந்த காலத்தில், அவர் டிஜிட்டல் மார்க்கெட்டிங் மற்றும் விற்பனை தொடர்பான பயிற்சி வகுப்புகளில் கலந்துகொண்டு தனது திறன்களை மேம்படுத்துவதற்கு முயற்சி மேற்கொண்டதும் திரு லீயை மிகவும் ஈர்த்தது. வேலையில் இருந்து நீக்கப்பட்ட அனுபவத்தால் சிதைந்து போயிருந்த அவரது தன்னம்பிக்கையைக் கட்டியடிப்புப் இன்னும் பல பயிற்சி வகுப்புகளுக்குச் செல்லும்படி லீ அவரை ஊக்கப்படுத்தினார். இழந்த தன்னம்பிக்கையையும் மீண்டும் பெற அவர் e2i -இன் முன்னணி CREW பயிலரங்கில் பின்னர் கலந்து கொண்டார். வாழ்க்கைத்தொழில் மீள்திறன் நிர்வாகப் பயிலரங்கு (Career Resilience Executive Workshop) எனப்படும் CREW என்பது தொழில்முறை, மேலாண்மை, நிர்வாக மற்றும் தொழில்நுட்ப (PMET) வேலைக்கான விண்ணப்பதாரர்களுக்கான ஒரு-நாள் திட்டமாகும். இது அவர்கள் வேலை தேடல் உத்திகளை மதிப்பாய்வு செய்து, உத்திகளை வகுக்கும் வேளையில் அவர்களுக்குத் தன்னம்பிக்கையையும் மீளுந்திறனையும் வளர்க்கிறது. இது திருமதி இங்-க்கு அவரது தனிப்பட்ட பலம் மற்றும் திறன்களையும், அதோடு சாத்தியமான அறிவு மற்றும் திறன் இடைவெளிகளையும் கண்டறிய உதவியது.

இது ஒரு நெருத்தொலைவோட்டமாகும், குறுகிய தூர ஓட்டப்பந்தயம் அல்ல

இந்த அறிவைக் கொண்டு திரு லீ, திருமதி இங் உடன் நெருக்கமாகப் பணிபுரிந்து, வெவ்வேறு வாழ்க்கைத்தொழில் பாதைகளை வகுத்து, அவை ஒவ்வொன்றின் நன்மை தீமைகள் குறித்து அவருக்கு ஆலோசனை வழங்கினார். இந்தப் பயிற்சியின் மூலம், இவர்கள் சிறுநெடுத்தரத் தொழில் நிறுவனங்கள் முதல் பெரிய பன்னாட்டு நிறுவனங்கள் வரை பல்வேறு வகையான முதலாளிகளிடம் உள்ள பணிப் பொறுப்புகள் மற்றும் மேம்பாட்டு வாய்ப்புகளை ஆராய்ந்தனர். “எல்லாவற்றிலும், ஈவ் திறந்த மனதுடன் இருந்தார். “இந்த நெகிழ்வான மற்றும் எதையும் ஏற்றுக்கொள்ளக் கூடிய மனநிலையுடன் ஒருவர் வேலை தேடும் போது, அவருக்கு எளிதில் வேலை கிடைக்கும் என்று திரு லீ அறிவுறுத்துகிறார். “நீங்கள் முன்பு ஒரு பன்னாட்டு நிறுவனத்தில் வேலை செய்திருந்து, வேறு வகையான நிறுவனங்களைக் கருத்தில் கொள்ள விரும்பவில்லை என்றால், அது உங்கள் வாழ்க்கைத்தொழில் விரும்பத்தேர்வுகளைக் கணிசமாகக் குறைக்கும்.”

திருமதி இங்-க்கு சுயவிவரங்களை அனுப்பும் முறையை மாற்றுமாறு திரு லீ அறிவுறுத்தினார். ஒவ்வொரு முதலாளிக்கும் ஒரே மாதிரியான சுயவிவரத்தை அனுப்புவதற்குப் பதிலாக, அவரது விண்ணப்பக் கடிதம் மற்றும் சுயவிவரம் உள்ளிட்ட அனைத்து ஆவணங்களையும் முதலாளிகளுக்கு ஏற்ப வடிவமைக்குமாறு, அவர் பரிந்துரைத்தார். இந்த வழிகாட்டுதலுடன், திருமதி இங் ஒரு பன்னாட்டுத் தொழில்நுட்ப நிறுவனத்தில் சந்தைப்படுத்தல் திட்ட மேலாளராக வெற்றிகரமாக வேலைக்குச் சேர்ந்தார். அந்த பணிப் பொறுப்பானது, அவரது வாழ்க்கைத்தொழில் மற்றும் குடும்பம் ஆகிய இரண்டிலும் அவர் கவனம் செலுத்த முடியும் வகையில் அவரது சொந்த விரும்பப்படி, அலுவலகம் அல்லது வீட்டில் இருந்து வேலை செய்வதை அனுமதிக்கிறது. தனது வேலை தேடலை அவர் நினைத்துப் பார்க்கையில், அவர் இப்படிச் சொல்கிறார்: “e2i வழங்கியதை வேறு எவராலும் வழங்க முடியாது. ஆழமான மற்றும் தீவிரமான வழிகாட்டுதல் இருந்தது. பயிற்சியாளர்கள் வெவ்வேறு அமைப்புகளை நன்கு அறிந்திருக்கிறார்கள். ஆனால் திருமதி இங்-க்கும் இதில் சமமான பாராட்டுக்கள் உள்ளன என்று திரு லீ மேலும் கூறுகிறார். “அவர் ஒருபோதும் தனது முயற்சியைக் கைவிடவில்லை, தொடர்ந்து போராடுவதற்குத் தயாராக இருந்தார். வேலை தேடுபவர்களுக்கு, குறிப்பாக நீண்ட காலமாக வேலை இல்லாமல் இருப்பவர்களுக்கு இது ஒரு ஆரோக்கியமான அணுகுமுறையாகும். அனைத்திற்கும் மேலாக, வேலை தேடுவது என்பது ஒரு நெருத்தொலைவோட்டமாகும், அது குறுகிய தூர ஓட்டப்பந்தயம் அல்ல.”

SEE ▶ HOW WE LIVE

Life Hacks

STAY FINANCIALLY HEALTHY IN 2023

Simple ways to help achieve your financial resolutions.

With the start of a new year, it is a good a time to take stock of your financial situation. Doing this will help you better understand how you are managing your money and whether you are on track to achieving your financial goals — and if not, where changes need to be made.

Here is a checklist to help you evaluate your financial health:

□ I SPEND LESS THAN MY INCOME

Keep track of your monthly expenses to ensure you live within your means, or you could easily end up spending more than you earn. This can eventually lead to severe financial stress through excessive borrowing and not having sufficient savings to cover emergencies.

□ I SAVE AT LEAST 20 PER CENT OF MY MONTHLY INCOME BEFORE I SPEND

One way to practice “save before you spend” is to set up a separate bank account from the one that your salary is credited into. Instruct the bank to set aside a fixed amount (at least 20 per cent of your pay) into this second account each time you receive your salary.

□ I HAVE EMERGENCY SAVINGS OF AT LEAST SIX TIMES MY MONTHLY EXPENSES

It is important to have some cash in reserve to meet any sudden financial obligations, which could be due to a medical emergency or an unexpected job loss. Your emergency savings fund should be at least six times your monthly expenses.

□ I PAY MY CREDIT CARD BILLS AND OTHER DEBT OBLIGATIONS IN FULL AND ON TIME EVERY MONTH

Do not borrow excessively as interest payments can be onerous. Credit cards, for example, charge an annual interest of at least 24 per cent. If you do not pay your instalments in full and on time, the amount can very quickly snowball into a much larger sum.

□ I REVIEW MY BUDGET BEFORE MAKING BIG PURCHASES

A budget tracks where your money goes each month and is an important resource for understanding how much money you can afford to spend. Making purchases, especially on big-ticket items, without checking your budget can result in overspending. Any unpaid balances can lead to debt, which can be hard to pay off quickly.

□ I HAVE SUFFICIENT INSURANCE COVERAGE

The Life Insurance Association of Singapore (LIA) recommends that you should aim to have approximately nine to 10 times your annual earnings as basic life cover, although this varies from person to person. You can use the online CPF Insurance Estimator to work out your life insurance needs.

As a guide, have critical illness coverage of about 3.9 times your annual income. You should also try to keep your insurance premiums for protection purposes to not more than 10 per cent of your annual salary.

When deciding on the amount of health insurance to buy, consider the quality of healthcare service and the level of income protection that you would want should you fall ill or become disabled. If you have a family, also consider how much your dependents require for their daily needs if you are unable to provide income for them over an extended period of time.

Health insurance premiums increase with age — ensure you can continue paying them over the long term. Always consult your Financial Adviser if you are unsure.

Life Hacks

PAVE YOUR POTENTIAL WITH SkillsFuture Credits

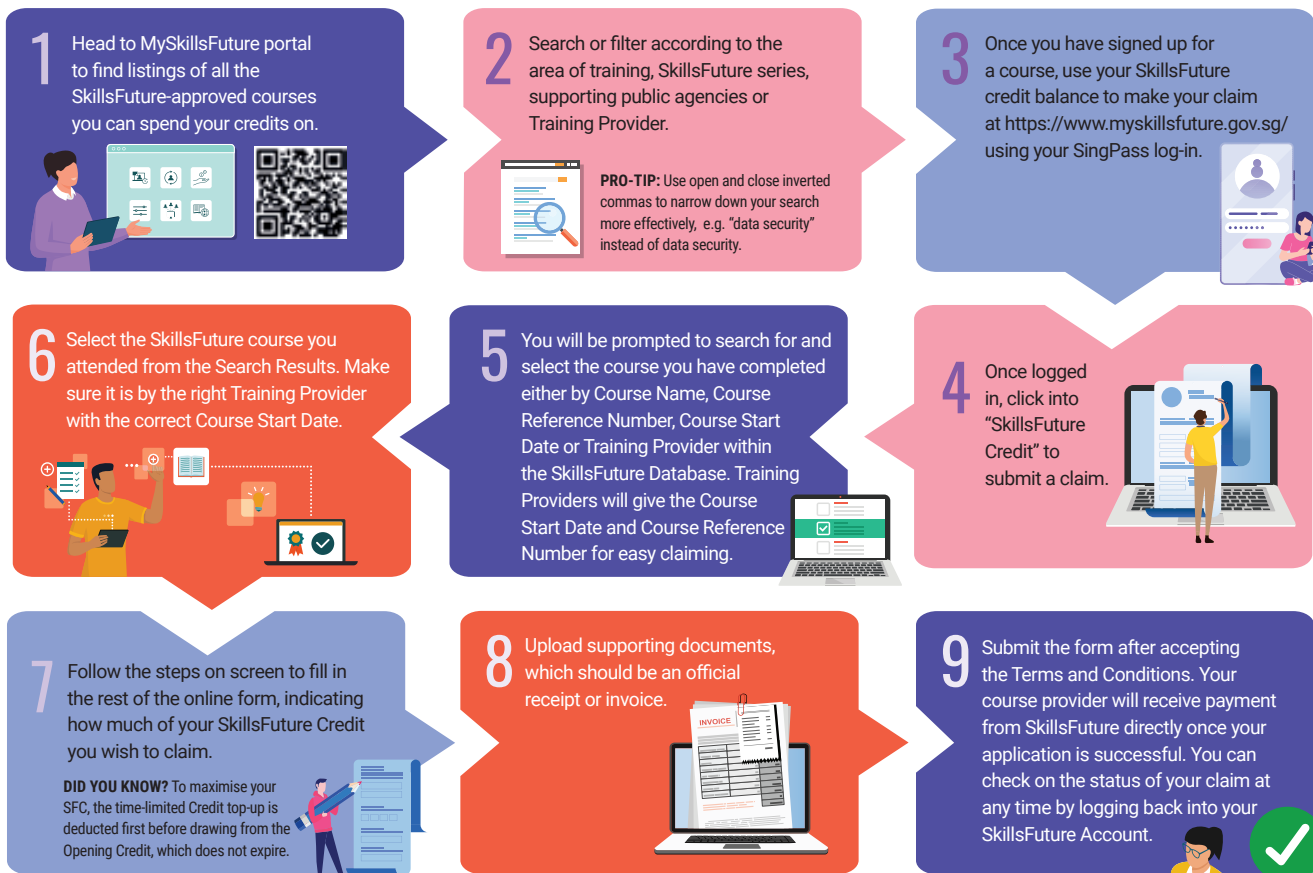
Planning your #lifelonglearning journey can help you map your career at every stage of your life.

By now, most of us would be familiar with SkillsFuture, the national movement that provides Singaporeans with opportunities we need to develop our fullest potential, no matter which stage of our career we are at.

While the SkillsFuture initiative really extends into a broad series of programmes such as internships, study awards and even accelerator programmes, the easiest way any Singaporean above the age of 25 can access SkillsFuture perks



would be through his or her SkillsFuture Credits (SFC). Yet, getting started might seem daunting with more than 20,000 SkillsFuture Credit-eligible courses available for choice. Follow our step-by-step guide to attain skills mastery in no time:



DID YOU KNOW?

Singaporeans aged **40** years and above can receive up to **90%** funding for courses offered by SSG-appointed Continuing Education and Training (CET) Centres and up to **70%** of course fees on Certifiable-skills Training Courses.



STEPPING UP IN 2023

Every January, most of us emerge from a post-festive fog of feasting and partying through our year-end celebrations. In 2023, head straight into health by incorporating walks into your routine. Healthhub suggests 10,000 steps — or about eight kilometres — as a daily goal in order to achieve a basic level of fitness. You can even kill two birds with one stone and make it a social activity with your loved ones, by joining a walking group on platforms such as Meetup or charity events like *FairPrice Walk For Rice* @ South East*.

Here are five ways to get the most out of your walks to keep your body and mind refreshed and invigorated for the months ahead.



1 MULTITASK LIKE A BOSS: Those who find it hard to squeeze in a walk regularly might find multitasking the way to go. Learn to tune in to your favourite podcast or even catch up with a friend over the phone while walking. Just make sure you stick to designated walking paths and steer clear of other pedestrians or vehicle-heavy roads when multitasking to avoid accidents.



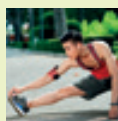
2 FOCUS ON YOUR FORM: Whether on ground or on a treadmill, a proper posture helps you breathe easier and walk faster and farther. Stand tall and keep your eyes up, then let your arms swing freely from your shoulders instead of your elbows. Step lightly for smooth, quiet strides to reduce your risk of injury.



3 GEAR UP: You can walk in practically any attire, but dressing right certainly helps if you intend to stay comfortable. For example, footwear which is flat, flexible and lightweight helps avoid blisters and shin splints. As for clothing, go for something breathable and sweat-wicking. Technical fabrics such as dri-fit are ideal for Singapore's heat and humidity.



4 HYDRATE, HYDRATE, HYDRATE: If you do not have a habit of drinking water throughout the day, fill a big bottle and start sipping two or three hours before your walk. This ensures you start your workout hydrated, which then helps your body manage its temperature and fuel the muscles during the session. Dehydration may result in fatigue and dizziness. If you are going on a long walk, bring a bottle with you.



5 STRETCH IT OUT: A gentle warm-up and basic stretching regime primes your muscles, improves your workouts and prevents injuries. Before your walk, focus on mobility exercises (also known as dynamic stretching) such as lateral lunges to wake up your body and mind. Perform these stretches slowly and only stretch as far as comfortably possible. When in doubt, always seek professional advice to modify stretching exercises for your body.

➔ Show & Tell

ZALEHA ABD KADER



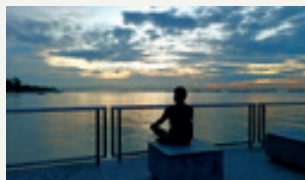
55-year-old Zaleha Abd Kader was inspired by her late brother to leave a 20-year marketing career to start her own creative studio — Six5 Productions LLP. Zaleha also goes by the moniker “Ninja”, which was given to her by Emeritus Senior Minister Goh Chok Tong as she worked closely with Marine Parade CC for professional engagements.

A long-time resident of the District, Zaleha knows the area like the back of her hand, and her phone photography often reflects the interesting and unusual scenes of daily life here. Her favourite route extends from Joo Chiat Road to East Coast Park before looping back to Siglap Canal through the Kembangan or Telok Kurau Park Connectors. Zaleha relishes the calmness from her long walks and finds it the best way to keep fit.

➔ Best Free Things To Do in Your Neighbourhood



Run Free: The footpaths along the **Kallang River** make for a great running route — they are studded with the billion-dollar view of the Singapore Flyer and the F1 Pit Building on one side, as well as the Singapore Indoor Stadium and private estates at Tanjong Rhu on the other. If you go on a weekend morning, you may even see dragonboats and kayaks out on the water.



Practice Mindfulness: Steal a couple of minutes from your busy daily routine and find a quiet spot at **East Coast Park**. Fire up one of the many free mindfulness apps and do a quick practice. All you need is a comfortable place to sit and just 1-2 minutes for this exercise.



Window Shopping: Steeped in rich history and Instagrammable shophouses, **Joo Chiat** is home not just to local eats and quaint cafes, but also plenty of quirky retail options from rattan furniture to homegrown resort wear. Go ahead, try on some frocks — sometimes we don't have to splash our cash to have fun!

You can find Zaleha's Facebook page at

Jay Zee Zaleha AK
(Zaleha Abdul Kader - Ninja)

➔ fEast

GETTING TWISTY

While the pretzel is a popular snack for all ages, few know that it has religious origins.

As the story goes, the pretzel was created by a Catholic monk for his students. Initially made from leftover bread twisted together in the shape of arms folded in prayer, this three-holed confection was even claimed to represent the Holy Trinity of the Father, Son and the Holy Spirit.

For those who observe Lent and abstain from eating meat, the pretzel is a perfect tummy-filler made simply from flour, salt and water. Make your own at home with this easy recipe.

PRETZEL

Makes: 30

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Ingredients

- 300g strong white bread flour
- 1 teaspoon fast-action dried yeast
- 1 teaspoon salt
- 200ml lukewarm water
- 1 egg beaten with 1 tablespoon water, to glaze



Preparation Method

1. Combine flour, dried yeast and salt in a bowl. Add the water and use your hand to mix to form a dough. If the dough feels too dry, add more water bit by bit until the dough comes together.
2. Tip the dough out onto a lightly floured surface and knead until smooth and stretchy. This will take around 10 minutes.
3. Put the dough into a clean bowl, cover loosely with clingfilm and leave in a warm place for 1.5 hours until doubled in size.
4. Line two baking sheets with baking paper and pre-heat the oven to 200°C. Turn the risen dough out onto a lightly-floured work surface and knead briefly. Divide into 30 even-sized pieces and roll each one into a 20cm-long sausage.
5. To shape, bring the two ends together and cross one on top of the other, securing with a dab of beaten egg. Place on the baking trays and brush with beaten egg. Bake for 10 minutes until golden and crisp. Transfer to a wire rack to cool.

➔ Up & Coming

4, 11, 18, 25 February 2023
Digital Learning Workshop

Time 10am to 11am / 11.30am to 12.30pm

Venue Fengshan Aspen RN – Blk 124 Bedok North Road

Organiser Fengshan AAC & SCEC

Contact Cynthia ✉ pa_fengshancc@pa.gov.sg ☎6449 5136

Held over 4 Saturdays, youth volunteers will offer one-on-one consultations at these workshops for those keen to pick up digital skills. Participants are required to attend all 4 sessions.

Admission Fee Free of charge



25 & 26 March 2023
ECHO Health Screening

Time 8am to 12pm

Venue Fengshan CC, MPH

Organiser Fengshan AAC & SCEC

Contact Cynthia ✉ pa_fengshancc@pa.gov.sg ☎6449 5136

These sessions are catered to Singapore Citizens 40 years old and above with no known chronic conditions and have not been screened for diabetes, hypertension and high cholesterol in the last 3 years.

Admission Fee \$0 (Pioneer Generation) /
\$2 (Merdeka Generation/CHAS Blue or Orange Card) /
\$5 (Chas Green and other eligible Singaporean)



LEADING BY WALKING THE GROUND

By putting themselves at the frontline of efforts to unite the community and help those in need, South East Grassroots Advisers have shown that actions speak louder than words.

Kembangan
- Chai Chee



Grassroots Adviser **Tan Chuan-Jin**, Speaker of Parliament and Adviser to Marine Parade GRC GROs, distributing fresh produce during a Project Rescue Veggies event, co-organised with the Fridge Restock Community on 12 October 2022 at Kampong Ubi CC. The project aims to provide healthy food options for residents, minimise food waste and help lighten the financial burden of those who cook at home.

Grassroots Adviser **Edwin Tong**, Minister for Culture, Community and Youth, Second Minister for Law, and Adviser to Marine Parade GRC GROs, joining residents for a 'wefie' at the Jalan Bintang Tiga Street Party — a yearly event spearheaded by an Opera Estate resident — on 20 August 2022.



Joo Chiat



Grassroots Adviser **Dr Tan See Leng**, Minister for Manpower, Trade and Industry, and Adviser to Marine Parade GRC GROs, giving a thumbs-up to the festivities at the Children's Day Carnival at Haig Girls' School on 15 October 2022, which featured food stations, games and magic shows.

Marine Parade



Braddell Heights

Grassroots Adviser **Seah Kian Peng**, Adviser to Marine Parade GRC GROs, rallying the efforts of staff and youths from St Gabriel's Primary School (SGPS) who have sought to reduce their carbon footprint at the SGPS Green Carnival, a showcase of green initiatives and projects held at Braddell Heights Community Hub on 5 November 2022.

Grassroots Adviser **Mohd Fahmi Aliman**, Mayor of South East District and Adviser to Marine Parade GRC GROs, having some 'spooky' fun with young residents and their families at the Halloween 2022@Geylang Playground celebrations on 21 October 2022, which featured interactive games, best-dressed contests and a magic show.

Geylang Serai



Mountbatten

Grassroots Adviser **Lim Biow Chuan**, Adviser to Mountbatten GROs, celebrating the spirit of togetherness with fellow revellers at the Women's Executive Committee Bollywood Night held to commemorate Deepavali at Katong CC on 16 October 2022.

Grassroots Adviser **Tin Pei Ling**, Adviser to MacPherson GROs, sharing a magical moment with young residents at the Mid-Autumn Festival celebration on 11 September 2022 at Blk 49 Circuit Road.



MacPherson

Grassroots Adviser **Cheryl Chan**, Adviser to East Coast GRC GROs, engaging an elderly resident during the Fengshan Active Agers' Wellness Day on 11 September 2022 at Fengshan CC. Interactive booths were set up by community partners at the event, where tips and information on healthy living and ageing gracefully were shared.



Fengshan



Bedok

Grassroots Adviser **Heng Swee Keat**, Deputy Prime Minister, Coordinating Minister for Economic Policies and Adviser to East Coast GRC GROs, joining the community in a vibrant show of light and colour at the Bedok Mid-Autumn Celebration — the largest event held at Bedok CC since the start of the pandemic — on 3 September 2022.

Grassroots Adviser **Tan Kiat How**, Senior Minister of State, Ministry of Communications and Information & Ministry of National Development and Adviser to East Coast GRC GROs, sharing a moment with volunteers from Paw Angels and the puppies up for adoption at the Kampong Pets event on 5 November 2022 at Blk 422 Bedok North Road, where residents had the opportunity to adopt abandoned animals as well as learn tips to better manage their fur kids.



Siglap



Kampong Chai Chee

Grassroots Adviser **Dr Mohamad Maliki Osman**, Minister in the Prime Minister's Office, Second Minister for Education, Second Minister for Foreign Affairs and Adviser to East Coast GRC GROs, greeting 13-year-old resident Nazirul Mubin Bin Muzammil with a 'fist bump' during a house visit session at Eastwood Ria Estate on 8 October 2022.

Grassroots Adviser **Jessica Tan Soon Neo** (right), Deputy Speaker of Parliament and Adviser to East Coast GRC GROs, showing her support to the sustainability efforts of residents at Harmony with Nature, a green-related event on 4 December 2022. The programme included a tree-planting session and a showcase of booths set up by Green Ambassadors promoting eco-friendly living.



Changi Simei



GIVE THESE CHALLENGES YOUR BEST SHOT AND STAND TO REAP THE REWARDS!



SPOT THE DIFFERENCE

Circle the 5 differences in these two photos and stand a chance to take home a \$10 NTUC FairPrice Voucher.



NAME
(AS PER NRIC)

ADDRESS

CONTACT NO

EMAIL

HOW TO WIN

Snap a photo of the entry form above and email your entry along with your details to Contact_South_East@pa.gov.sg with the subject header: "Contact South East (Jan-Apr 2023) – Contest" or mail in your entries to:

Contact South East – Contest
South East Community Development Council,
Wisma Geylang Serai, 1 Engku Aman Turn, #03-02
Singapore 408528

Winners will be notified by post.

TERMS AND CONDITIONS



To take part in the contests, you will need to first subscribe to the e-version of *Contact South East* by scanning the QR Code. Do be sure to also 'Like' us on Facebook or follow us on Instagram too. These contests are only open to the residents of the South East District (Bedok, Braddell Heights, Changi Simei, Fengshan, Geylang Serai, Joo Chiat, Kampong Chai Chee, Kembangan-Chai Chee, MacPherson, Marine Parade, Mountbatten and Siglap). South East CDC staff and their immediate family members are not eligible. Residents who have already won this contest in 2022 will not be eligible. Limited to one winner per household. **Closing date:** 30 April 2023

Reader's Quiz JAN – APR 2023

The answers to the questions below can be found among the pages of this issue.

1. (*Working Hard, Doing Good*, page 4-5)

As part of their volunteer efforts, where did the DBS staff bring their senior beneficiaries on a trip to?

- a. Chinatown
- b. The National Museum
- c. Gardens by the Bay

2. (*Getting Back on Her Feet*, page 15-17)

What does the acronym, CREW, stand for?

- a. Career Resilience Executive Workshop
- b. Creating Robust Employment for Women
- c. Championing the Rights of an Empowered Workforce

3. (*Here to Lend a Hand*, page 14)

On average, what is the approximate weight of the produce harvested by the clients of St Andrew's Autism Centre every month?

- a. 6kg
- b. 60kg
- c. 600kg

HOW TO SUBMIT YOUR ANSWERS

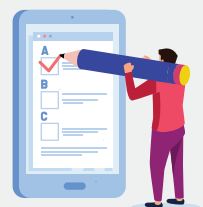
Head to South East CDC's Facebook page and drop us a private message with your answers. The format should be as follows:

Contact South East Jan-Apr 2023 Reader's Quiz
Answers:

- 1) (your choice of a, b, or c)
- 2)
- 3)

Answer correctly and stand to win NTUC FairPrice Vouchers worth \$10.

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OF THE SOUTH EAST DISTRICT



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Contact South East is moving online!
If you wish to catch up on the latest happenings in the South East District, or be in the know as we share news and updates, go to <https://go.gov.sg/goingonline> to update your contact details with us now!



**Latest
News!**

