

# VOICES

*Building a Do-Good District*



**#STRONGERTOGETHER • #团结就是力量**  
**#TEGUHBERSATU • #ஒற்றுமையே பலம்**



## IN SEARCH OF PURPOSE TALK SERIES



PROF LIM SIONG GUAN



MS ANN MEDLOCK



MR JOHN GRAHAM



MR BENNY SE TEO



MR KENNY LOW



MS EUNICE OLSEN



DR TAN LAI YONG



MR LOUIS NG



MS CHIA YONG YONG



MS LESLIE CHIA



DR GOH WEI LEONG



MS KUIK SHIAO-YIN



MS BELINDA LEE



MR BOB LEE



MR JACK SIM



MR ADRIAN TAN



MRS TAN SHOOK WAH



MR LIAK TENG LIT



MR RAVI MANAS



MR PHILIP YEO



MR HO KWON PING



MR EUGENE HENG



PROF TOMMY KOH



MR QUEK LING KIONG



MR DAVID HOE



DR NOELEEN HEYZER



MS IRENE ANG



DR YEAP BAN HAR



MS NICHOL NG

Scan the QR code to join us for our live stream on 25 June at 8.00pm.



<https://go.gov.sg/nicholng>

## The In Search of Purpose Talk Series by Central Singapore CDC

seeks to inspire and help residents discover their bigger role in society. Speakers who have made significant contributions in their various causes and fields are invited to share their personal stories and experiences. Through these talks, we hope to encourage residents to give back and be part of a more caring community in Singapore.

SCAN AND WATCH  
TO BE INSPIRED BY THESE  
AMAZING STORIES



<https://go.gov.sg/isoptalkseries>



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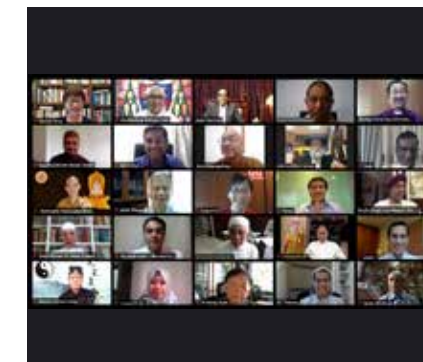
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Penduduk yang dihormati,

Ini adalah masa yang berbeza. Wabak COVID-19 telah berubah dan memberi kesan kepada kehidupan kita dengan cara yang tidak dapat dibayangkan.

Satu-satunya cara untuk mengatasi krisis nasional ini adalah untuk kita semua terus cekalkan diri dan terus bersatu. Tindakan harus bermula dengan diri kita sendiri.

Dalam terbitan VOICES ini, kami menghormati pahlawan harian kita yang telah maju ke hadapan untuk memberkati kehidupan orang lain yang memerlukan. Banyak yang berkhidmat di barisan hadapan dan perkhidmatan penting. Terdapat juga bilangan orang yang melakukan kebaikan untuk kebaikan orang lain secara berdiam-diam.

Usah bimbang dan cekalkan diri. Kami akan mengatasi cabaran COVID-19 ini bersama!

Yang ikhlas,  
**Denise Phua**  
Mayor, Daerah Singapura Tengah

அன்பார்ந்த குடியிருப்பாளர்களே,

நாம் இப்போது வழக்கத்திற்கு மாறானதொரு காலகட்டத்தில் இருக்கிறோம். கொவிட்-19 கிருமித்தொற்றினால் நாம் நினைத்துக்கூட பார்க்கமுடியாத அளவுக்கு நம் வாழ்க்கை பெரும் மாற்றத்திற்கு உள்ளாகிவிட்டது.

தேசிய அளவிலான இந்த நெருக்கடிநிலையைச் சமாளிப்பதற்கு ஒரு வழிதான் இருக்கிறது. நாம் அனைவரும் தைரியமாகவும் ஒற்றுமையாகவும் இருக்கவேண்டும். ஒவ்வொருவரும் இதற்கு முயற்சி எடுக்கவேண்டும்.

“VOICES” இதழின் இந்தப் பதிப்பில், தேவையுள்ள மற்றவர்களின் வாழ்க்கைக்கு உறுதுணை புரியும் அன்றாட நாயகர்களைக் கௌரவிக்கிறோம். இவர்களில் பலரும் முன்னிலையிலும் அத்தியாவசியச் சேவைகளிலும் பணியாற்றுகிறார்கள். மீதி பேர் மற்றவர்களின் நலனுக்காக நல்லன செய்கிறார்கள்.

பயப்படாமல், தைரியமாக இருங்கள். நாம் ஒன்றிணைந்து கொவிட் கிருமித்தொற்று சவாலைச் சமாளித்துவிடுவோம்!

உங்கள் உளமார்ந்த,  
**டெனிஸ் புவா**  
மேயர், மத்திய சிங்கப்பூர் மாவட்டம்



Vounteers give free hair cuts for Cardboard Collectors.



# Dear Residents,

These are unusual times. The COVID-19 outbreak has changed and impacted all of our lives in ways beyond imagination.

The only way to overcome this national crisis is for all of us to stay strong and to stay united. Action has to start with each of us.

In this issue of Voices, we honour our everyday heroes who have stepped forth to bless the lives of others in need. Many are serving in the frontline and essential services. Others are persons who quietly do good for the good of others.

Fear not and stay strong. We will overcome this COVID-19 challenge together!

Yours sincerely,  
**Denise Phua**  
Mayor, Central Singapore District



亲爱的居民：

我们正处于非常时期。2019冠状病毒疾病（COVID-19）对我们生活所造成的影响和改变，已超出我们的想象。

我们必须以坚强的意志，团结一心，才能度过这场危机。抗击疫情必须从我们每个人开始做起。

在本期的《VOICES》中，我们向每天无私奉献，造福社群的英雄致敬。他们当中大多数在前线和必需服务行业工作，也有一些是默默付出爱心帮助他人。

希望大家不要畏惧、保持坚毅，共同克服COVID-19带来的艰巨挑战！

中区社理会市长  
**潘丽萍**



**Dr Radiah Salim, 58**  
President & Founder, Club HEAL

People have asked if mental health has a cure, and if those with mental illness can lead a 'normal life'. Personally, mental illness should not be seen as a burden, but a challenge. That's why I've written publications and given talks to educate people to foster better understanding. Our clients have so much talent. We hope to give them a space to heal, recover, and realise their goals and dreams to contribute back to the community.



**Mr Tan Jia Wei, 31**  
Assistant Senior Social Worker,  
Whampoa Family Service Centre

Majority of those I serve are young families with many children, as well as elderly from vulnerable backgrounds. There was once I helped an elderly get an accommodation. From time to time, he would pop by my office to say "hi" when he's nearby. It is a simple gesture, but it has touched and motivated me to continue supporting those in need.

我的服务对象多数是育有很多孩子的年轻家庭和贫困年长者。有一次，我帮一名年长者找到住宿。之后，每当他来到我公司附近，他都会来跟我打招呼。虽然这只是一个很简单的举动，但它却触动了我的心，使我更有动力继续为有需要的居民服务。



Know of someone living in the Central Singapore district with a heart-warming story? Write to

Cheryl at [pa\\_centralssingapore@pa.gov.sg](mailto:pa_centralssingapore@pa.gov.sg) and stand to receive a reusable cutlery set!



**Ms Sudipta Biswas, 58**  
Staff Counsellor, HealthServe

I help migrant workers who have no income due to injury or cancellation of work permits by employers. Through counselling, I teach them coping strategies to improve their mental health. Many of them are sole bread winners and feel stressed when they cannot provide for their family back home.

I have a passion to help these workers because I too was a migrant back in 1988. I can empathise with them and know the difficulties adjusting to a new country and culture.

காயம்பட்டதால் அல்லது முதலாளிகள் வேலை அனுமதிச் சீட்டை ரத்து செய்ததால் எந்தவொரு வருமானமும் இல்லாதிருக்கும் வெளிநாட்டு ஊழியர்களுக்கு நான் உதவி செய்கிறேன். அவர்கள் தங்களது சூழ்நிலையைச் சமாளிக்க உதவும் வழிமுறைகளைக் கற்றுக்கொடுத்து, அவர்களின் மனநலனை மேம்படுத்த ஆலோசனை அளிக்கிறேன். அவர்களில் பலரது குடும்பங்கள் அவர்களது வருமானத்தை நம்பி வாழ்வதால், தாய்நாட்டிலுள்ள குடும்பத்திற்குப் பணம் அனுப்ப இயலாதபோது மன அழுத்தத்திற்கு உள்ளாகின்றனர்.

இந்த ஊழியர்கள்மீது எனக்கு அக்கறை உண்டு. ஏனெனில், 1988-ஆம் ஆண்டில் நானும் ஒரு குடியேறியாக இருந்தேன். புதிய நாட்டில் புதிய கலாசாரத்தைப் பழகிக் கொள்வதில் அவர்கள் எதிர்நோக்கும் சிரமங்களை என்னால் உணர முடிகிறது.



**Mr Ali Ahmad, 63**  
Chairman, PERTAPIS Halfway House  
Family Support Group

With stigma towards ex-offenders still present, some families feel ashamed to visit or even to speak about their incarcerated loved ones. We hope to educate others on what drug addiction is to help them understand and empathise with the struggles these ex-offenders are going through.

Having volunteered for 19 years, I believe that everyone wants a chance to change for the better. I hope their family members will hold on to this hope too and know that we are here to support them.

Oleh sebab stigma terhadap bekas pesalah masih wujud, sesetengah keluarga berasa malu hendak melawat orang yang disayangi mahupun bercakap tentang mereka. Kami mahu mendidik ahli keluarga yang terbabit mengenai ketagihan dadah. Dengan pengetahuan itu, mereka boleh memahami perasaan dan kepayahan seseorang penagih untuk bebas dadah.

Sebagai sukarelawan yang telah berkhidmat selama 19 tahun, saya yakin setiap individu mahu diberikan peluang untuk mengubah hidup ke arah yang lebih baik. Saya berharap setiap ahli keluarga mempunyai harapan yang sama dan tahu bahawa kami sentiasa menyokong mereka.



# Helping Others RECOVER FOR LIFE

The **Bless Our City Grant Programme** is in partnership with Far East Organization. It supports meaningful initiatives by social service agencies to help communities in need. One of the 46 initiatives is the New Spice Up Programme by PERTAPIS Halfway House (PHH) that helps ex-offenders rebuild their self-esteem and family relationships.



*Loved ones celebrate as PHH residents graduate from the kayaking course.*

Dean was the sole breadwinner before his third incarceration for substance abuse that happened in 2019. Back then, his daughter, Ain, had a tough time coping with her 'N' levels while his wife, Siti, struggled to make ends meet for the family. Seeing the stress they had to endure, Dean was determined to steer clear from drugs.



*Fun in the sun and sea during PHH's kayaking camp.*



*Dean looks forward to spending precious quality time with his family during the weekly visitation.*



*Intense sepak takraw action between residents in a friendly match.*

PHH's New Spice Up programme helps residents like Dean to regain confidence and reconnect with their families. Residents are regularly engaged in physical activities, such as kayaking and sepak takraw, to help them stay active and develop wholesome hobbies. Recognising the importance of family support, the programme also involves the family of residents for bonding opportunities.

For Dean, his family is indeed his motivation to become better. They have shown him unwavering love and support throughout his journey towards recovery, never missing an opportunity to meet him.

*It is a myth to think that drug addiction can be kicked off easily. If our guards are down, even those who have recovered for 15 – 20 years can enter a relapse. We do our best to help them and we won't give up.*

**MUHAMMAD SUFIAN BIN MD SALIM**  
Deputy Head of Home

*Adalah menjadi satu anggapan yang lazim bahawa ketagihan dadah mudah diatasi. Jika kita tidak berhati-hati, mereka yang telah bebas dadah selama 15 – 20 tahun boleh terjebak semula. Oleh yang demikian, kita mestilah membantu dan tetap menyokong mereka.*

**MUHAMMAD SUFIAN BIN MD SALIM**  
Timbalan Ketua Home



Scan the QR code to find out more about the 'Bless Our City' Grant programme.  
<https://go.gov.sg/blessourcity>





# CDC STUDENT

# MEALS SCHEME



Partnering Dr Tahir, a philanthropist, Grab Singapore, Singapore Press Holdings (SPH) and the five CDCs launched the CDC Student Meals Scheme on 14 April up to 31 May. This scheme helped families with primary and secondary school students living in rental flats defray costs of buying meals during the circuit breaker. Here are two stories of students who have benefited from this.



Dim sum is one of 15-year-old Xiu Na's favourite foods. She is appreciative to be under the Scheme as it subsidised her meals. She used the food vouchers to order Dim sum for her and her elderly parents for lunch, of which they all enjoyed very much. Xiu Na shares that she can use the money saved from her meals to purchase other necessities for the family.

秀娜 (15岁) 最爱吃的是点心。她很庆幸能够加入社理会学生膳食计划并获得餐券。她使用这些餐券为自己和年迈的父母预订他们都很喜欢的点心当午餐。秀娜表示, 她可以把从膳食中省下来的钱用来购买其他必需品。



Philanthropist, Dr Tahir, Mr Yee Wee Tang of Grab Singapore, Ms Lee Huay Leng of SPH and Mayors from the five Community Development Councils putting the CDC Student Meals Scheme together.

Azri lives with his parents and five siblings. With a large family, finances are inevitably tight for the household. Azri is grateful that he and his two younger sisters are receiving aid under the Scheme. The 16-year-old recalls using the Grab vouchers to order Long John Silvers one evening when he broke fast with his family. The vouchers made purchasing his favourite foods, more affordable. It also relieves his family of some financial burden.

Azri tinggal bersama ibu bapa dan lima adik-beradiknyanya. Dengan sebuah keluarga yang besar, kewangan pasti sukar bagi keluarga ini. Azri bersyukur kerana dia dan dua adik perempuannya mendapat bantuan di bawah Skim Makanan Pelajar CDC. Pemuda berusia 16 tahun itu menggunakan baucar Grab untuk memesan makanan dari Long John Silvers pada suatu petang ketika dia berbuka puasa dengan keluarganya. Baucar itu membuatkan pembelian makanan kegemarannya, lebih berpatutan. Ia juga membebaskan keluarganya dari beberapa beban kewangan.





# Businesses For Good.

## MATCHSTICKS OF INSTITUTE OF MENTAL HEALTH (IMH)

Circuit of Care not broken

Matchsticks, a regular youth volunteering group with IMH, knew there were communities who needed help during the circuit breaker. They partnered Central Singapore CDC and PEACE-Connect Cluster Operator (PeCCO) to deliver food to seniors living in rental blocks at Beach Road.

With much care and heart for those in need, volunteers from Matchsticks delivered meals to more than 200 vulnerable seniors daily over a period of six weeks.



Volunteers all masked up and ready to serve the elderly in the community.



Volunteers checking and collecting food packets to be delivered to elderly residents.



Pathlight School students meticulously preparing care packs for residents.

## UNITED OVERSEAS BANK (UOB)

Love packed and distributed

Helping vulnerable residents protect themselves against COVID-19 came in the form of care packs and much teamwork!

UOB joined hands with student volunteers from Pathlight School to put together care packs with essential items to help those in need. Our volunteers went on to gift a total of 1,000 care packs to families in need in Central Singapore District. Big or small, every effort goes a long way to supporting others to tide through this together!



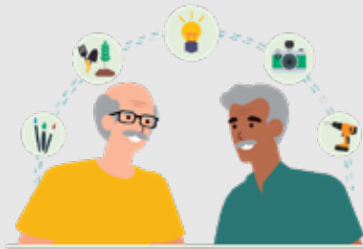
Volunteers from Kampong Kapor FSC distributing care packs to help residents cope with COVID-19.



Join us on our Do-Good Journey! If you are a corporate organisation looking to do good, write to Jin Zhi at [pa\\_centralssingapore@pa.gov.sg](mailto:pa_centralssingapore@pa.gov.sg).



# SPLENDID IN SILVER



Novotel Singapore on Stevens and Mercure Singapore on Stevens, under Accor, have been hiring a diverse mix of talents. Meet Uncle Choong and Uncle Samuel, two of the 14 talents above the age of 60 working there.



Uncle Samuel shows great hospitality as he ushers a guest to his ride.

## RANJIT SINGH SAMUEL, 77

Guest Relations Officer,  
Front Office Department

Uncle Samuel stands on duty at the hotel lobby, greeting guests with a tender smile. He's the go-to guy for all the interesting sites around Singapore. With these places at his fingertips, he is ready to help guests experience an enjoyable holiday.

Working with the Front Office team allows Uncle Samuel to learn from his younger colleagues.

வாழ்க்கையின் அனைத்து நிலைகளைச் சேர்ந்த வருகையாளர்களையும் எனக்குச் சந்திக்கப் பிடிக்கும். அவர்களது பரந்த அனுபவங்கள், கலாசாரங்கள் ஆகியவற்றிலிருந்து நான் நிறைய கற்றுக்கொள்கிறேன். எனது விடுமுறைக்காலப் பயணங்களின் இனிய நினைவுகளையும் இது எனக்கு ஞாபகப்படுத்துகிறது!

He acknowledges their digital skills and savvy techniques – are all good sources of learning to keep up with the ever-changing times.



With his handy-dandy tools, no task seems too great for Uncle Choong!

## CHOW CHOONG WAH, 63

Carpenter, Engineering Department

Don't be fooled by Uncle Choong's head of grey hair. His fingers are nimble and moves swiftly at work. One moment he's retrieving his tools, the next he's fixing the bottom of a door panel!

Uncle Choong's zeal as a carpenter is displayed through his vast knowledge at his craft. Even then, he humbly shares that he doesn't know everything.

工作让我保持身心健康。如果可以的话，我会鼓励我的同辈继续工作。我认为，我们每个人不论年龄，都应该做一些自己感兴趣的事。

There are instances where he has to adapt and experiment. Through exposure to different niches in his team, he has learnt and developed new skills.



Are you interested in applying for jobs? Call 6715 7500 or write in to Vincent at [pa\\_centralssingapore@pa.gov.sg](mailto:pa_centralssingapore@pa.gov.sg)





# IN SEARCH OF PURPOSE

TALK SERIES



## IRENE ANG

Founder and CEO,  
FLY Entertainment

Irene Ang is no stranger to Singaporeans. She is a household name, known best for her role as Rosie Phua in Singapore's local sitcom 'Phua Chu Kang Pte Ltd'. A strong presence in the entertainment industry, Irene claimed numerous awards and acted in many TV shows and movies. However, behind her successful career, is a story of more than three decades of hard work.

Irene's family was wrought with drug and gambling addictions. She was taken in by her grandmother, who took care of her and helped change her life. Irene frequently gives back to the community in various ways, helping charities such as 'HCSA Dayspring Residential Treatment Centre' that helps women and girls in need. She has worked her way up from humble beginnings to become the successful entrepreneur she is today!



Scan and watch to  
be inspired by these  
amazing stories!  
[https://go.gov.sg/  
isoptalkseries](https://go.gov.sg/isoptalkseries)



## DR YEAP BAN HAR

Director of Curriculum and Teacher  
Development, Pathlight School  
Academic Director, Anglo Singapore  
International School in Thailand

A mathematician extraordinaire, Dr Yeap Ban Har turned his back on a secure career to inspire students and educators from all over the world with his special brand of Singapore Mathematics.

This globetrotting Math guru caught the attention and imagination of many to see numeracy differently in a fun, practical, and non-traditional way. Yet all the while, never forgetting to do good for others in the community.

Dr Yeap has taught in 5 continents and 35 countries, and is still counting. He is also a textbook author and consultant. His textbook series and professional development books for teachers are used around the globe and translated into seven languages – Dutch, Swedish, Spanish, just to name a few.



# A CARING COMMUNITY THIS COVID-19♥

## MoCa Cares for Nurses

With five hospitals located within Moulmein-Cairnhill, volunteers from Pek Kio Market and Food Centre and grassroots organisations showed their love for frontline nurses on Valentine's Day.

The 'MoCa Cares for Nurses' initiative allowed nurses in uniform to enjoy priority queues for food at the participating stalls. Special decals were also pasted at the shopfronts to show the various stallholders' support towards the healthcare workers. This initiative aims to bring convenience to the healthcare workers and provide some form of relief amidst their hectic work routine.



*Grassroots Adviser Mr Melvin Yong and hawkers' express gratitude towards a nurse.\**

小贩和基层组织顾问杨益财向一名护士表达谢意。



*Grassroots Adviser Dr Lily Neo distributing a care pack to an elderly resident.\**

基层组织顾问梁莉莉医生把关怀礼包送给一名年长居民。

## Care Packs for the Elderly

Kreta Ayer-Kim Seng division prepared care packs filled with essential hygiene care items for its vulnerable residents. Grassroots volunteers were all hands-on deck to deliver the packs to their residents. They also helped to share good hygiene practices and encouraged the elderly to stay at home. The care packs, albeit a simple act, went a long way to show support and helped residents cope during these difficult times.



*Volunteers and Grassroots Adviser Ms Denise Phua delivering hot meals to residents.*

义工们和基层组织顾问潘丽萍一同分发爱心便当给居民。

## Bringing Warmth to the Heart and Stomach

During the circuit breaker, grassroots volunteers from Kampong Glam distributed lunch and dinner daily to its vulnerable residents. The initiative was in partnership with Willing Hearts, PeaceConnect and LoveConnect. Not only were the needs of residents met, they were also connected with love from the community in the midst of COVID-19. More than 70 volunteers were involved and many residents appreciated their efforts to deliver hot meals to their doorstep.

## Refreshing Snacks for the Soul

Toa Payoh East-Novena grassroots leaders and Youth Network visited Toa Payoh Polyclinic to spread cheer and thank healthcare workers for their fight against COVID-19. Its pantry was stocked with fresh fruits and packets of coconut water, which were also distributed to the staff. The snacks were great 'perk-me-ups' for a busy day's work, and helped to boost the immunity of our frontline workers too!



*Grassroots Adviser Mr Saktiandi Supaat showing appreciation to Toa Payoh Polyclinic staff.\**

*Penasihat akar umbi Encik Saktiandi Supaat memberi penghargaan kepada kakitangan Poliklinik Toa Payoh.*





## Fighting COVID with my *Best Friend*

Married couple, Dr Tan Tong Leng and Dr Tamara Soh, are orthopedic surgeons at Tan Tock Seng Hospital. In this season, they also play crucial roles in the screening centres. Read on to find out more.



Dr Tamara Soh (left) and Dr Tan Tong Leng (left) are each other's pillar of support in the fight against COVID-19.

Tong Leng and his wife, Tamara, assess those suspected, or at-risk of COVID-19, during their shifts at the National Centre for Infectious Diseases (NCID).

Their day starts off with a group huddle, followed by donning their Personal Protective Equipment (PEE) before embarking on a ten-hour shift.

Pressure wounds from the tight seal of the PEE are inevitable, with headaches

to follow. But the couple shares that physical discomfort is the least of their problems.

"We constantly have to comfort patients and allay their fears. It's challenging because of the dynamic nature of the situation, compounded by the physical barrier between us and the patients," said Tong Leng.



A nurse taking perimeters of a patient - blood pressure, heart rate and oxygen saturation levels.



Doctors (in blue caps) updating and checking patients' clinical records.



A nurse carrying swap samples of patients to a drop-off point.



Nurse and doctors removing their personal protective equipment after their shift.

The community has since shown strong support for frontline workers like Tong Leng and Tamara. They have received food, drinks and handwritten notes which greatly boosted their morale in these trying times.

They admitted to having their fair share of worries being in the frontline. While stringent safety protocols have helped

to reassure, the fact that both of them are in this together, brought the most comfort.

"We understand what each other is going through, so we can resonate and empathise. We work towards a goal, and that is to keep everyone at home and at work safe," Tamara affirmed.



Scan the QR code to hear words of appreciation from these frontline heroes, to you. Thank you for cheering on our healthcare workers! Your kind gestures and encouraging words have given them much strength to press on in the fight against COVID-19.



<https://go.gov.sg/thankyou>





The importance of music cannot be overstated. To many, music uplifts the spirit and soothes the soul. It is no wonder that in times of crisis, we turn to music.

As the world is fighting COVID-19, we see many examples of how music bonds the community.

In Singapore, our very own The Purple Symphony Ensemble, comprising musicians with and without special needs, helped to spread messages of positivity and solidarity through their gift of music. The musicians performed from their homes and put together a virtual music video to the tunes of Libertango.

The community, too, supports music in return. The Singapore Strong Fund, supported an uplifting music video by non-profit arts organisation, Voices of Singapore. It involved a “virtual choir” of more than 900 singers who filmed themselves singing in isolation to the song, ‘Home’.

Beyond touching hearts, music is also used to do good. A fund-raising campaign involving the song ‘Stay At Home, Singapore’, an adaptation of National Day song ‘Count On Me, Singapore’, was launched to raised funds for young people from low-income families.

In our uniquely Singaporean way, music also serves a practical purpose. The Ministry of Education created the song and dance ‘Bye Bye Virus’, to teach students how to stay safe during the pandemic. Our friendly neighbourhood contractor Phua Chu Kang also released a rap song about personal hygiene and hoarding, titled ‘Singapore Be Steady’.

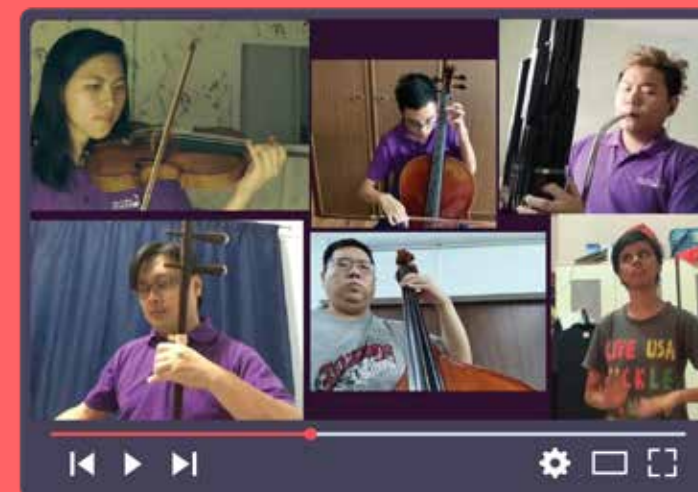
Music plays an important role in reminding us to be there for one another, to stay united in overcoming this crisis, together.

Scan and watch these amazing music videos!

扫码观看以下精彩的音乐视频!

Imbas kod dan tonton muzik video menarik!

ஒளிவருடல் செய்து அற்புதமான இன்னிசை காணொளிகளைக் கண்டு ரசித்திடுங்கள்!



▶ **LIBERTANGO COVER BY THE PURPLE SYMPHONY**  
<https://go.gov.sg/tps-libertango>



▶ **BYEBYE VIRUS**  
<https://go.gov.sg/byebyevirus>



▶ **VOICES OF SINGAPORE CHOIR**  
<https://go.gov.sg/virtualchoir>





# Different faiths

## PLEDGE FOR

# greater social defence



President for IRO Singapore, Venerable Seck Kwang Phing, PBM, Minister for Culture, Community and Youth, Ms Grace Fu and Mayor of Central Singapore district, Ms Denise Phua, recited the IRO pledge with religious leaders and members via video-conferencing.

When the nation-wide “circuit breaker” measures kicked in, many places of worship and columbaria were closed. Religious leaders rallied together and used digital technology to engage their devotees.

For the first time in the Inter-Religious Organisation, Singapore (IRO)’s history, religious

leaders and more than 100 members gathered online to commemorate IRO Day on 28 April.

Not only were the unity and inter-religious friendships affirmed on IRO Day, a pledge was also launched and recited. This pledge served as a timely reminder for Singapore to remain united in the face of adversities.



### INTER-RELIGIOUS PLEDGE TO STRENGTHEN OUR SOCIAL DEFENCE



In line with our religious values and as one united people of Singapore, we shall:

#### ① STRENGTHEN INTER-RELIGIOUS SOLIDARITY

- Inculcate the spirit of friendship and cooperation among the leaders and followers of different religions in Singapore during this pandemic.
- Intensify inter-religious efforts to promote comity and cooperation in managing this crisis.
- Remain connected with friends of different faith communities by using digital technologies.
- Continue interfaith learning and understanding through online sharing, seminars and meet-ups.
- Organise regular online interfaith prayers to strengthen the spiritual resilience of our people.

#### ② SUPPORT THE COMMUNITY AT LARGE

- Look out for one another, regardless of religion.
- Offer psychological support and comfort to each other.
- Show appreciation to our frontline professionals who continue to serve us selflessly.
- Give charity to vulnerable and needy members of the community.

#### ③ PROMOTE SOCIAL RESPONSIBILITY

- Support the nation's efforts to protect the health and safety of our people by adjusting and adapting our religious rituals and practices.
- Promote good personal hygiene practices and healthcare habits.
- Disseminate accurate and reliable information.
- Spread positive messages that respects different beliefs and opinions.

Photo credit: Inter-Religious Organisation, Singapore



Safeguard the social cohesion of our nation. Recite the Inter-Religious Pledge amidst COVID-19.



# ON THE Ground

Just some of the ways our Grassroots Advisers (GRA) have been serving our residents!



**ANG MO KIO – HOUGANG**  
GRA **Mr Darryl David** presenting the SG Clean quality mark to Ci Yuan Hawker Centre.



**CHENG SAN – SELETAR**  
GRA **Mr Ang Hin Kee** congratulating a student at the Cheng San – Seletar Edusave Awards Presentation Ceremony.



**KOLAM AYER**  
It's a joy to serve! GRA **Prof Yaacob Ibrahim** distributing masks to residents.



**BISHAN EAST – THOMSON**  
GRA **Mr Chong Kee Hiong** appreciating a resident for stepping up to donate blood.



**HENDERSON – DAWSON**  
GRA **Ms Joan Pereira** distributing hygiene essentials to protect the health of residents.



**KRETA AYER – KIM SENG**  
GRA **Dr Lily Neo** looking out for the vulnerable in the community by giving out care packs to elderly residents.



**BISHAN NORTH**  
Residents and GRA **Mrs Josephine Teo** decked out in vibrant colours to celebrate Pongal together.



**JALAN KAYU**  
All smiles for families at the Jalan Kayu Edusave Awards Ceremony together with GRA **Dr Intan Azura Binte Mokhtar**.



**MOULMEIN – CAIRNHILL**  
Hawkers and GRA **Mr Melvin Yong** show care for healthcare workers at Pek Kio Market and Food Centre.



**BUONA VISTA**  
GRA **Mr Chan Chun Sing** bonding with residents at a community event.



**KAMPONG GLAM**  
While keeping a safe distance, GRA **Ms Denise Phua** excitedly greets a young resident.





**POTONG PASIR**  
GRA **Mr Sitoh Yih Pin** celebrate students' achievements at the Potong Pasir Edusave Awards Presentation Ceremony.



**QUEENSTOWN**  
GRA **Dr Chia Shi-Lu** shows care for residents by helping to distribute masks.



**RADIN MAS**  
Residents and GRA **Mr Sam Tan** sharing a toast at the Chinese New Year Celebration. *Yum Seng!*



**SENGKANG SOUTH**  
Family and GRA **Mr Gan Thiam Poh** busk in the congratulatory atmosphere at the Sengkang South Edusave Awards Presentation Ceremony.



**SENGKANG WEST**  
GRA **Dr Lam Pin Min** gifting tokens to residents at Sengkang West Care and Share lunch.



**TECK GHEE**  
Recipient and GRA **Mr Lee Hsien Loong** spending time together at the Teck Ghee CCC Bursary Awards Presentation.



**TIONG BAHRU – TANJONG PAGAR**  
GRA **Ms Indranee Rajah** cares for hawkers at Tanjong Pagar Plaza by distributing hand sanitisers.



**TOA PAYOH CENTRAL**  
Say Cheese! Student and GRA **Dr Ng Eng Hen** enjoying a moment at the Ready For School Kit presentation.



**TOA PAYOH EAST – NOVENA**  
GRA **Mr Saktiandi Supaat** gives out fresh fruits to healthcare workers at Toa Payoh Polyclinic as part of project 'Standing Behind You'.



**TOA PAYOH WEST – BALESTIER**  
GRA **Mr Chee Hong Tat** enjoying a nice cuppa with a resident at a Coffee Corner session.



**WHAMPOA**  
GRA **Mr Heng Chee How** together with residents celebrate the opening of a pedestrian overhead bridge with lifts at Balestier road.



**YIO CHU KANG**  
A Banner of Hearts for our frontline warriors, residents and GRA **Dr Koh Poh Koon** pendown notes to show their appreciation.



# CENTRAL SINGAPORE CDC'S JOURNEY IN 2019



## PARTICIPATION OF RESIDENTS

**208,110 RESIDENTS**

participated in our CS52 suite of programmes.

Of which,  
**14,690**  
needy residents  
were assisted.



**25,000 CHILDREN**

▲ 7% from 23,360 in CY18

**37,100 YOUTH**

▼ 12% from 42,160 in CY18



**80,910 ADULTS**

▲ 30% from 62,250 in CY18

**65,100 SENIORS**

▼ 4% from 68,100 in CY18



## PARTICIPATION OF PARTNERS & VOLUNTEERS



**WITH OUR 850 PARTNERS**

▼ 15% from 1,000 in CY18

Corporate, community and government agency partners joined us in our do-good journey in 2019.



**WITH OUR 28,170 VOLUNTEERS**

▲ 7% from 25,400 in CY18

From corporates, community and government agency partners, as well as informal groups, that served alongside us.



**TOTAL VOLUNTEER HOURS OF 71,530**

▲ 1% from 70,740 in CY18



**270 VOLUNTEER-INITIATED ACTIVITIES**

▲ 2% from 250 in CY18



# Central Singapore CDC PASSPORT TO 2020

As Central Singapore CDC serves its district, we aim to respond to the needs of residents. Here's how we intend to do it.

**I.C.A. Impact, Collaborate, Action.**



## IMPACT

Strengthening safety nets for the disadvantaged in Central Singapore district.



## COLLABORATE

Partnering various Corporates, Agencies and the community to deliver programmes.



## ACTION

Challenging individuals and corporates to make a difference.



Want to help others in your community? We'd love to support you! Apply for the **Do-Good Grant** by writing to Agnes at [pa\\_centralssingapore@pa.gov.sg](mailto:pa_centralssingapore@pa.gov.sg).

## ACTION

Here are five things you can do to challenge yourself in the comfort of your own home!

1

PHYSICAL WELLNESS



**EXERCISE FOR 20MINS EACH DAY**

2

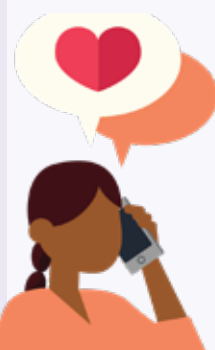
FINANCIAL WELLNESS



**DONATE \$20 A MONTH TO COMMUNITIES IN NEED THROUGH THE SEED A LIFE DONATION PROGRAMME**

3

SOCIAL-EMOTIONAL WELLNESS



**BUILD DEEPER FRIENDSHIPS WITH 20 FRIENDS AND NEIGHBOURS**

(drop them a text, or better still, ring them up!)

4

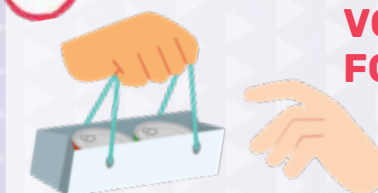
LIFELONG LEARNING



**LEARN A NEW SKILL FOR 20 HOURS**

5

SERVICE TO OTHERS



**VOLUNTEER FOR 20 HOURS**



Let us know how you've embarked on this challenge and been keeping up with it. Follow us on [facebook.com/centralsgcdc](https://facebook.com/centralsgcdc) and PM us saying "I took Action!". You stand to receive a special gift!



## DONATION FORM

Mail to **Central Singapore Community Development Council (Finance Department)** at 490 Lorong 6 Toa Payoh, HDB Hub BizThree, #07-11 Lift Lobby 2, Singapore 310490.

## MY PARTICULARS

<b>Profile</b> <input type="checkbox"/> Individual Donor <input type="checkbox"/> Corporate Donor		<b>Name</b> ( Dr / Mr / Mrs / Ms / Mdm )
<b>Address &amp; Six-Digit Postal Code</b>		
<b>Telephone</b>	<b>Fax</b>	<b>Email</b>
<b>NRIC/FIN No.</b>  <i>*NRIC/Fin is required for automatic tax deduction.</i>		<b>Company UEN No.</b>  <i>*Only applicable for Corporate Donors.</i>

## MY CONTRIBUTION

<p><b>Monthly Contribution</b></p> <p><input type="checkbox"/> \$500   <input type="checkbox"/> \$200   <input type="checkbox"/> \$100   <input type="checkbox"/> \$50</p> <p><input type="checkbox"/> Others (please state):</p>	<p><b>One-Time Contribution</b></p> <p><input type="checkbox"/> \$500   <input type="checkbox"/> \$200   <input type="checkbox"/> \$100   <input type="checkbox"/> \$50</p> <p><input type="checkbox"/> Others (please state):</p>
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**INTERBANK GIRO APPLICATION**

<b>For Applicant's Completion</b> ( Please do not use correction tape/fluid )	<b>For Bank's Completion</b>
<b>Name as in Bank Records</b>	<b>To:</b> Central Singapore Community Development Council 490 Lorong 6 Toa Payoh, HDB Hub BizThree, #07-11 (Lobby 2), Singapore 310490
<b>Name of Bank</b>	
<b>Bank Account No.</b>	This application is hereby <b>REJECTED</b> for the following reason(s):
<p>(a) I/We hereby instruct the Bank to process the Central Singapore Community Development Council's instruction to debit my/our account.</p> <p>(b) The Bank is entitled to reject the Central Singapore Community Development Council's debit instruction if my/our account does not have sufficient funds and charge me/us a fee for this.</p> <p>(c) This authorisation will remain in force until:</p> <p style="margin-left: 20px;">i. The Bank's written notice sent to my/our address last known to the Bank;</p> <p style="margin-left: 20px;">ii. Upon the Bank's receipt of my written revocation; or</p> <p style="margin-left: 20px;">iii. Upon the Bank's receipt of the notice of written revocation from the Central Singapore Community Development Council.</p>	<p><input type="checkbox"/> Account operated by signature/Thumbprint</p> <p><input type="checkbox"/> Signature/Thumbprint differs from Bank's records.</p> <p><input type="checkbox"/> Signature/Thumbprint is incomplete/unclear.</p> <p><input type="checkbox"/> Wrong Account No.</p> <p><input type="checkbox"/> Amendment not countersigned.</p> <p><input type="checkbox"/> Others (please state): _____</p> <p>_____</p> <p>_____</p>
<b>Signature/Thumbprint of Applicant</b> <i>(As in Bank's Records)</i> For thumbprint, please approach the Bank for verification	<b>Name/Signature of Officer-In-Charge</b>  _____  <b>Date</b> _____

**FOR OFFICIAL USE ONLY**

Name of Billing Organisation (BO)		
Central Singapore Community Development Council		
SWIFT BIC	Central Singapore CDC A/C No.	
OCBCSGSGXXX	501412225001	
Donor's Reference No.	SWIFT BIC	A/C to be Debited

**Important Notes:**

1. 100% of your donation goes towards helping needy individuals and families in the Central Singapore District.
2. You will receive a 250% tax deduction for your contribution.
3. Central Singapore CDC will provide the details of your donation to IRAS for the tax deduction to be included in your income tax statement.



**THANK YOU FOR HELPING US BUILD  
A BETTER LIFE FOR OUR RESIDENTS.**

<https://qo.gov.sg/seedalife>



Support  
**FAMILIES and  
INDIVIDUALS**  
in need with their  
daily necessities



Help  
**CHILDREN**  
from low-income  
families level up with  
their peers at school



Lend a helping hand  
or befriend lonely  
**SENIORS**  
who need your  
company

## CENTRAL SINGAPORE CDC INVITES YOU TO

# DONATE TO "SEED A LIFE" DONATION PROGRAMME

**Donate now and change a life.**  
**Monthly, yearly, or one-off donations are welcome.**  
**Donations will receive tax exemption.**  
 Please fill in the donation form on the facing page  
 and mail it to Central Singapore CDC.



For more information on the CDC's programmes,  
visit [www.cdc.org.sg/centralsingapore](http://www.cdc.org.sg/centralsingapore) or  
write to [pa\\_centralsingapore@pa.gov.sg](mailto:pa_centralsingapore@pa.gov.sg).



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- ◆ Learn more about the SkillsFuture Credits Top-Ups
- ◆ Find out about other lifelong learning resources you can tap on
- ◆ 探索未来科技与技能趋势
- ◆ 学习如何使用技能创前程培训补助金
- ◆ 了解更多终身学习的资源

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#### 中文线上讲座:

7月11日(六), 下午  
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<http://go.gov.sg/cscdc-sfa-interest>



For enquiries, please contact Wilfred Kong at [PA\\_CentralSingapore@pa.gov.sg](mailto:PA_CentralSingapore@pa.gov.sg) or 6715 7608.

寻知更多详情, 请打 6715 7608。