

MAY - AUG  
2022

A COMMUNITY MAGAZINE  
OF THE SOUTH EAST DISTRICT

# Contact

## SOUTH EAST



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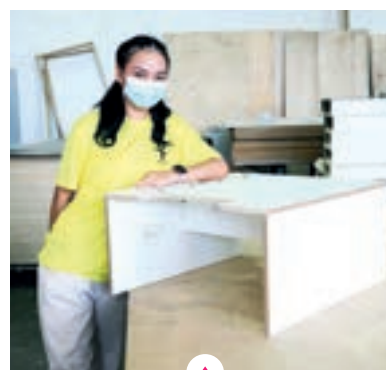
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CENTRESTAGE

## A Force For Good

Young people in our district who are committed to helping others



### SE BUZZ

Introducing youth  
to valuable trade skills

pg 8



### COMMUNITY CHAMPIONS

Putting in the time and effort  
to serve his neighbours

pg 12



### LIFE HACKS

Strategies for stretching  
your dollars

pg 17



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**ARE** you wondering how to have a closer relationship with your spouse and children or build stronger family bonds?

**COME** join our workshops that will equip both Dads and Mums to be the parents that their children need at different stages of their growing years.

### WORKSHOP FOR FATHERS

#### ICAN Fathering Workshop

In this instructional, inspiring, and interactive workshop catered to fathers in all life stages, discover your fathering style and strengths for greater fathering success and satisfaction.



Find out more at  
[www.fathers.com.sg/programmes](http://www.fathers.com.sg/programmes)  
or scan the QR code.



### WORKSHOPS FOR MOTHERS

#### Redefined Series

Re-charge yourself and get back on track internally in this two-part workshop, Lost in Transition and Mind-field, which sets out to empower mums to redefine who they are beyond past experiences, cultural, social and self-imposed expectations.



#### Calm over Chaos

Strengthen your emotional being in this two-part workshop, Beneath the Surface and Riding the Waves, which touches the emotional aspect of motherhood in particular the area of mum guilt and stress.



For more information, please visit  
[fathers.com.sg/programmes\\_categories/for-mums](http://fathers.com.sg/programmes_categories/for-mums)  
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### WORKSHOPS FOR PARENTS

#### Emotion Coaching

Based on the book "Raising an Emotionally Intelligent Child" by Dr. John Gottman, this workshop helps parents connect with and guide their children's positive social and emotional development, turning emotions into bonding and teachable moments.

#### Parenting The Teens Years

Adolescence should not be a phase that parents merely endure. It is the Age of Opportunity, according to adolescence expert Laurence Steinberg. Gain insights into your teens and learn about their cognitive, social and emotional changes and needs to nurture a close and lasting relationship with them.



Find out more at  
[www.fathers.com.sg/programmes](http://www.fathers.com.sg/programmes)  
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"My grandfather told me that he grew up in a kampong house. During his childhood days, people did not earn as much money. However, everyone was generous and helpful. My vision for Singapore is to maintain this 'gotong royong' spirit. I pledge that I will always open my heart and mind to help those in need to the best of my ability. When everybody bands together in spirit, our nation as a whole will be able to emerge stronger." - **Alice Phua Shi Yin, Maha Bodhi School**



"My grandmother was very good at skipping, and she proudly claimed that 100 skips were just her average. She felt very happy then because she could spend quality time with her friends and family. Upon hearing these stories, I thought about how we live our lives today. In my drawing, I contrasted the past with the present times. I depicted my experience when I was out with my grandmother visiting Kampong Glam and viewing Masjid Sultan from the outside. I hope to influence more people to connect with their loved ones." - **Halimatus Sa'diah Binte Mustafa Reza, Eunus Primary School**



"As a school we are grateful for the learning opportunities for our Bedok Viewans through this project as they can learn and contribute hands-on to something beyond the school. This allows students to see how they can impact the broader community and nation by doing something simple, yet meaningful. This resonates strongly with the values we aim to nurture in our Bedok Viewans – with "service" being one of our school values." - **Mdm Yvonne Teo, Principal of Bedok View Secondary School**



For more inspiring stories, visit @artforcausesg on Instagram.

Find out how you can share your story or volunteer here: <https://www.ourheartforsg.org>

## Contact

SOUTH EAST

MAY – AUG 2022

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**Win!**  
**NTUC FAIRPRICE**  
**VOUCHERS**

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## MAYOR'S MESSAGE

# ANSWERING THE CALL TO GIVE

Dear Residents and Friends,

“You make a living by what you get. You make a life by what you give.” This popular saying rings true especially in the South East District, where countless residents and partners have set aside time and energy to champion our community. Their dedication and energy never fail to inspire me.

For many, this spirit of community and volunteerism was nurtured at a young age, which you can find out more about through the various articles in this issue. But it also lives on, as students grow up to become working adults and seniors. Despite their busy schedules and heavy commitments, many South East residents have answered the call to give back in whatever way they can. Some gladly take on roles in our flagship programmes. I spoke to some of them during a recent volunteer appreciation event and learnt that they find being close to the ground and supporting beneficiaries an enriching experience.

Others, such as our District Councillors who come from various professions, enjoy seeing issues from a wider lens. They contribute actively to the South East District by working closely with our community partners to fulfil South East CDC's three main thrusts, in its role as an Aggregator of Needs and Resources; Builder of Capability and Capacity in Partners and Networks; and Connector of Communities. We work closely with our District Councillors, community and corporate partners to keep our eyes and ears close to the ground, to identify emerging gaps and needs.

As such, we set up three committees to sharpen our engagements and programmes, and make them more effective and targeted towards our focal areas. The Care Committee taps on the community's existing strengths and resources to create accessible and sustainable platforms to encourage the spirit of giving back. The Resilience Committee aims to build resilient communities and individuals by promoting greater awareness of mental health as well as racial and religious harmony, through building bridges and deepening understanding. Finally, the Future Ready Committee seeks to develop a community that is ready for tomorrow's challenges by supporting skills upgrading, lifelong learning and active employment. These are not easy goals to achieve but I am confident that under the stewardship of our Committee leads, we will be successful. Together, we all work as one to attain our vision of an active and vibrant South East District.

Best Wishes,

**MOHD FAHMI BIN ALIMAN**  
Mayor, South East District  
Grassroots Adviser to Marine Parade GRC GROs  
and MP for Marine Parade GRC



Meeting residents to share more about the CDC Voucher Scheme.

## 响应号召, 回馈社会

亲爱的居民和朋友们,  
俗话说得好,“收获让您得以生存,付出造就您的生活。”这句话在东南区尤其适用。这里总是有无数居民与合作伙伴付出大量的时间和精力来服务我们的社区,而这种奉献精神一直让我备受鼓舞。

在本期刊载的文章中,您可以理解到很多人从小就培养了服务社区的奉献精神,而这种奉献精神也不会随着年龄的增长而消退。虽然面临着繁忙的生活日程,但是很多东南区的居民仍然积极响应号召,以力所能及的方式来回馈社会,包括参与组织我们所举办的各种大型活动。在最近举办的义工致谢活动中,我与这些服务社区的居民们进行了交流,进一步了解到,他们认为能够走进基层并向弱势群体提供援助,让他们的生活变得更有意义。

至于我们的社区理事们,他们来自不同的行业背景,因此能够从更广泛的角度看待问题,并通过与社区合作伙伴密切合作,来积极地为东南区的发展做出贡献,从而实现东南社区发展理事会的三大基本目标:匹配基层需求与引导资源、联合合作伙伴与社区组织进行能力建设以及协调各个社区之间的交流工作。我们与社区理事、社区组织以及企业合作伙伴紧密合作,深入基层走访居民,从而了解该区所面临的不足之处和切实需求。

为此,我们成立了三个委员会,以加强我们的工作并改进现有的计划和方案,让它们更具成效、更切合我们的工作重点。关怀委员会(Care Committee)将利用社区的现有优势和资源,创建无障碍和可持续发展的平台,鼓励居民回馈社区。社区韧力委员会(Resilience Committee)则通过搭建交流渠道和深化对议题的理解,来提高公众对心理健康以及种族和宗教和谐的认识,从而打造更具有韧性的社区和个人。最后,展望未来委员会(Future Ready Committee)则致力于通过支持技能提升、终身学习与积极就业等举措,来帮助社区做好准备迎接未来的挑战。虽然实现这些目标充满挑战,但我相信,在这些委员会领袖的领导下,我们必将取得成功。让我们齐心协力,共同实现愿景,将东南区打造成更加充满活力与活跃社区。



South East CDC helped to link up the Social Service Office @ Bedok with our partner, Prologis. We spent the afternoon shopping for daily necessities and groceries together, with the aim of supporting these families through tough times due to the rising cost of living.

## MENYAHUT PANGGILAN UNTUK MENYUMBANG

**Para Penduduk dan Rakan-rakan yang dihormati,**  
Bak kata pepatah, “Anda menampung kehidupan daripada apa yang anda perolehi. Anda membina kehidupan daripada apa yang anda beri.” Ini merupakan gambaran yang tepat sekali tentang masyarakat Kawasan Tenggara, di mana ramai penduduk dan rakanjerja telah memperuntukkan masa dan tenaga untuk memperjuangkan masyarakat kita. Dedikasi dan usaha murni mereka sentiasa menjadi inspirasi kepada saya.

Bagi kebanyakan orang, semangat kemasyarakatan dan kesukarelawanan ini telah dipupuk sejak usia muda, seperti yang anda boleh ikuti melalui pelbagai artikel dalam keluaran ini. Akan tetapi, semangat ini telah terus berkembang, dari peringkat pelajar hingga orang dewasa yang bekerja dan kemudiannya warga emas. Meskipun dengan jadual serta komitmen yang padat, ramai penduduk Kawasan Tenggara telah menyahut panggilan untuk menyumbang dalam apa jua cara yang termampu oleh mereka. Ada yang dengan senang hati memainkan peranan dalam program utama kita. Saya sempat berbual-bual dengan sesetengah daripada mereka semasa satu acara penghargaan sukarelawan yang diadakan baru-baru ini dan saya mendapat tahu bahawa mereka mendapati berdamping dengan para benefisiari dan memberi sokongan kepada golongan ini merupakan satu pengalaman yang sangat bermakna.

Yang lainnya, seperti Ahli Majlis Daerah yang datang daripada pelbagai latarbelakang bidang pekerjaan, rasa prihatin dapat melihat isu-isu dari lensa yang lebih luas. Mereka menyumbang secara aktif di Kawasan Tenggara dengan bekerja rapat dengan rakan masyarakat kita untuk memenuhi tiga teras utama CDC Tenggara, dalam peranannya sebagai Agregator Keperluan dan Sumber; Pembina Keupayaan dan Kapasiti dalam Rakan dan Rangkaian Kerja; dan Penghubung Masyarakat. Kita bekerja rapat dengan Ahli Majlis Daerah, rakan masyarakat dan korporat untuk memastikan kita sentiasa mendampingi para benefisiari, agar dapat mengenal pasti jurang dan keperluan yang timbul.

Oleh itu, kita telah menubuhkan tiga jawatankuasa bagi memperhalusi penglibatan dan program-program kita, dan menjadikannya lebih berkesan serta disasarkan kepada usaha tumpuan kita. Jawatankuasa Khidmat Jagaan memanfaatkan kekuatan dan sumber sedia ada masyarakat untuk mewujudkan wadah yang mampan dan mudah diakses bagi menggalakkan semangat menyumbang. Jawatankuasa Daya Tahan bermatlamat untuk membina masyarakat dan individu yang berdaya tahan dengan mempertingkatkan kesedaran terhadap kesihatan mental serta keharmonian kaum dan agama, dengan membina jalinan hubungan dan mempertingkatkan persefahaman. Akhir sekali, Jawatankuasa Persediaan Masa Hadapan berusaha untuk membangunkan sebuah masyarakat yang bersedia menghadapi cabaran hari esok dengan menyokong peningkatan kemahiran, pembelajaran sepanjang hayat dan pekerjaan aktif. Kesemua ini bukanlah matlamat yang mudah untuk dicapai tetapi saya yakin bahawa di bawah teraju pimpinan Jawatankuasa kita, kita akan berjaya. Bersama-sama, kita berganding bahu untuk mencapai visi kita bagi sebuah Kawasan Tenggara yang aktif dan bertenaga.

## தேவையுடையோருக்கு கொடுத்து உதவுங்கள்

அன்பார்ந்த குடியிருப்பாளர்களே மற்றும் நண்பர்களே,

நாம் எவ்வளவு சிறப்பாக வாழ்கிறோம் என்பது வாழ்க்கையில் நாம் சம்பாதிப்பதை வைத்து தீர்மானிக்கப்படுவதில்லை. எவ்வளவு கொடை செய்கிறோம் என்பதன் அடிப்படையில் தீர்மானிக்கப்படுகிறது.” இந்தப் பிரபலமான பொன்மொழி தென்கிழக்கு மாவட்டத்தில் நிஜமாகியிருக்கிறது. இந்த மாவட்டத்தில் எண்ணற்ற குடியிருப்பாளர்கள் மற்றும் கூட்டாளர்கள் தங்களின் சமூகம் வெற்றி வாகை சூட வேண்டுமென்ற நேர்த்தையும் சக்தியையும் ஒதுக்கியுள்ளனர். அவர்களின் அர்ப்பணையும் ஆற்றலும் என்னை ஒருபோதும் ஊக்குவிக்கத் தவறியதில்லை.

இம்மாவட்டத்தில் உள்ள பலருக்கு, இந்தச் சமூகம் சார்ந்த உணர்வும் தன்னார்வ தொண்டு செய்யும் உள்ளமும் இளம் வயதிலேயே வேருன்றியிருக்கிறது. இந்த இதழில் உள்ள பல்வேறு கட்டுரைகள் வாயிலாக நீங்கள் இது குறித்து மேலும் தெரிந்துக் கொள்ளலாம். இந்த நல்லெண்ணம் அவர்கள் மாணவர்களாக வளர்ந்து வரும்போதும், வேலைக்குச் செல்லும் வயதை எட்டும்போதும், மூத்தோர்களாக மாறும்போதும் நிலைத்திருக்கிறது. பல தென்கிழக்கு குடியிருப்பாளர்களில் பலருக்கு ஓய்வில்லாத பணிகளும் கடுமையான பொறுப்புகளும் இருந்தபோதிலும், அவர்களால் இயன்ற அளவிற்குத் தேவையுடையோருக்கு உதவிக்கரம் நீட்டுகிறார்கள். இன்னும் சிலர் எங்களது முதன்மையான திட்டங்களில் மகிழ்ச்சியுடன் பங்கு கொள்கின்றனர். தன்னார்வத் தொண்டை பாராட்டும் விதமாகச் சமீபத்தில் நடந்த நிகழ்ச்சியின்போது அவர்களில் சிலரிடம் நான் பேசினேன். சிறப்பாகச் செயல்பட்டு பயனாளிகளுக்கு ஆதரவளிப்பதை அவர்கள் வளமான அனுபவமாகக் கருதுவதை அறிந்தேன்.

பல்வேறு தொழில்களில் இருந்து வருகின்ற நமது மாவட்ட கவுன்சிலர்கள் போன்றவர்கள், பிரச்சினைகளைப் பற்றத் கண்ணோட்டத்தில் பார்க்கின்றனர். தென்கிழக்கு CDCயின் மூன்று முக்கிய உந்துதல்களையும் பூர்த்திச் செய்ய எமது சமூகப் பங்காளர்களுடன் இணைந்துப் பணியாற்றி, தென்கிழக்கு மாவட்டத்திற்குச் சிறப்பான முறையில் தங்கள் பங்கினை வழங்குகின்றனர் - அதாவது, தேவைகள் மற்றும் ஆதாரங்களின் ஒருங்கிணைப்பாளர்களாகவும், கூட்டாளர்கள் மற்றும் நெட்பொருக்குகளில் திறன் மற்றும் இயலும் தன்மையைக் கட்டமைப்பவர்களாகவும், சமூகங்களை இணைப்பவர்களாகவும் சிறப்பாகச் செயல்பட்டு வருகின்றனர். எமது மாவட்ட கவுன்சிலர்கள், சமூகம் மற்றும் கார்ப்பரேட் கூட்டாளர்களுடன் இன்னும் தீவிரமாகச் செயல்பட்டு, அதிகரித்து வரும் இடைவெளிகளையும் தேவைகளையும் அடையாளம் காண பணியாற்றி வருகிறோம்.

அந்த வகையில், எங்களது ஈடுபாடுகளையும் திட்டங்களையும் செம்மைப்படுத்தித் மூன்று குழுக்களை அமைத்துள்ளோம். இவை நாங்கள் மையமாகக் கொண்டிருக்கும் விஷயங்களை நோக்கி சிறப்பாக செயல்பட இன்னும் பயனுள்ளதாக இருக்கும். பராமரிப்புக் குழு, சமூகத்தின் தற்போதைய பலம் மற்றும் ஆதாரங்களை பலப்படுத்தி, திருப்பக் கொடுக்கும் மனப்பான்மையை ஊக்குவிக்க அணுகுக்கூடிய மற்றும் நிலையான தளங்களை உருவாக்கிட பணியாற்றும். மீள்திறன் குழுவானது மனநலம் குறித்து அதிக விழிப்புணர்வை ஏற்படுத்தி, எதையும் தாங்கும் சமூகங்களாகவும் தனிநபர்களாகவும் திகழ்ந்திட பணியாற்றும். அத்துடன் இன மற்றும் மத நல்லிணக்கத்திற்கான பாலங்களை உருவாக்கிடவும், அது குறித்த ஆழமான புரிதலை உண்டாக்கிடவும் பணியாற்றும். இறுதியாக, எதிர்கால ஆயத்தக் குழு, திறமைகளை மேம்படுத்திக் கொள்வது, வாழ்நாள் முழுவதுமான கற்றல் மற்றும் வேலைவாய்ப்பிற்கு ஆதரவளித்து, நாளைச் சவால்களுக்குத் தயாராக இருக்கும் ஒரு சமூகத்தை உருவாக்கிட முயலுகிறது. இவை எளிதாக அடையக்கூடிய இலக்குகள் அல்ல, ஆனால் எமது குழுவின் தலைமையின் கீழ், நாம் வெற்றியடைவோம் என்று நான் நம்புகிறேன். நாம் அனைவரும் ஒன்றாக கைக்கோர்த்து, ‘சுறுசுறுப்பான மற்றும் துடிப்பான தென்கிழக்கு மாவட்டம்’ என்ற நமது தொலைநோக்குப் பார்வையை அடைய பணியாற்றுவோம்.

# TAKING A STAND

These three youth tell *Contact South East* why they are such firm believers in the importance of doing good.

## WHAT AH GONG WOULD HAVE WANTED

Growing up, **Mr Yeo Ding Qin** recalls his paternal grandfather reminding him of the phrase, “饮水思源”. Briefly translated, it means ‘thinking of the community as you reap its benefits’. This message has resonated deeply with the 20-year-old Mr Yeo, who is an active volunteer with South East Community Development Council (CDC).

Fellow volunteers from South East CDC's *Community Laboratory @ South East* and *FairPrice Walk for Rice\* @ South East* would certainly recognise Mr Yeo, who constantly contributes his time to these two initiatives. The final-year Singapore Polytechnic student was especially fond of *Community Laboratory* as it allowed him to spend time with vulnerable seniors in the South East District. “I enjoyed just sitting with them and hearing their stories about



the old days,” he says. Once, he got so comfortable with the beneficiaries that he performed a few Hokkien songs, much to their delight. “Seeing their smiles made me feel like I was making my grandfather proud. Their warmth was especially appreciated after he passed away in 2020. It made me want to do my part for the community even more, as I’m sure it was what my grandfather would have wanted.”

The COVID-19 pandemic slowed Mr Yeo's interactions with seniors, but it did not snuff out his passion to give back. This setback spurred him on to look for other ways he could continue this passion, and he eventually found an opportunity to do so with *FairPrice Walk for Rice\* @ South East*. “It was one way of getting active while also giving back to the community,” he says, adding that he walked some 30km during the event last year. His efforts raised 100 bowls of white rice, brown rice and instant oats each for the campaign. “I also made new friends through the activity with both residents and fellow volunteers,” he shares.

## FAST FACT:

In 2021, *CommLab* supported **9 projects**, which saw the participation of **86 student volunteers**, who collectively reached out to **448 beneficiaries**. Connections with **8 partner organisations** were also formed.



## DID YOU KNOW?

The South East District is home to **60** schools, including primary and secondary schools, madrasahs and international institutions.



**37%** of its residents are aged between 0 and 34.



South East CDC's programmes engage nearly

**75,000** participants every year.



## FROM BENEFICIARY TO VOLUNTEER



As a child, **Mr Emmanuel Yap** did not have the luxury of having many mentors. His grades suffered as a result. But the experience left a deep impression on Mr Yap, now a 27-year-old regular with the Singapore Armed Forces. “It made me empathise with others who are disadvantaged and has motivated me to do my part to help them,” he tells *Contact South East*.

That is why he is a familiar face with the *My First Break Alumni (MFBA)* team. In 2015, he benefitted from the signature South East CDC programme that equips youth with basic entrepreneurship skills. “When I attended, we had an awesome opportunity to go to Shanghai to put what we had learnt into practice,” explains Mr Yap. He was so moved by the experience that he decided to help out with the programme so that other students could have a chance to pick up similar lessons.



He regularly coached disadvantaged youth on public speaking and gave tips for effective presentations. “Actively volunteering through *My First Break* has helped me focus my life on what truly matters,” he reflects. Most recently, he was involved in a 3D-printing workshop for six youths from VOX

@ Singapore Children's Society. “It was a very fulfilling experience. The students were really smart and very willing to learn, which made the experience all the more rewarding,” he says. “It has been wonderful to see the kids enjoying technology while picking up a practical skill that will come in handy in the future.” He calls on others like him to do their part for the community through such meaningful initiatives. After all, he believes that it is better to give than to receive. “It may be cliché, but it’s true!”

## FAST FACT:

*MFBA* has supported about **350 youths** over the past **15 years** to create a community of young people who are interested in entrepreneurship and have a heart to serve the community.



## CELEBRATING & CHAMPIONING DIVERSITY



As a teenager, **Ms Choo Rae Kit** did not have many opportunities to mix with peers from other races. That changed when she enrolled into a camp organised by *Racial Harmony Youth Ambassadors (RHYA)* when she was in Secondary 2. “It was an eye-opening experience that taught me about accepting others of different races and faiths,” she recalls.

That was seven years ago, and now that she is older, Ms Choo is actively trying to recreate similar experiences for other youth in the South East District. Says the 20-year-old, “We live in a multicultural society so it’s very important to have safe spaces within the community where we can gather and discuss issues surrounding race and religion.” She says that *RHYA*, a flagship initiative of South East CDC, nurtures such spaces for youth in the South East District. “Increasingly, we’re also engaging different segments of the population — such as working adults and seniors — and bringing them into our conversations as well.” In this vein, the team organised Lunar New Year celebrations for seniors from Tembusu Senior Activity Centre at Eunos Crescent. During these celebrations, seniors of all races and religions gathered to make lanterns out of bright red *ang baos*. For Ms Choo, it was a way of encouraging those who do not traditionally celebrate Lunar New Year to get into the festive spirit and enjoy the holiday as well. “I was very heartened to see seniors of all races participating so enthusiastically,” she says. “It was a poignant reminder of how precious our racial harmony is and how lucky we are to enjoy it.”



## FAST FACT:

In 2020, under the “**Celebrating our Festivals**” series, *RHYA* engaged with residents of Thong Teck Home for Senior Citizens during **Hari Raya Aidilfitri** and Tembusu Seniors Activity Centre during **Christmas**. During the **7th Lunar Month**, they organised a sharing by a Taoist practitioner for Madrasah Al-Ma’arif Al-Islamiah, Madrasah Wak Tanjong Al-Islamiah and NPS International students, as well as Buddhist Youth Network and NUS Interfaith members.



# A Circle of FRIENDS

Celebrating the efforts of residents who are doing their part for the community.

Every time Mr Gan Kim Swee catches up with his friend, Dr Kyaw Soe Tun, 34, he reveals a different part of his life. On one day, he might share a story about his grandchildren; on another, he might vent his frustrations at having multiple chronic medical conditions. Dr Kyaw, a resident physician at Changi General Hospital (CGH), understands these conditions well and can soothe Mr Gan's frustrations. Having this outlet for Mr Gan to express his feelings has made the 72-year-old noticeably more cheerful at home. His family also added that his general health has improved.

But the friendship between the two men did not come about by chance: it was the result of initiatives by South East CDC to improve social care in the district. The first of its kind, **Neighbours For Active Living** (*Neighbours*, in short), provided Mr Gan with a community care team that supported his outpatient health journey.

Meanwhile, **Friend-A-Senior @ South East** trained and paired a volunteer befriender with Mr Gan to take care of his social well-being. That volunteer is Dr Kyaw, who began reaching out to Mr Gan at home in 2018. Their friendship grew over the years and was not dampened by COVID-19. During the first two years of the pandemic, they kept up with each other through twice-weekly phone calls. But Mr Gan still felt Dr Kyaw's physical absence and he would ask his family where "the young man" was, using an affectionate nickname he had given the physician.

Beyond being a companion to Mr Gan, Dr Kyaw also shares regular updates with the *Neighbours* team, so they can intervene at an earlier stage, if necessary. Dr Kyaw, too, has benefitted from being a befriender, as he can now better empathise with seniors at his job. He puts this knowledge to good use when advising patients who have been discharged from CGH.

## A WIN FOR THE COMMUNITY

Successes like these were celebrated at the recent **Neighbours for Active Living – Volunteers' Appreciation Day** on 19 February 2022. Held virtually, the event was attended by more than 100 volunteers from the initiative, who collaborated to help seniors in the South East District. They were joined by Mayor of South East District Mr Fahmi Aliman; Mr Tan Chuan-Jin, Speaker of Parliament and Adviser to Marine Parade GRC GROs; and Dr Eugene Shum, Chief Community Development Officer at CGH. The trio thanked volunteers for their dedication and spoke highly of their contributions.

Mayor Fahmi said, "Our volunteers come from all walks of life: they are students, working adults and even retirees living among us. To date, we have worked with over 800 volunteers and supported more than 12,000 seniors. I stay heartened whenever I hear them sharing how fulfilling their experiences have been, and how much the seniors enjoy and look forward to spending time with helping fellow

"We are very grateful to our volunteers and community organisations for your strong support over the last nine years in helping residents stay well and engaged."

Dr Eugene Shum,  
Chief Community Development Officer at CGH

seniors in need. I hope our volunteers continue to find this befriending journey enriching and meaningful." Dr Shum added, "This innovative health-social care approach leverages the strength of the micro-community, allowing us to journey long-term and make a large difference to the community we serve."

## FAST FACTS ABOUT NEIGHBOURS FOR ACTIVE LIVING



It turns **9** *Neighbours* remains a unique and holistic model of care that looks into the health and social needs of vulnerable seniors in the South East district.

It has wide community support with

more than **800** volunteers

from various sectors and age groups.

It has improved the lives of more than

**12,000** seniors in the community.



# LEARNING The Ropes

A new skills immersion programme that exposes students to the evolving traditional trade industries.

**“When I was growing up,** I would help my grandfather build tables and chairs for our outdoor kitchen back in the Philippines. My grandfather would challenge me to try making different parts of the furniture, like its arms or legs. We bonded over this simple activity and the afternoons we spent hunched over a piece of wood will always be fond memories for me.

Being so involved in the process inspired me to think about how I could make furniture that reflected my own tastes and preferences. Gradually, making furniture became a form of self-expression, the way drawing and writing are for other students. The experience of working with wood and other raw materials stuck with me and I developed an interest in all things furniture-related. So it was no surprise that when it came time to choose subjects in secondary school, Design and Technology (D&T) was high on my list. It was not just the creative expression that I enjoyed; I also loved the practical skills I picked up and honed every week. I’ve learnt how to fix things around the house, which will surely come in handy throughout my life.

Through D&T and furniture-making, I’m also constantly reminded of the power I have to change someone’s life. For example, a simple shoe rack I make can uplift the life of a senior in my community who may not be able to afford one. The same can be said about any of the household items that I have learnt to make through the years.



**Hilot Marghaket Jomeniel,** 15, is a Secondary Three student from Ping Yi Secondary School; a recent participant of the **Trade Skills Introductory Series**.

## THE NEXT LEVEL

I have often wondered about how I can turn my passion for furniture-making into a career and I am glad that I recently had an opportunity to understand this when I joined South East CDC’s **Trade Skills Introductory Series**. This is a programme that exposes youth to tradesman and craftsman jobs, which are crucial to the community, but often overlooked by people my age. Held on 17 and 18 March 2022, it was an immersive two-day workshop, supported by the Singapore Furniture Industries Council Institute, that familiarised me with the entire furniture-making process. I participated in the workshop along with 12 other students from Ping Yi Secondary School. Also present was Mr Fahmi Aliman, Mayor of the South East District.

On the first day of the workshop, I got to hear from a young award-winning designer, who shared about her motivations and experiences in the furniture industry. Then, on the second day, it was time to get to work. Using a 3D Computer-Aided Design (CAD) software for furniture-making, I designed a table that could be folded into half so that people could sit and climb on it like a ladder. It was very big and made of wood.

The experience has made me confident of what I can offer as a furniture-maker. I no longer feel restricted by the furniture being sold in shops; I am now certain that I can build my dream piece from scratch. Being part of the programme has strengthened my love for furniture-making. For now, it is a hobby that fills me with a sense of purpose, meaning and joy. Soon, it might be my career.”

## SKILLS FOR THE FUTURE



**8** sessions of the **Trade Skills Introductory Series** will be held this year, catering to skills from various industries.



The inaugural session of this two-day programme exposed participants to the technology, processes and equipment used by tradesmen.

**“Through the Trade Skills Introductory Series,** students will have the chance to understand a good range of career opportunities and widen their career prospects.”

**Mr Fahmi Aliman,** Mayor of South East District

Mayor Fahmi Aliman joining students at a workbench during the launch of the Trade Skills Introductory Series.



## → BUILD YOUR SKILLS

Calling educators from all secondary and tertiary educational institutions in the South East District: If your school would like to participate in the Trade Skills Introductory Series, please contact **ANG\_Pei\_Wen@pa.gov.sg** to find out more.

## CHAMPIONING CAREERS



**“It is important to expose our students to a wide array of career opportunities to prepare them for the future of work. As they will soon be selecting their course of study, we decided to participate in the Trade Skills Introductory Series with hopes of giving them some insights into more career options.”**

**Mr Ang Chee Seng,**  
Principal, Ping Yi Secondary School

# RAISING THE BAR

## On Mental Health Awareness

4 facts about South East CDC's new digital series on well-being among students.

For many youth, the past two years have been anything but carefree. They, too, have sought to deal with the changes brought on by the COVID-19 pandemic — and the impact it has had on their mental health. Amid this climate, South East Community Development Council (CDC) and arts company T:>Works have come together to champion mental well-being and fight stigma about mental illnesses in secondary schools and tertiary institutions.

This joint initiative is aptly titled **The Light Within**. "This is an important initiative as the pandemic has caused disruptions to everyone, especially students' daily lives, resulting in an increasing amount of mental health issues," said Mayor of the South East District Mr Fahmi Aliman at the launch event on 25 April 2022 at ITE College East. "By working with schools to reach out to educators — and through them — we hope to strengthen the students' mental resilience, encourage peer support and highlight available resources within the community."

Here are some facts about **The Light Within** you may not have known:

### 1 It Showcases Salient Issues Through Film

Film is an extremely accessible medium that has been conveying important messages for decades. **The Light Within** taps on this, and uses a short film and an animation to raise important points:

- **Sensitive:** Focusing on the trials of young Chong Kin, this film invites us to consider how we show care for others, and the roles we play in creating a supportive environment for those in need.
- **Sleepover:** This animation uses the power of imagery to explore feelings of loneliness, sadness and emotional turmoil, and the courage it takes for one to speak up and seek help.



As part of the initiative, students watched the films together and then engaged in a guided discussion with their educators.

### 2 It Empowers Educators

Educators and staff are important resources in the quest to promote mental well-being among our youth. **The Light Within** empowers these key individuals with the skills and vocabulary to adequately handle and facilitate discussions about mental well-being. In addition to watching the two films, educators also attended a workshop and received an educational resource kit.

With these, they felt more confident about having fruitful conversations regarding mental health with their students. Explaining the importance of empowering educators, Ms Traslin Ong, Executive Director of T:>Works, said, "We believe educators will also experience stress as they work with their charge to navigate the journey of growing up; and teachers, counsellors and youth workers may need more help and strategies to discuss this sensitive subject."



► Educators from Dunman High School, ITE College East, Victoria School and Zhonghua Secondary School conducted workshops in their schools in March.



Mayor Fahmi Aliman with participants at the launch of *The Light Within*.



Spreading awareness on mental health issues via the medium of film.

### 4 It Gets The Message Across

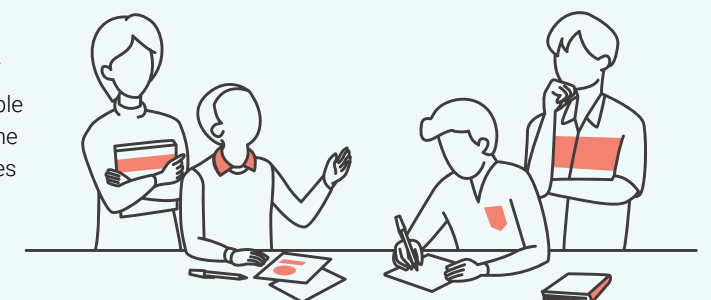
**The Light Within** is making a difference to the lives of both youth and educators. "I like how the actor was able to express his feelings to resolve all his problems at the end of the film. We were able to discuss our similarities and differences during the session. I learnt that it is important to not let other people's opinions influence us and to be able to share our feelings with others," said Cayden Chong, a student from ITE College East.



### 3 It Tackles A Pressing Issue

Youth are especially vulnerable to mental health issues. According to the 2020 National Population Health Survey, younger adults aged between 18 and 29 had the highest proportion of poor mental health, with 21.5% reflecting symptoms of this. These include feelings of self-worth and the inability to concentrate. **The Light Within** aims to reverse such trends by helping to lay an important bedrock for better mental health among our youth. It will complement national initiatives such as the Ministry of Education's plans to progressively introduce mental health education lessons at all primary, secondary and pre-university levels over the next two years.

► In 2020, it was found that **13.4%** of those surveyed had poor mental health. This is an increase from the 12.5% reported in 2017.  
Source: CNA



## FINDING THE LIGHT

"South East CDC partnered with T:>Works to thoughtfully produce **The Light Within** with the purpose of promoting mental health and well-being among students and educators in secondary schools and tertiary institutions within the South East District."

Mr Fahmi Aliman, Mayor of South East District

# “WHY I’VE STEPPED UP TO SERVE”

What inspires this father-of-six to serve the residents of his estate.

✍ KEENAN PEREIRA 📷 SOUTH EAST CDC

“**The East has always been** my home. I grew up in Bedok and lived in Simei before moving to my current home in Upper Changi,” shares Mr Raymond Wang. This lifelong connection to the area has spurred the 53-year-old to be an active member of his community: he now chairs the Upper Changi Neighbourhood Committee (NC).

His appointment caps off decades of hard work in rallying the community, as *Contact South East* found out. Mr Wang became inspired to volunteer after seeing Adviser for East Coast GRC Grassroots Organisations, Dr Maliki Osman, walking the ground in East Coast and doing his best to help residents. “I remember being amazed at how Dr Maliki would remember each resident and what help they needed. I later found out it was because he was so passionate about helping,” says Mr Wang. “Dr Maliki invited me to start helping out as well and I accepted his invitation to serve.” He did so in spite of his heavy personal and professional commitments. Mr Wang runs his family’s 50-year-old air-conditioning business, overseeing every aspect



▲ Mr Wang aiding in temperature screening efforts as part of measures to safeguard the community against the spread of COVID-19.

from operations to sales. At home, he gets a lot of support from his wife, who watches over their six children, aged between 17 and nine. “She ensures that the kids are self-sufficient and have everything they need as they grow up, and this has given me the confidence to throw myself into volunteering.”

Mr Wang serves as an important bridge between various government agencies and residents. Parking was a common bugbear among his neighbours, many of whom live in landed properties. To resolve parking issues, Mr Wang and his team introduced innovations like WhatsApp groups where residents could inform one another of their comings and goings. This prompted residents to move their cars if necessary. Through such initiatives, Mr Wang and his team have built a close-knit *kampung* in Upper Changi. He adds that the team makes sure to constantly include newer residents in all that they do so that they, too, feel a sense of connection and belonging.

## FACING A SHARED THREAT

This community spirit was especially important in the early days of the COVID-19 pandemic. Mr Wang and his team realised that residents would have to travel a fair bit to the nearest Community Centre (CC) to receive supplies like masks and sanitisers. With the support of the Siglap Citizens’ Consultative Committee (CCC) and Adviser Dr Maliki, Mr Wang set up



## A NEW SPACE

The new **Siglap CC** held a soft launch in April. It features a host of amenities for residents, including a supermarket, F&B outlet, futsal court, gym and bowling centre (coming soon). Many of these were co-developed with residents and grassroots volunteers like Mr Wang. Commenting on the positive reaction to the CC, he says, “**I am very grateful to the entire team for coming together to build this new hub for the community.**”



▲ Residents were able to collect masks and sanitisers at their estate, thus ensuring that big crowds did not form at community centres.

distribution points for these essentials within his estate, offering residents both convenience and safety. “It was better than having them crowd at a CC to collect them. This way, there would be less crowds all around,” reflects Mr Wang.

Looking back on his contributions, Mr Wang says that he has benefitted from giving back as much as the beneficiaries of his efforts have received. “To be able to give is a blessing,” he explains. “Every time I give back, I am reminded how fortunate my family is. I am very thankful.” He is also grateful for the team that rallies behind him whenever he needs them to. “It’s a community, in every sense of the word.”

# THE EATERY THAT EMPOWERS

Head to the APSN Café for All to enjoy coffee and a meal – while making a difference in the lives of persons with intellectual disabilities.

✍ KEENAN PEREIRA 📷 AIK CHEN

## “Good morning, what can I get you today?”

Mdm Wong Soh Hoon’s chirpy greeting immediately brightens the day of customers walking into **APSN Café for All**, run by APSN, a social service agency. The 65-year-old eagerly takes each customer’s order, logs it in the system and handles the payment.

To many, this might seem like an ordinary job. However, Mdm Wong has a mild intellectual disability and this opportunity has provided her a lifeline, allowing her to remain independent. In fact, all of the APSN Café trainees have mild intellectual disabilities, which means their IQ ranges from 50 to 70. In contrast, the average IQ ranges from 85 to 115. The success of the café proves that with adequate training and supervision, individuals with intellectual disabilities can contribute to society and lead meaningful lives.

Trainees at the APSN Centre for Adults are invited to try their hand at different roles in the café, which APSN opened in 2016 as part of its efforts to help people with intellectual disabilities lead independent lives. The APSN team believes empowering its trainees with real-world skills and training will put them in good stead. Says Mr Philip Li, Senior Centre Lead, APSN Centre for Adults, “Over



the years, we’ve found that having trainees work in a real-life setting helps prepare them better before they head out to external employers.” He adds that allowing trainees to go out into the workforce enables them to earn a living wage – in contrast, trainees at APSN Café are paid an allowance as they are still undergoing training in the sheltered workshop. This works out to a few hundred dollars a month. “As much as possible, we try to help them get employment after they are assessed competent at the café.”

At any one time, around 15 trainees are placed to learn at APSN Café. Trainers may assess that some, like Mdm Wong, are well-suited for customer-facing roles. Others are better suited to work in the kitchen. Here, they have a chance to whip up meals of traditional café standards: the menu boasts everything from salted egg salmon skin to chicken chop.

Armed with this training, APSN provides job-matching and job support assistance via its employability services to help these trainees find employment at F&B outlets across the island. Take Ms Denia Chia, who looks forward to working at steakhouse chain Astons later this year. “I’d like to work



## MENU MUST-TRYs

- **Salmon skin:** Delightfully crunchy, coated in herbs and chilli, and grown in APSN’s own garden.
- **Chargrilled chicken:** Using the Astons recipe, a tender chicken thigh is chargrilled to perfection.

in a café. With the training provided by APSN Café, I have a chance to do this,” she says. Since 2019, APSN has partnered Astons to teach trainees how to work in an F&B setting. After the training, they actively employ them.

Trainees maintain strong ties with APSN Centre for Adults even after they leave. This is done through APSN’s alumni programme, which ensures that ties are maintained and assistance is available should trainees need them. This was how Mdm Wong returned to the café. She worked in other F&B establishments for several years but retired when her last employer decided to do so as well. Then, APSN’s alumni services reached out to her, and she decided to return to work at APSN Café. This provides her with an allowance and enables her to keep herself occupied.

“Ultimately, we want to develop these individuals so that they may lead dignified, fulfilling and independent lives,” explains Mr Li. “Nothing makes us happier than when they do that.”

**APSN CAFÉ FOR ALL** is open to the public and is open from Mondays to Fridays, excluding Public Holidays.  
**ADDRESS: 11 JLN UBI, #01-31 BLOCK 4, SINGAPORE 409074**  
**Find them on** [Facebook](#) @ [apsncafeforall](#)



## POWERING UP THE PRESENTATION

Ms Yeo reviewed Mr Chua's resume and shared ways it could be improved. For example, she suggested breaking up large chunks of text into bullet points to make the document easier to read. She also shared different formats for resumes and urged Mr Chua to consider penning an introductory statement to share his career goals and relevant experiences. Finding a job in the biotechnology sphere was Mr Chua's top priority. His contingency plan was to look for opportunities in the chemical engineering industry instead. He told *Contact South East* that this area did not interest him as much because his passion lies in biotechnology.

The career profiling exercise was useful for Mr Chua, who was entering the workforce for the first time. "Through the exercise, I learnt that I valued flexibility in an employer," says the South East District resident. As such, his intention was to look for a

# HELP AT THE STARTING LINE

How guidance from NTUC's Employment and Employability Institute (e2i) helped this young jobseeker land his dream job.

**Throughout his schooling years,** Mr Chua Poh Sin had conscientiously built up a database of different resume templates. He felt that these would help him immensely upon his graduation from the Singapore Institute of Technology. Despite this preparation, he still faced difficulties finding a job when he graduated from the university last December with a Bachelor's Degree in Pharmaceutical Engineering. "I looked around for three months after graduation but could not find a job, despite applying to many places," says Mr Chua, 27.

Not finding a job was nerve-wracking for Mr Chua. At that time, his father had been the family's sole breadwinner but his job as a blue-collar worker in the shipping industry did not pay very much. "My younger brother is serving his National Service, so there was definitely

pressure for me to get a job and start contributing to the family," he recalls.

One day, he came across an advertisement regarding an employability clinic organised by e2i and decided to attend it. "It was in mid-March 2022, more than three months after I had graduated," he recalls. At the clinic, held at Wisma Geylang Serai, he met Ms Yeo Kia Li, a bubbly and cheerful career coach from e2i.

The clinic was divided into two sections: experts from e2i would review and assess the effectiveness of a jobseeker's resume. They would then embark on a career profiling exercise, where jobseekers would learn more about their values and interests, and could find jobs that aligned with these. These details were then shared with e2i's team, who identified suitable and more specific roles for the jobseekers.

"A resume is often the first thing a hirer will see before deciding on an interview. So, it's very important that it communicates your strengths immediately."

Ms Yeo Kia Li, career coach from e2i



## RESUME RED FLAGS

Avoid these common resume mistakes, as compiled by *The Straits Times*:

1. Leaving out contact details
2. Spelling errors and bad formatting
3. Too generic
4. Too long
5. Not highlighting achievements
6. Ranting about previous employers

job that could accommodate to the time and flexibility he hopes to have, to spend time with his family and for volunteering.

With a better understanding of what he wanted and how to align his resume to reflect this, Mr Chua returned to his job search, reinvigorated. Within a month, he found a job and started work at Lonza Pharmaceuticals as a biotechnologist. "It's everything that I want in a job. I now work shifts, so I can find time to spend with my family and the community," shares Mr Chua. "It is very heartening to see Mr Chua find a job so quickly," adds Ms Yeo. "He is a young professional who is receptive to advice and feedback. I believe this positive mindset will put him in good stead for his career."

## துவக்கத்தில் நீட்டப்பட்ட உதவிக்கரம்

தேசியத் தொழிற்சங்கக் காங்கிரஸின் வேலைவாய்ப்பு மற்றும் வேலைவாய்ப்புத் திறன் பயிற்சி மையம் (NTUC's Employment and Employability Institute (e2i)) வழங்கிய வழிகாட்டுதல் வேலை தேடும் இந்த இளம் நபர் தனது கனவு வேலையை பெற்றிட எவ்வாறு உதவியது என்பதைப் பற்றி அறிவோம்.

**திரு சுவா போ சின்** தனது பள்ளிப் பருவம் முழுவதும், தனது மனம் சொல்வதற்கேற்ப வெவ்வேறு விதமான சுயவிவரத் தொகுப்புகள் வார்ப்புருக்களின் (ரெஸ்யூமே டெம்ப்ளேட்டுகளின்) தரவுத்தளத்தை உருவாக்கி வைத்திருந்தார். சிங்கப்பூர் தொழில்நுட்பக் கல்வி நிறுவனத்தில் பட்டப்படிப்பை முடித்தவுடன் இவை அவருக்கு மிகவும் உதவியாக இருக்கும் என்று அவர் நினைத்திருந்தார். இத்தகைய தயார்நிலையில் இருந்தபோதிலும், கடந்த ஆண்டு டிசம்பரில் அவர் பல்கலைக்கழகத்தில் மருந்துப் பொறியியலில் இளநிலைப் பட்டம் (Bachelor's Degree) பெற்றபோது வேலை தேடுவதில் சிரமங்களை எதிர்கொண்டார். 27 வயதான திரு சுவா, "படிப்பு முடிந்தவுடன் மூன்று மாதங்கள் வேலை தேடினேன், ஆனால் பல இடங்களில் விண்ணப்பித்தும் வேலை கிடைக்கவில்லை", என்றார்.

வேலை கிடைக்காதது திரு. சுவாவுக்கு பெரும் புதற்றத்தை ஏற்படுத்தியது. அந்த நேரத்தில், அவரது குடும்பத்திற்கு அவரது தந்தை ஒருவரின் சம்பாத்தியம் மட்டுமே இருந்தது. ஆனால் கப்பல் துறையில் ஒரு ஊழியராக அவரது வருமானம் கம்மியாகவே இருந்தது. மேலும் அவர் நினைவு கூறுகையில், "எனது இளைய சகோதரர் தேசிய சேவையில் பணியாற்றுகிறார். எனவே நான் எப்படியாவது வேலையில் சேர்ந்து, எனது குடும்பத்திற்கு பங்களிக்க வேண்டும் என்ற நெருக்கடி இருந்தது," என்கிறார்.

ஒரு நாள், அவர் e2i மூலம் ஏற்பாடு செய்யப்பட்ட வேலைவாய்ப்பு கிளினிக் (employability clinic) தொடர்பான விளம்பரத்தைக் கண்டு, அதில் கலந்து கொள்ள முடிவு செய்தார். "அது 2022 ஆம் ஆண்டு மார்ச் மாதத்தின் நடுப்பகுதியில் ஏற்பாடு செய்யப்பட்டது. அப்போது நான் பட்டம் பெற்ற மூன்று மாதங்களுக்கும் மேலாகிவிட்டது," என்று அவர் நினைவு கூர்ந்தார். விஸ்டா கெப்லாங் சிராய் (Wisma Geylang Serai) என்ற இடத்தில் நடைபெற்ற அந்தக் கிளினிக்கில், அவர் e2i இன் உற்சாகமூட்டும் இன்முகம் கொண்ட தொழில் பயிற்சியாளரான திருவாட்டி இயோ கியா லி என்பவரை சந்தித்தார்.

அந்தக் கிளினிக் இரண்டு பிரிவுகளாகப் பிரிக்கப்பட்டு இருந்தது: e2i இன் நிபுணர்கள் வேலைத் தேடுவோரின் சுயவிவரத் தொகுப்பின் பயன்முறைப்பை பரிசீலித்து, மதிப்பீடு செய்வார்கள். பின்னர் அவர்கள் ஒரு தொழில் விவரக்குறிப்புப் பயிற்சியை நடத்துவார்கள். அதில் வேலைத் தேடுவோர் தங்களின் மதிப்புகள் மற்றும் ஆர்வங்களைப் பற்றி மேலும் தெரிந்து கொள்வார்கள். இவற்றுடன் சம்பந்தப்பட்ட வேலைகளைத் தேடுவார்கள். இந்த விவரங்கள் e2i இன் குழுவுடன் பகிர்ந்து கொள்ளப்படும். அவர்கள் வேலைத் தேடுவோருக்கு பொருத்தமான மற்றும் மிகவும் குறிப்பிட்ட வேலை பங்கினை அடையாளம் காண்பார்கள்.

### முன்வைக்கும் விஷயங்களை வலுப்படுத்துதல்

திருவாட்டி ஐயோ திரு. சுவாவின் சுயவிவரத் தொகுப்பை பரிசீலித்து அதை இன்னும் எப்படி மேம்படுத்தலாம் என்பதற்கான வழிகளைப் பகிர்ந்து கொண்டார். உதாரணமாக, சுயவிவர ஆவணத்தை இன்னும் எளிதாகப் படித்திட பெரிய பெரிய பத்திகளாக இருக்கும் உரைகளை புல்லட் புள்ளிகளாகப் பிரிக்குமாறு அவர் பரிந்துரைத்தார். அவர் சுயவிவரத் தொகுப்பின் வெவ்வேறு வடிவங்களையும் பகிர்ந்து கொண்டார். மேலும் திரு. சுவா தனது வேலை தொடர்பான இலக்குகள் மற்றும் தொடர்புடைய அனுபவங்களைப் பகிர்ந்து கொள்ள ஒரு அறிமுக வாக்கியம் எழுதுவதைக் கருத்தில் கொள்ளுமாறும் வலியுறுத்தினார். உயிர்த்தொழில்நுட்பவியல் துறையில்தான் திரு. சுவா முக்கியமாக வேலைத் தேடினார். அதற்குப் பதிலாக இரசாயனப் பொறியியல் துறையில் வாய்ப்புகளைத் தேடுவது அவரது தற்செயல் திட்டமாக இருந்தது. உயிர்த்தொழில்நுட்பவியல்தான் அவருக்கு ஆர்வம் இருப்பதால், இந்த இரசாயனப் பொறியியல் துறையில் ஈடுபாடு காட்டவில்லை என்று அவர் கான்டாக்ட் சவுத் ஈஸ்ட் (*Contact South East*) இடம் தெரிவித்தார்.

தொழில் விவரக்குறிப்பு பயிற்சி திரு. சுவா அவர்களுக்கு பயனுள்ளதாக இருந்தது. அப்போதுதான் அவர் முதல் முறையாக பணியாளர்கள் இருக்கும் இடத்தில் நுழைகிறார். "இந்தப் பயிற்சியின் மூலம், வேலையில் இருக்கின்ற நெகிழ்த்திறனை மதிக்க வேண்டும் என்பதை அறிந்துகொண்டேன்," என்கிறார் தென்கிழக்கு மாவட்ட குடியிருப்பாளர். அந்த வகையில் அவரது குடும்பத்துடன் நேரம் செலவிடுவதற்கும் தன்னார்வத் தொண்டு செய்வதற்கும் ஏற்ற வகையிலான வேலை நேரத்தையையும் நெகிழ்த்திறனையும் கொண்ட ஒரு வேலையைத் தேடுவதே அவரது நோக்கமாக இருந்தது.

தனக்கு என்ன வேண்டும், அதனைப் பிரதிபலிக்கும் வகையில் தனது சுயவிவரத் தொகுப்பை எப்படி சீரமைக்க வேண்டும் என்பதை நன்கு புரிந்து கொண்டு, திரு. சுவா புத்துணர்ச்சியுடன் மீண்டும் வேலை தேட ஆரம்பித்தார். ஒரு மாதத்திற்குள், அவர் ஒரு வேலையைக் கண்டுபிடித்தது. லோன்சா பார்மாதட்டிக்ஸில் உயிர்த்தொழில்நுட்பவியலாளராக பணியாற்றத் தொடங்கினார். நான் வேண்டுமென்று தேடிய அனைத்தும் இந்த வேலையில் இருக்கிறது. நான் இப்போது விப்டு முறையில் வேலை செய்கிறேன், அதனால் எனது குடும்பத்துடனும் சமூகத்துடனும் செல்வழிக்க எனக்கு நேரமிருக்கிறது," என்று திரு. சுவா பகிர்ந்து கொள்கிறார். "திரு. சுவா அவர்களுக்கு இவ்வளவு சீக்கிரம் வேலை கிடைத்தது குறித்து மிகவும் மகிழ்ச்சியாக இருக்கிறது" என்று திருவாட்டி இயோ கூறுகிறார். மேலும் அவர் கூறுகையில், "அவர் ஒரு இளம் தொழில் வல்லுநர், அவர் ஆலோசனை மற்றும் கருத்துகளை ஏற்றுக்கொள்பவர். இந்த நல்ல எண்ணம் அவரை அவரது வாழ்க்கையில் இன்னும் நல்ல நிலையில் வைக்கும் என்று நான் நம்புகிறேன்," என்கிறார்.



# 寻求帮助，赢在起点

这一期的访问中，我们将带您深入了解职总就业与职能培训中心 (e2i) 如何帮助这各年轻求职者寻得他梦寐以求的工作。

蔡保新先生在求学时期就非常认真地为自己的将来做好准备，因此他细心地建立了不同履历模板。他认为这些模板能在他于新加坡理工大学毕业后，对他有所帮助。尽管如此，他在去年12月以制药工程学士学位毕业时，仍然面临寻找工作的困难。27岁的蔡先生受访时分享：“毕业后，我花了三个月到处觅职，却还是找不到工作。”

找不到工作对蔡先生而言，是件非常困扰的事。当时，他的父亲是家中的唯一经济支柱。他含辛茹苦地在航运业工作养家，但由于学历有限，因此所赚取的蓝领工资偏低。蔡先生回忆道：“当时，弟弟正在服兵役，所以自然会有需要快速找到工作来帮助抵消家庭开销的压力。”

一天，他看到一则有关 e2i 所主办的求职诊所广告，并决定踊跃尝试出席。他回忆道：“当时是2022年3月中旬，我已经毕业超过三个月。”蔡先生在芽笼士乃大厦所主办的求职诊所认识了一名生性活泼且开朗的 e2i 职业导师杨佳丽女士。

求职诊所分为两个部分：e2i 的专家将审阅和评估居民履历表的有效性。之后，再为居民进行职业分析活动，让居民深入了解自身的价值观和兴趣，以帮助他们更确切地寻找适合自己的工作。这些资料都将与 e2i 的团队分享，以便协助团队更有效地为居民配对合适的指定职业。

## 加强演示效果

杨女士审阅了蔡先生的履历表后，就与他分享可改进之处。她的一些提议包括将冗长的文字段落修改为要点，使文件更易读。她也与蔡先生分享了编写履历表的不同格式，并敦促蔡先生考虑附上介绍段落，以分享他的职业目标和相关经验。蔡先生的优先职业选择是生物技术领域，其次便是化学工程业。他告诉 *Contact South East* 说他对化学工程的兴趣不大，因为他热衷于生物技术项目。

职业分析活动对初次踏入工作职场的蔡先生很有用。身为东南区居民，他分享道：“通过这项活动，我意识到我其实非常重视肯给予员工灵活性的雇主。”因此，他打算找一份能让他拥有时间奉献给家人和社区的工作。

在蔡先生已更加了解自己所追寻的职业，并知晓如何将自己的想法反应在履历表内后，他再次重新投入寻找工作的旅程。蔡先生在一个月内便觉得龙沙生物制药集团觅得生物技术专家的职位。蔡先生分享：“这是我梦寐以求的工作。我现在的工作是轮班制，所以我能抽出时间来奉献给家人和社区。”对于蔡先生的就业状况，杨女士表示：“我很开心看到蔡先生那么快就找到心仪的工作。他是名很肯听取意见和反馈的年轻专业人员。我相信他的正面态度将让他在事业上有一番作为。”

## Bantuan Di Garis Permulaan

Bagaimana bimbingan daripada Institut Pekerjaan dan Daya Kerja (e2i) NTUC membantu pencari kerja muda ini mendapatkan pekerjaan impiannya.

**Sepanjang zaman persekolahannya**, Encik Chua Poh Sin telah bersungguh-sungguh membina pangkalan data pelbagai templat resume. Beliau rasa bahawa ini akan sangat membantunya selepas tamat pengajian dari Institut Teknologi Singapura. Meskipun telah membuat banyak persiapan, dia tetap berdepan dengan kesukaran mendapatkan pekerjaan setelah tamat pengajian di universiti Disember lalu dengan meraih Ijazah Kejuruteraan Farmaseutikal. “Saya berusaha mencari selama tiga bulan selepas tamat pengajian tetapi tidak berjaya, walaupun setelah memohon ke banyak tempat,” kata Encik Chua, 27 tahun.

Kegagalan mendapatkan pekerjaan sangat meresahkan Encik Chua. Pada masa itu, bapanya merupakan satu-satunya pencari nafkah dalam keluarga tetapi pekerjaannya sebagai pekerja kolar biru dalam industri perkapalan memperoleh gaji yang rendah. “Adik lelaki saya sedang menjalani Perkhidmatan Negara, jadi tekanan untuk saya mendapatkan pekerjaan dan mula menyumbang kepada keluarga adalah amat besar,” katanya.

Pada suatu hari, beliau terlihat sebuah iklan tentang klinik daya kerja anjuran e2i dan memutuskan untuk menghadirinya. “Pada masa itu pertengahan bulan Mac 2022, lebih daripada tiga bulan selepas saya tamat pengajian,” seingat beliau. Di klinik yang diadakan di Wisma Geylang Serai itu, beliau bertemu Cik Yeo Kia Li, seorang pembimbing kerja yang peramah dan ceria dari e2i.

Klinik tersebut terbahagi kepada dua bahagian: pakar-pakar dari e2i akan menyemak dan menilai keberkesanan resume peserta. Kemudian mereka melakukan latihan memprofil kerjaya, di mana peserta akan pelajari lebih lanjut tentang nilai dan minat mereka, dan mencari pekerjaan yang selaras dengannya. Butiran ini kemudiannya dikongsi dengan pasukan e2i, yang selanjutnya mengenal pasti jawatan yang lebih khusus dan sesuai untuk peserta tersebut.

## MEMPERTINGKATKAN GAYA PENAMPILAN

Cik Yeo menyemak resume Encik Chua dan berkongsi cara-cara bagaimana ia boleh diperbaiki. Contohnya, beliau mencadangkan agar teks yang panjang diringkaskan menjadi beberapa butiran supaya dokumen tersebut mudah dibaca. Beliau juga memperkenalkan format resume yang berbeza-beza dan mengesyorkan kepada Encik Chua agar menulis pernyataan pengenalan untuk berkongsi matlamat kerjayanya serta pengalaman-pengalaman lepas yang berkaitan. Mendapatkan pekerjaan dalam bidang bioteknologi menjadi keutamaan Encik Chua. Pelan kontingensinya pula adalah untuk mencari peluang dalam industri kejuruteraan kimia. Beliau memberitahu *Contact South East* bahawa bidang ini tidak begitu menarik minatnya kerana minatnya terletak pada bidang bioteknologi.

Latihan memprofil kerjaya telah memanfaatkan Encik Chua, yang memasuki dunia pekerjaan buat pertama kalinya. “Melalui latihan ini, saya sedar bahawa saya menghargai majikan yang memberikan fleksibiliti,” kata penduduk Kawasan Tenggara ini. Oleh itu, niatnya adalah untuk mencari pekerjaan yang sesuai dengan masa dan fleksibiliti yang diinginkan agar dapat meluangkan waktu bersama keluarga dan melakukan kerja-kerja sukarela.

Setelah memahami dengan lebih baik apa yang beliau inginkan dan bagaimana untuk menyesuaikan resumennya agar mencerminkan hal tersebut, Encik Chua bersemangat meneruskan semula pencarian kerjanya. Dalam masa sebulan, beliau berjaya mendapatkan pekerjaan di Lonza Pharmaceuticals sebagai ahli bioteknologi. “Ia adalah segala yang saya idamkan dalam sesuatu pekerjaan. Sekarang saya bekerja syif, jadi saya boleh merancang masa untuk bersama keluarga dan masyarakat,” kongsi Encik Chua. “Saya gembira melihat Encik Chua mendapat pekerjaan dengan begitu cepat,” tambah Cik Yeo. “Beliau adalah seorang karyawan muda yang terbuka menerima nasihat dan maklum balas. Saya yakin pemikiran positif ini akan meletakkannya dalam kedudukan yang baik untuk kerjayanya.”

“Through the exercise, I learnt that I valued flexibility in an employer. I like spending time with my family and volunteering, so I needed a job that allows me the time and flexibility for that.”

Mr Chua Poh Sin, South East District resident



## → Life Hacks

# COPING WITH THE RISING COST OF LIVING

Eight lifestyle changes that can help you save more money.

**Around the world, inflation** has become a looming challenge as prices soar as a result of supply chain disruptions worldwide. In Singapore, many are learning to stretch their dollar across daily expenses such as electricity, food and transport.

Here are some money-saving tips to help you manage these cost pressures:

## 01 TRACK YOUR SPENDING

Distinguish between ‘wants’ and ‘needs’, and prioritise the latter. Make sure that you are able to pay for essentials such as your mortgage, food, medical needs, insurance premiums, transport and other loans — before splurging on luxury items.



## 02 AVOID GETTING INTO DEBT

Pay off your credit card bills on time and in full to avoid late fees and high interest charges. Unless absolutely necessary, do not take on new loans.



## 03 SHOP HOUSE BRANDS

Instead of paying a premium for branded items, opt for house brands which are usually more affordable and just as good.



## 04 USE A SIM-ONLY OR NO-CONTRACT MOBILE PLAN

Avoid locking yourself into a minimum contract period so you can switch to a more economical telco plan anytime. These post-paid plans are not only cheaper in the long run, but often also offer the same – or sometimes even better – features and services as contract plans.



## 05 TAKE PUBLIC TRANSPORT

Even with the recent price hikes, public transport is still much cheaper than private. This can lead to significant cost savings especially when added up over days and months.



## 06 SAVE RESTAURANTS FOR SPECIAL TREATS

If you have to eat out, opt for a good old hawker meal instead, which is substantially cheaper than dining at a restaurant. With the plentiful food options available, you will definitely not be skimping on variety.



## 07 CONSIDER REFINANCING

For many Singaporeans, home loan payment is the single biggest monthly expense. Keep up to date with interest rates and explore the possibility of refinancing your loan if the rates are attractive.



## 08 REACH OUT FOR HELP

Keep abreast of the subsidies rolled out by our government and make full use of them. Information and eligibility can typically be found on official websites. So find out what help is available and apply for subsidies that you qualify for.



The advice is provided by the Institute for Financial Literacy (IFL), a collaboration between MoneySense and Singapore Polytechnic International. MoneySense is the national financial education programme introduced in 2003 that is funded by the Singapore Government.

IFL conducts free and unbiased talks and workshops online, at the Singapore Polytechnic and at venues across the island. Visit <https://ifl.org.sg/> for more information.



Life Hacks

# CATCH MY FALL

Learn how you can manage impact injuries caused by a loss of balance.

**Falls are the leading cause** of traumatic injuries in Singapore, with seniors making up the bulk of fall patients received and treated at local hospitals.

The common types of injuries associated with falls include:

- wrist and hip fractures
- head injuries
- bleeding wounds

Such injuries can range from mild to severe; some may also be fatal.

Even though we cannot always avoid a fall, we can reduce the seriousness of the injury with some basic know-how:

## GET HELP. FAST.

If you have just witnessed a fall and the patient is unconscious or appears to have suffered a severe injury, call 995 (SCDF-EMS) immediately.



## SLING OR SPLINT IT

If you suspect a wrist fracture, use a splint or arm sling to minimise movements that would worsen the injury. You can make a temporary splint with rigid materials at home such as a rolled-up newspaper, a board or a plank. Shoelaces or strips of cloth can help to fasten the homemade splint in place. An arm sling can be made from a pillowcase or old T-shirt.



Contributed by the Central Region Trauma Services (CRTS) with publicity support from South East CDC.



“From the time of injury, every second counts towards saving a life and improving the rate of recovery.”

## STAY PUT

In case of a hip fracture, in which the patient is in pain and unable to move, do not attempt to move them as it may worsen the injury. The best way forward would be to seek immediate help by calling an ambulance.



## LOOK OUT FOR SIGNS AND SYMPTOMS

When assessing injuries, pay close attention to any signs and symptoms of head injuries which are easily overlooked, such as headaches, nausea or dizziness. Always seek professional help for further tests if in doubt.



## STOP THE BLEEDING

Use a clean, non-fluffy cloth to apply firm constant pressure on the wound. If blood soaks through the cloth, do not remove it. Instead, apply another cloth on top of it and widen the area of pressure. When the bleeding is under control, dress the wound with a sterile gauze and bandage.



Scan the QR Code to watch **First Aid On The Go: Fractures**



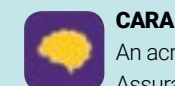
## SEWired

# 5 HEALTHFUL APPS FOR SENIORS

Technology presents plenty of options to improve our way of life, including those that help to manage one's health.

**Gone are the days** when we assume older adults are less tech-savvy than younger people. And aside from popular communication platforms such as WhatsApp, Zoom or FaceTime, there are also plenty of applications (apps) that can better one's quality of life through health tracking.

Check out five of our favourites that will keep both your mind and body in check.



**CARA**  
An acronym for Community, Assurance, Rewards, Acceptance – the four main functions of Dementia Singapore's pioneering membership programme – CARA connects dementia patients and their caregivers to an ecosystem of solutions and support. This includes a "Safe Return" function that provides unique identifiers for persons with dementia so they can move freely and independently within a safe community. Other features include discounts and privileges from partners and a useful list of solution providers relevant to dementia caregiving needs.



**HealthHub SG**  
HealthHub is a collaborative effort by the Ministry of Health (MOH), in partnership with our three healthcare systems. With this app, you can manage medical appointments, pay bills and access you and your family's health records. Health-related articles and events are also shared through the app.



**Healthy 365**  
Developed by the Health Promotion Board (HPB) to encourage healthy living, the app uses gamification and rewards to invite users to earn Healthpoints through in-app challenges, health programmes and even when purchasing healthier food and groceries from partners. Exercise classes can also be booked using the app. If you have a fitness tracking device, you can convert your healthy actions (daily step count and exercise durations) into rewards.



**Lumosity**  
Besides being physically fit, it is also critical that one remains mentally sharp so as to maintain the quality of life as we age. Lumosity offers a treasure trove of cleverly-designed games and brain-teasers to enhance cognitive skills.

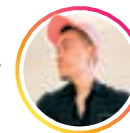


**MediSafe**  
MediSafe is a personalised medication reminder system which also connect users to their families and doctors. With a few simple steps, you can get reminders for taking pills and receive constant tracking of your health progress. You can even add your family member's prescriptions or have a caregiver manage your medication.



## Show & Tell

# DESIGNER FROM THE 'HOOD



**Illustrator, artist and entrepreneur Kuanth**, has been a Marine Parade resident for over 10 years. His portfolio includes projects for Agnès B, Singapore Airlines and clothing boutique, Tong Tong Friendship Store. His latest venture, Pentomime (**Instagram: @the\_pentomime**), specialises in Asian-themed lifestyle accessories.



The 46-year-old cites **Changi Bay Point** and **East Coast Park** as two of his go-to places in the South East District. The first time Kuanth cycled to Changi Bay Point was in March this year, where he photographed a lone sapling. This was after a trip to East Coast Park for a high intensity interval training (HIIT) class organised by the Health Promotion Board.



instagram.com/p/CbU6fvnp0Z



instagram.com/p/CbM6iNOvcSO

A shot of a cloud formation from East Coast Park

“I like to take photos that reflect serenity, and I tend to find plenty of those in and around both these locations.”

**Kuanth (@dididd)**

## Show & Tell in the SE!

Are you a South East resident with a story to share about gems in your neighbourhood – from scenic spots and hip hideaways to places steeped in heritage? Email us at **Southeast\_CDC@pa.gov.sg** with your photos and captions, and you may be featured in the next issue of *Contact South East*.



## WHOLE SOME AND FLAVOURFUL

Upgrade your roast chicken with this well-loved Malay recipe.

**Chicken is one of the most** versatile meats in the world. In Singapore, every cuisine features this nutritious and adaptable ingredient. This recipe for *Ayam Golek*, a Malay culinary creation, enhances the flavour of the poultry with herb and spices, resulting in a rotisserie-style dish that's popular across all ages.

### AYAM GOLEK

**Serves:** 5 people

**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes

#### Ingredients

##### (A)

- 1 whole chicken (approx. 800g; skinned and halved)
- 1 teaspoon fennel seed powder
- ½ teaspoon black pepper powder
- 25g palm sugar
- 200ml low-fat coconut milk

- 3 tamarind slices
- 100g peanut
- 1 teaspoon low-sodium salt
- 2 tablespoon cooking oil

##### (B)

- 20 dried chillies
- 8 shallots
- 2 big onions
- 3 lemongrass stalks
- 2 inches *galangal* (also known as blue or Thai ginger)
- 2 inches ginger

\* Choose products with the Healthier Choice Symbol (HCS)

#### Preparation Method

1. Blend all ingredients in (B).
2. Heat up the cooking oil and sauté the spice blend for 3 minutes or until fragrant.

### COOK HEALTHY WITHOUT COMPROMISING ON TASTE

- 1 Use low-fat coconut milk, as it is lower in saturated fat.
- 2 Use more spices and herbs in place of salt to create a dish that does not compromise on taste.
- 3 Remove skin and visible fat on meat before cooking to reduce the intake of saturated fat.

Recipe contributed by Health Promotion Board.

# National Day

## Heartland Celebrations 2022 @ South East

*Celebrating Togetherness @ South East*

**Sunday, 7 August 2022**

**Time** 4pm to 9pm  
**Venue** Wisma Geylang Serai  
**Organiser** East Coast GRC, Marine Parade GRC, MacPherson SMC and Mountbatten SMC CCCs  
**Contact** ✉ southeastcelebrates@gmail.com

The South East District celebrates Singapore's 57<sup>th</sup> birthday with a carnival that includes the PAssionArts Festival Village, static display of SAF and Home Team vehicles, local street food, stage performances and other fringe activities.

For more information, check out [ndp.gov.sg](http://ndp.gov.sg)

### Up & Coming

**30 July 2022**

#### Braddell Heights Racial Harmony & National Day Celebration

**Time** 6.30pm to 9pm

**Organiser** Braddell Heights GROs

**Contact** ✉ NEO\_Pok\_Yen@pa.gov.sg

Learn more about Singapore's different cultures and don't miss out on exciting programmes tailored for the whole family. See you there!

**Admission is FREE.**



**29 to 30 July 2022**

#### Skills & Learning Festival Fair @ South East

**Time** 10am to 5pm

**Venue** 10 Simei Ave, Singapore 486047

**Organisers** ITE College East, Employment and Employability Institute (e2i), South East CDC

**Contact** ✉ siewgek\_kang@e2i.com.sg

Day 1 – Join experiential workshops to pick up trade skills and apply for jobs that welcome mid-careerists.

Day 2 – A learning carnival where there are fun and learning fringe activities for members of the public to participate in.

**Admission is FREE.**



# GOING THE EXTRA MILE

As the community gets on the road to normalcy with the easing of social restrictions, the South East Grassroots Advisers have been supporting our residents, every step of the way.

Kembangan - Chai Chee



Grassroots Adviser **Tan Chuan-Jin**, Speaker of Parliament and Adviser to Marine Parade GRC GROs, 'high-fiving' a young resident during one of the Family Life Champion House Visit sessions — where he distributed milk formula to low-income families with young children at Blocks 22, 23 and 24 — held on 17 and 29 March at the Ansar RC & Ping An Green RC estates.

Grassroots Adviser **Edwin Tong**, Minister for Culture, Community and Youth, Second Minister for Law, and Adviser to Marine Parade GRC GROs, interacting with a resident's pet Golden Retriever at the launch of the newly-built Telok Kurau Dog Run at Telok Kurau Park — a joint effort between NParks and PA Grassroots — on 20 February.

Joo Chiat



Grassroots Adviser **Dr Tan See Leng**, Minister for Manpower, Second Minister for Trade and Industry, and Adviser to Marine Parade GRC GROs, giving a thumbs-up to a young bursary recipient at the Marine Parade Edusave Awards Presentation Ceremony on 19 and 20 February at Joo Chiat Community Club.

Marine Parade

Braddell Heights



Grassroots Adviser **Seah Kian Peng**, Adviser to Marine Parade GRC GROs, chatting with a member of the community about Project Zero, an initiative to distribute rescued, 'ugly' and donated food so as to reduce wastage, at Braddell Heights Zone B RC on 9 April.

Grassroots Adviser **Mohd Fahmi Aliman**, Mayor of South East District and Adviser to Marine Parade GRC GROs, (centre) celebrating with winners of the Geylang Serai Urban Battle League — a foam darts sporting tournament that provides a safe platform for residents to bond — held on 12 and 19 May at Wisma Geylang Serai.

Geylang Serai



Mountbatten



Grassroots Adviser **Lim Biow Chuan**, Adviser to Mountbatten GROs, engaging residents at the Amber NC Chit Chat session, on 17 March at One Amber, where they were updated on the upcoming Thomson-East Coast Line (TEL) MRT stations, and treated to bento meal sets and hand sanitisers.

MacPherson



Grassroots Adviser **Cheryl Chan**, Adviser to East Coast GRC GROs, marking the re-opening of the Fengshan Community Club on 2 April, with event attendees.

Grassroots Adviser **Tin Pei Ling**, Adviser to MacPherson GROs, handing a care pack to an elderly resident during one of the MacPherson Welfare Day 2022 sessions held between 7 and 14 January, which saw her reaching out to seniors in the estate who mainly live on their own.

Fengshan





Bedok

Grassroots Adviser **Heng Swee Keat**, Deputy Prime Minister, Coordinating Minister for Economic Policies and Adviser to East Coast GRC GROs, presenting residents with food items as well as care packs at the Bedok Community Club MAEC Porridge Distribution 2022 on 9 April at UP³ at Blk 28 New Upper Changi Road.

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, showing his appreciation for frontliners and staff of Bedok Polyclinic. They were treated to lunch and snacks from the Blk 216 Food Centre on 23 March, as a gesture of appreciation for their hard work during the pandemic.



Siglap

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, settling down to dinner with an attendee of the Buka Puasa GRC event on 23 April at Siglap Community Club, which also featured kompong and dance performances as well as a goodie bag distribution.

Grassroots Adviser **Jessica Tan Soon Neo** (right), Deputy Speaker of Parliament and Adviser to East Coast GRC GROs, engaging with a senior who had come to get her COVID-19 booster shot during a visit by the Mobile Vaccination Team on 8 April at Changi Simei Community Club Hall.



Changi Simei



Kampong Chai Chee



## 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



Snap a photo of the entry form above and email your entry along with your details to [Contact\\_South\\_East@pa.gov.sg](mailto:Contact_South_East@pa.gov.sg) with the subject header: "Contact South East (May-Aug 2022) - 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:** 31 August 2022

## Reader's Quiz MAY-AUG 2022

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

- (A Circle Of Friends, page 6)  
**During the first two years of the pandemic, how did Mr Gan Kim Swee and Dr Kyaw Soe Tun keep in touch?**
  - Hourly WhatsApp messages
  - Twice-weekly phone calls
  - Daily handwritten letters
- (Help At The Starting Line, page 14)  
**Where was the employability clinic organised by e2i that Mr Chua Poh Sin attended in March 2022 held?**
  - Siglap CC
  - Singapore Expo
  - Wisma Geylang Serai
- (5 Healthful Apps For Seniors, page 19)  
**What do the letters in 'CARA' — the app developed by Dementia Singapore — stand for?**
  - Community, Assurance, Rewards, Acceptance
  - Care, Altruism, Respect, Affection
  - Co-operating, Adapting, Reflecting, Articulating

#### 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 May-Aug 2022 Reader's Quiz  
Answers:

- (your choice of a, b, or c)
- 
- 

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

'Like' us at [f www.facebook.com/secdc](https://www.facebook.com/secdc)

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# Contact


A COMMUNITY MAGAZINE  
OF THE SOUTH EAST DISTRICT

## SOUTH EAST



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## Stay in Touch with *Contact* *South East!*

*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!**

