

Bridge



“TO LIVE LIFE TO THE FULLEST, WE MUST CONTRIBUTE TO OTHERS.”

MR THARMAN SHANMUGARATNAM
Adviser to Jurong GRC
Grassroots Organisations
(Taman Jurong)

SHARE-YOUR-BOOK @ SOUTH WEST



Moving towards Sustainability

Clean Up South West! continues to encourage sustainable habits with its annual recycling drive and a new platform to share pre-loved books



07 **SPREADING FESTIVE CHEER**
Granting wishes and meeting needs of vulnerable residents



10 **GREEN EATING**
Bringing plant-based meal options to schools



23 **COMMUNITY IN BLOOM AWARDS**
Recognising the best gardens in the district

Dear friends,

The solidarity and unity of Singaporeans have helped us respond with confidence as a community to the challenges of the COVID-19 pandemic.

With a caring and generous spirit, many of our long-time partners such as Koh Kock Leong Enterprise and P&G Singapore stepped forward to participate in our annual Festive Cheers @ South West initiative that uplifts vulnerable residents in our district. Koh Kock Leong Enterprise contributed 8,000 curated care packs for Adopt @ South West beneficiaries; while P&G Singapore presented residents with items they had wished for and also sponsored furniture to improve the home learning environment of some needy students.

To thank Singaporeans for their solidarity during the COVID-19 crisis, the Government extended the CDC Vouchers Scheme to benefit some 1.3 million Singaporean households in 2021. Residents have shown keen support for our local businesses by claiming and spending their CDC vouchers in the heartlands. In addition, more than 14,500 hawkers and merchants have embraced the CDC Vouchers Scheme's digital platform to boost their sales.

As we rally around one another to overcome the pandemic, we are also working closely together to create a more sustainable South West. In the last 16 years, our annual Clean Up South West! event promoted and advanced sustainable practices across our district with the help of many green champions including organisations and individuals. This year, we worked with Alba to encourage the recycling of e-waste, paper and clothes as well as donation of pre-loved books to community libraries and reading corners in our district. We also partnered Life3 Biotech to launch Woke Wednesday, a campaign to develop sustainable eating habits among students by providing plant-based meat alternatives in participating South West District schools. We're glad these youngsters are eating well and sustainably every Wednesday and reducing their carbon footprint at the same time!

Let's uphold our strong community spirit and stand together to emerge even stronger for the future.

A concerted effort to help and care

MS LOW YEN LING
Mayor of South West District

அன்பார்ந்த நண்பர்களே,

சிங்கப்பூரர்களின் ஒருமைப்பாடும் ஒற்றுமையும், கொவிட்-19 பெருந்தொற்றின் சவால்களை ஒரு சமூகமாக நம்பிக்கையுடன் சமாளித்து மீளுவதற்கு நமக்கு உதவியுள்ளது.

அக்கறையுடனும் தாராள மனப்பான்மையுடன், நமது நீண்டகாலப் பங்காளர்களான கோ காட் லியோங் எண்டர்பிரைஸ் மற்றும் P&G சிங்கப்பூர் போன்ற நிறுவனங்கள் நமது மாவட்டத்தில் உள்ள எளிதில் பாதிக்கப்படக்கூடிய குடியிருப்பாளர்களை முன்னேற்றுகின்ற நமது வருடாந்தர ஃபெஸ்டிவ் சியர்ஸ் @ சவுத் வெஸ்ட் (Festive Cheers @ South West) என்ற முனைப்பில் பங்கேற்க முன்வந்தன. கோ காட் லியோங் எண்டர்பிரைஸ் நிறுவனம் அடாப்ட் @ சவுத் வெஸ்ட் (Adopt @ South West) திட்டப் பயனாளிகளுக்கு 8,000 ஆதரவுப் பராமரிப்புப் பொதிகளை வழங்கியது; P&G சிங்கப்பூர் நிறுவனம் குடியிருப்பாளர்களுக்கு அவர்கள் விரும்பிய பொருட்களை வழங்கிய அதேவேளையில் உதவி தேவைப்படும் சில மாணவர்களின் இல்லக் கற்றல் தூழலை மேம்படுத்த தளபாடங்களை வாங்கவும் நிதியுதவி அளித்தது.

கொவிட்-19 நெருக்கடியின் போது சிங்கப்பூரர்களின் ஒற்றுமைக்கு நன்றி தெரிவிக்கும் வகையில், 2021-இல் சுமார் 1.3 மில்லியன் சிங்கப்பூர் குடும்பங்கள் பயனடையும் வகையில் CDC பற்றுச்சீட்டுகள் திட்டத்தை அரசாங்கம் நீட்டித்தது. குடியிருப்பாளர்கள் CDC பற்றுச்சீட்டுகளைக் கோரிப் பெற்று, அவற்றைக் குடியிருப்பு வட்டாரங்களில் செலவழிப்பதன் மூலம் நமது உள்ளூர் வணிகங்களுக்குத் தங்களின் ஆதரவை வெளிப்படுத்தியுள்ளனர். கூடுதலாக, 14,500-க்கும் மேற்பட்ட உணவங்காடிக் கடைக்காரர்களும் வணிகர்களும் தங்கள் விற்பனையை அதிகரிக்க CDC பற்றுச்சீட்டின் மின்னிலக்கத் தளத்தை ஏற்றுக்கொண்டுள்ளனர்.

பெருந்தொற்றைக் கடக்க நாம் ஒருவரையொருவர் அணிதிரட்டும்போது, மேலும் நீடித்து நிலைக்கத்தக்க தென்மேற்கு மாவட்டத்தை உருவாக்குவதற்கும் நாம் நெருக்கமாக இணைந்து செயல்படுகிறோம். கடந்த 16 ஆண்டுகளில், நமது வருடாந்தர கிளின்அப் சவுத் வெஸ்ட் (Clean Up South West!) நிகழ்வானது, நிறுவனங்கள் மற்றும் தனிநபர்கள் உட்பட பல பசுமை ஆதரவாளர்களின் உதவியுடன் நமது மாவட்டம் முழுவதும் நீடித்து நிலைக்கத்தக்க நடைமுறைகளை ஊக்குவித்து மேம்படுத்தியுள்ளது. இந்த ஆண்டு, நாங்கள் Alba உடன் இணைந்து மின்-கழிவுகள், காகிதம் மற்றும் துணிகளை மறுசுழற்சி செய்ய ஊக்குவிப்பதோடு, நமது மாவட்டத்தில் உள்ள சமூக நூலகங்கள் மற்றும் வாசிப்பு முனையங்களுக்கு முன்-விரும்பப்பட்ட புத்தகங்களை நன்கொடையாக வழங்கினோம். நாங்கள் Life3 Biotech உடனும் கூட இணைந்து Woke Wednesday என்ற இயக்கத்தைத் தொடங்கினோம். இது தென்மேற்கு மாவட்டத்தில் உள்ள பள்ளிகளில் தாவரத்தை அடிப்படையாகக் கொண்ட இறைச்சி மாற்றிகளை வழங்குவதன் மூலம் மாணவர்களிடையே நீடித்து நிலைக்கத்தக்க உணவுப் பழக்கத்தை வளர்ப்பதற்கான இயக்கமாகும். இந்த இளையர்கள் ஒவ்வொரு புதன்கிழமையும் நன்றாகவும் நிலையானதாகவும் சாப்பிட்டு ஒரே நேரத்தில் கார்பன் அடித்தட்டத்தை குறைப்பதைக் காண்பது மகிழ்ச்சியாக உள்ளது!

நமது வலுவான சமூக உணர்வை நிலைநிறுத்துவோம், மேலும் எதிர்காலத்தில் இன்னும் வலுவாக வளர்வதற்கு ஒன்றுபடுவோம்.



Rakan-rakan yang dihormati,

Perpaduan rakyat Singapura telah membantu kita bertindak secara yakin sebagai sebuah masyarakat terhadap cabaran pandemik COVID-19.

Dengan semangat prihatin dan pemurah, ramai rakan kongsi yang telah lama bersama kami seperti Koh Kock Leong Enterprise dan P&G Singapore tampil untuk menyertai inisiatif Festive Cheers @ South West tahunan kami yang membantu para penduduk kurang bernasib baik di kawasan kita. Koh Kock Leong Enterprise menyumbangkan 8,000 pek penjagaan yang disediakan khas untuk penerima Adopt @ South West; manakala P&G Singapore menyampaikan kepada penduduk barangan yang mereka inginkan serta menaja perabot untuk mempertingkatkan persekitaran pembelajaran di rumah beberapa orang pelajar yang memerlukan.

Untuk mengucapkan terima kasih kepada rakyat Singapura atas perpaduan mereka sepanjang krisis COVID-19, Pemerintah memperluaskan Skim Baucar CDC yang boleh dimanfaatkan oleh kira-kira 1.3 juta keluarga Singapura pada tahun 2021. Penduduk telah menunjukkan sokongan padu kepada perniagaan tempatan kita dengan menggunakan dan membelanjakan baucar CDC mereka di kawasan perumahan. Di samping itu, lebih 14,500 penjaja dan peniaga telah menggunakan platform digital skim Baucar CDC untuk meningkatkan jualan mereka.

Sambil kita berganding bahu untuk mengatasi pandemik ini, kita juga bekerjasama rapat untuk mewujudkan Barat Daya yang lebih mampan. Sepanjang 16 tahun yang lalu, acara Clean Up South West! tahunan kami menggalakkan serta mempromosikan amalan mampan di seluruh kawasan kita dengan bantuan ramai pejuang alam sekitar termasuk organisasi dan individu. Tahun ini, kami bekerjasama dengan Alba untuk menggalakkan pengitaran semula sisa elektronik, kertas dan pakaian serta sumbangan buku-buku terpakai kepada perpustakaan masyarakat dan sudut membaca di kawasan kita. Kami juga bekerjasama dengan Life3 Biotech untuk melancarkan Woke Wednesday, sebuah kempen untuk membina tabiat pemakanan yang mampan di kalangan para pelajar dengan menyediakan alternatif daging berasaskan tumbuh-tumbuhan di sekolah-sekolah di kawasan Barat Daya yang mengambil bahagian. Kami merasa berbesar hati para belia ini makan secara sihat dan mampan setiap Rabu dan pada masa yang sama, mengurangkan jejak karbon mereka!

Ayuh kita kukuhkan semangat kemasyarakatan kita dan bersamasama muncul lebih kuat untuk masa hadapan.

亲爱的朋友们，

在冠病疫情期间，国人齐心团结、众志成城，让我们社区更有信心应对任何挑战。

为了彰显关怀与慷慨的精神，我们的许多长期合作伙伴，例如许国良企业和宝洁公司，积极参与我们的年度“欢庆佳节在西南”(Festive Cheers @ South West)活动，向西南区的弱势群体伸出援手。许国良企业通过西南关怀计划(Adopt @ South West)捐出了8000套关怀礼包，而宝洁则赠送了居民所需的物品，并捐赠了一些家具，以改善贫困学生的居家学习环境。

为了感谢国人在2019冠病疫情期间所展现的团结精神，政府在2021年扩大了社理会邻里购物券的发放范围，让约130万户新加坡家庭受益。居民在邻里积极兑换并使用社理会邻里购物券，表现出对本地企业的大力支持。此外，超过1万4,500名小贩和商户也已启用了社理会邻里购物券数码平台，以提升销售额。

在团结一致战胜疫情的同时，我们也致力于打造一个更具可持续性的西南区。在过去的16年里，我们每年举办的“全面环保在西南”(Clean Up South West!)活动获得了许多组织与个人的帮助，在本区推广与推动可持续发展的环保实践。今年，我们与欧绿保(Alba)公司合作，鼓励居民回收电子垃圾、纸张和旧衣服和书籍。居民可将书籍捐至指定的社区图书馆及阅读角落。我们也与Life3 Biotech合作发起“觉醒星期三”(Woke Wednesday)活动，通过向参与活动的西南区学校提供植物性肉类替代品，帮助学生培养可持续的饮食习惯。我们很高兴看到这些年轻人每个星期不仅能吃得好，也能吃得更环保！

让我们继续秉持社区精神，携手前进，共创未来！

Health Qigong @ South West
 is an initiative by the CDC to encourage
 active ageing through regular bonding
 and engagement in *qigong*.



If you are keen to join
Health Qigong @ South West,
 please approach your nearest Community Centre/Club (CC)
 or Residents' Committee (RC) Centre. Should you have
 any queries, please contact:

South West Community Development Council

Tel: 6316 1616

Email: Southwest_CDC@pa.gov.sg

Website: www.cdc.gov.sg/southwest



Fun Walkers @ South West is part of the CDC's efforts to
 foster community bonding and build a healthier South West District.
Fun Walkers @ South West is designed for everyone to participate
 as a group or individual. You can look forward to regular walking
 sessions in the community, embark on unique nature trails with
 your family and friends, and take part in community events.



西南乐乐走是西南社理会通过步行以
 提倡社区凝聚力及健康社区的活动之一。
 西南乐乐走是为男女老少而设计的。您将
 能在社区里参加乐乐走活动，并参与独特
 的步行活动及社理会活动。



If you are keen to join **Fun Walkers Club**, please
 approach your nearest Community Centre/Club (CC)
 or Residents' Committee (RC) Centre.

Should you have any queries, please contact:
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South West Community Development Council
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>> Bridge

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Persevering on our green journey

CLEAN UP SOUTH WEST! CONTINUES TO RALLY RESIDENTS TO PRACTISE SUSTAINABLE HABITS, INCLUDING THE RECYCLING OF USED ITEMS AND SHARING OF PRE-LOVED BOOKS.

FOR MANY IN THE SOUTH WEST DISTRICT, SUSTAINABILITY IS NO LONGER A BUZZWORD, BUT A WAY OF LIFE. The South West Community Development Council (CDC) has been promoting the adoption of green living habits among residents by fostering meaningful partnerships and spearheading causes that drive home the message of care for the environment.



From left: Mr Tiew Chew Meng, BBM, Chairman, South West CDC Environment Functional Committee; Mayor Low Yen Ling, Minister Gan Kim Yong; Mr Jakob Lamsdorff, CEO, ALBA W&H Smart City Pte Ltd; and Mr Jonathan How, Founder, Sharetings, launching Share-Your-Book @ South West at Clean Up South West! 2022.

One such initiative is Clean Up South West!, which has been running since 2006. This year's event was launched on 16 January 2022 by Minister for Trade and Industry and Grassroots Adviser to Chua Chu Kang GRC GROs (Chua Chu Kang) Mr Gan Kim Yong and Mayor of South West District Ms Low Yen Ling. Held in a hybrid format, it was attended by some 30 guests at Hillview Community Club with more than 100 partners and residents tuning in virtually.

RIDING ON STRONG PARTNERSHIPS

Recycling has been a focus of Clean Up South West! since its inception. During the campaign period, which coincided with the spring-cleaning season ahead of Chinese New Year, residents deposited their recyclables such as clothes, used paper, cartons, newspapers, e-waste

and pre-loved books at 53 collection points around the district set up by the South West CDC and various grassroots organisations (GROs). Starting with collection drives organised with the GROs, the CDC will also be working with corporate partners and schools to roll out similar drives in the second half of 2022. "Despite the COVID-19 pandemic, environmental sustainability remains a key focus of South West CDC. We are heartened by the strong support and active participation from our partners and residents year after year," said Mayor Low.

In appreciation of the contributions made by these partners, South West CDC presented the Sustainable South West (SSW) Awards to four organisations that have shown outstanding commitment to promoting sustainability this past year. Two divisions in the South West District were awarded the Clean and Green Singapore (CGS) Awards in 2021 for their efforts in achieving environmental goals in the areas of public hygiene, cleanliness, energy efficiency and resource conservation.

The South West CDC has also partnered ALBA E-Waste Smart Recycling Pte Ltd (ALBA E-Waste) to raise awareness on e-waste recycling. Appointed as the Producer Responsibility Scheme (PRS) operator by the National Environment Agency, the company is responsible for the collection and treatment of regulated consumer e-waste across Singapore. Using its ALBA STEP* UP sustainability mobile app, residents earn points when they place recyclables into any of ALBA's recycling bins. Accumulated points can be exchanged for rewards



Mr Jason Yeo, BBM, Chairman, Hong Kah North CCC (2nd from left) receiving the Best Constituency Award on behalf of Hong Kah North Division and Mr Samuel Tang, BBM, Chairman, West Coast CCC (3rd from left) receiving the Most Improved Constituency Award on behalf of West Coast Division.

Commended for their exemplary green efforts

→ Sustainable South West Award winners

Community category: **Nanyang Youth Network**
 Corporates category: **Shell**
 Schools category: **Dazhong Primary School and Bukit View Primary School (commitment award)**

→ Clean and Green Singapore Award winners

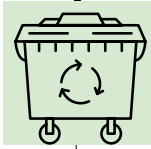
Best Constituency (District): **Hong Kah North Division**
 Most Improved Constituency (District): **West Coast Division**



Principal of Dazhong Primary School Mrs Rina Liang receiving the SSW Award from Minister Gan and Mayor Low.



A greener home



→ **More recycling points:**
Clean Up South West! 2022 had 53 community recycling points, a 10% increase from the previous year.



→ **More recyclables collected:**
Over the past 16 years, Clean Up South West! has collected 979 tonnes of recyclables — which equates to saving more than 16,500 trees — and 11.6 tonnes of e-waste!



→ **More opportunities to learn:**
Virtual workshops were held in January to guide residents on their eco journeys. Among the topics covered were food sustainability and tips to lead a zero-waste lifestyle.

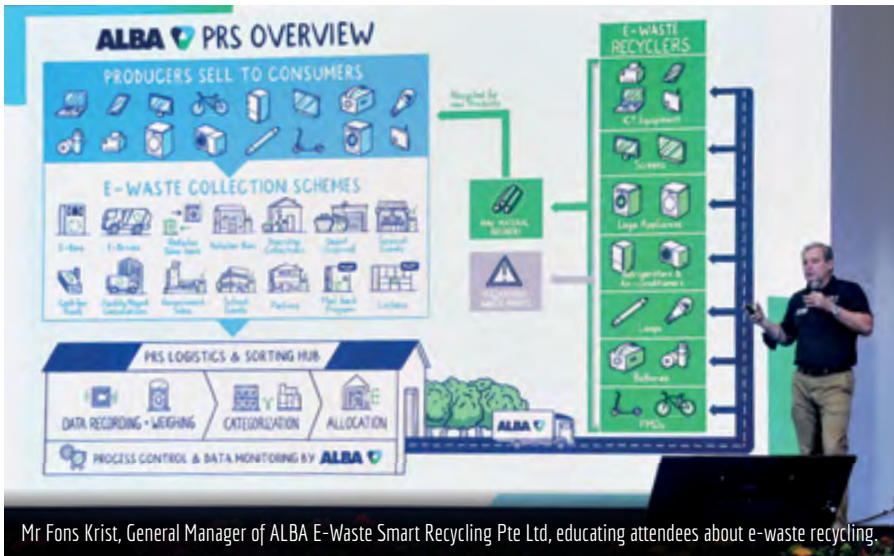
*STEP: Singapore Trash Evolution Programme



Jonathan showing Minister Gan and Mayor Low how residents can use the Sharetings app to donate their pre-loved books.



Jonathan explaining the new Share-Your-Book @ South West initiative to attendees.



Mr Fons Krist, General Manager of ALBA E-Waste Smart Recycling Pte Ltd, educating attendees about e-waste recycling.

such as e-vouchers for eco-friendly products. Besides being the appointed PRS operator, ALBA W&H, another entity of ALBA, is currently the public waste collector for the Jurong and Woodlands-Yishun sector.

During the launch of Clean Up South West! 2022, ALBA E-Waste and ALBA W&H engaged the residents in an educational sharing session on e-waste and the recyclables-for-groceries programme respectively. This year, besides being able to redeem groceries, residents also earned points on the ALBA STEP* UP sustainability mobile app for the non-regulated e-waste, paper and clothes they took to Hillview CC for recycling.

MAKING READING A SUSTAINABLE HABIT

A new partnership between the South West CDC, ALBA W&H and Sharetings — a platform that encourages users to donate their unwanted items supported by the South West ECo Fund Plus in 2019 — will see more than 10 Community Libraries @ Residents' Committees (RCs) and reading corners across the

South West District receiving more books this year. This Share-Your-Book @ South West initiative is aligned to the Sustainable South West Masterplan that maps the district's green plans for the next 10 years.

"We want to increase public awareness and provide residents with an avenue to share their pre-loved books. Donating them to a community library is a good starting point to cultivate the habit of sharing among the community," said Sharetings Founder Mr Jonathan How.

Sharing about ALBA's involvement in the project, its General Manager Mr Fons Krist said "ALBA is excited to work with the South West CDC to promote conscious consumption and proper recycling. Through this meaningful partnership, we hope to encourage more to join us on our sustainability journey."

Praising such longstanding partnerships with the community, Mr Gan said, "Partnerships are critical in creating opportunities for the

Contribute to Share-A-Book @ South West



To list books you would like to donate, download the Sharetings app from www.sharetings.com or scan the QR code.

Turning green ideas into reality

Brambe's coasters are made of an eco-friendly material that combines Jesmonite with upcycled plastic waste, reducing the waste that goes to our landfills. Brambe is the brainchild of Mr Bernie Ang and Ms Amanda Tay, who tapped on the Zero Waste Testbed Initiative @ South West funding to expand their product line and create specially designed furniture for the community. "The sustainability journey does not end after a product is made — at the end of a Brambe product's lifecycle, we can break it down and make new products from it again," said Mr Ang.



Co-founders of Brambe Ms Amanda Tay and Mr Bernie Ang sharing with Minister Gan and Mayor Low about the accessories they make out of the eco-friendly material.

community to embrace sustainability. They also support Singapore businesses in building up their capabilities to be greener and help to foster a vibrant and conducive sustainability ecosystem." **B**



Scan QR code to learn more about ALBA STEP* UP



The gift of giving

SOUTH WEST DISTRICT RUNG IN THE FESTIVE SEASON BY DELIVERING FESTIVE CHEERS PACKS AND FURNITURE, AS WELL AS GRANTING WISHES, TO UNDERPRIVILEGED RESIDENTS.



P&G employee Ms Priyali Kamath handing gifts to young beneficiaries.

THERE WAS A CELEBRATORY MOOD IN THE AIR at Mdm Siti Rauda's house as her four children, aged between seven and 16, unwrapped the gifts they received from Minister for Trade and Industry and Adviser to Chua Chu Kang GRC Grassroots Organisations (GROs) (Chua Chu Kang) Mr Gan Kim Yong; Mayor of South West District Ms Low Yen Ling; Adviser to Chua Chu Kang GRC GROs (Keat Hong) Mr Zhulkarnain Abdul Rahim; and Senior Vice President for P&G Health — Asia Pacific, Middle East and Africa Mr Aalok Agrawal.

Mdm Siti's children were among 300 children and seniors who benefitted from Festive Grant-A-Wish, an initiative under South West Community Development Council's Festive Cheers @ South West programme. Each of them received a gift of their choice worth \$20 to \$30 prepared by P&G staff. Accompanying the Advisers and Mayor on distribution rounds in Chua Chu Kang GRC on 12 December 2021 were volunteers from P&G Singapore (P&G) and Chua Chu Kang GROs.

SUPPORT FOR LEARNING

Besides presents, Mdm Siti's family also received furniture for a new study corner in their living room. "It's already a hit with the kids, who call it 'The Library Corner'. Nowadays, they wake up before I do and spend time reading and teaching one another," shared Mdm Siti. Having an area in the house for learning also benefits Rayyan, her youngest son, who suffers from a speech delay. "A proper place to read and study will make all the difference for him."

Like Rayyan's family, the households of 19 other students from Teck Whye Primary School and Chua Chu Kang Primary School were gifted up to \$200 worth of furniture and learning aids such as study tables, bookshelves and whiteboards sponsored by P&G staff. The items were aimed at creating a conducive learning environment for the children at home. Vice-Principal of Teck Whye Primary School, Mr Muralidharan s/o



Front row, from left to right: Mr Koh Kong Wen, PBM, Contracts Manager of KKL; Adviser to Chua Chu Kang GRC GROs (Keat Hong) Mr Zhulkarnain Abdul Rahim; Mayor of South West District Ms Low Yen Ling; Adviser to Chua Chu Kang GRC GROs (Chua Chu Kang) Mr Gan Kim Yong; Ms Priyali Kamath, Senior Vice-President, Skin & Personal Care (Asia Pacific, Middle East and Africa), P&G; and Mr Clint Navales, Vice President, Communications and Citizenship (Asia Pacific, Middle East and Africa), P&G.

Narayanan said, "These will go a long way during times of home-based learning. Having a proper desk, whiteboard and even a more comfortable chair will help our underprivileged students learn better."

MEETING RESIDENTS' NEEDS

As part of the latest run of Festive Cheers @ South West, 7,500 vulnerable households in 31 rental blocks from 25 Adopt @ South West precincts received South West Festive Cheers Packs that were curated based on feedback. These festive packs worth \$180,000 in total were sponsored by long-time South West CDC corporate partner, Koh Kock Leong Enterprise Pte Ltd (KKL). P&G Singapore also contributed up to \$63,000 worth of gifts and household essentials for special P&G care packs.

ITEMS ADOPT @ SOUTH WEST HOUSEHOLDS RECEIVED

South West Festive Cheers Pack:

- Dried noodles
- Sauces
- Coffee
- Tea
- Malt beverages

Household pack:

- Washing powder
- Liquid detergent
- Toothbrushes
- Shampoo



The study corner used by Mdm Siti's children has been fitted with new furniture donated by P&G staff.

Festive Cheers @ South West, which runs from December 2021 to March 2022, is an annual initiative that rallies corporate and community partners to organise festive activities such as Christmas and Chinese New Year get-togethers, as well as the distribution of South West Festive Cheers Packs, to bring cheer to vulnerable households.





A beneficiary household with Minister Gan, Mr Zhulkarnain, P&G Demand Planning Operations Leader Ms Priyadharshini Murali (2nd from right) and Mr Koh Kong Wen.



Grateful beneficiaries with Minister Gan, Mayor Low, Mr Zhulkarnain, Ms Priyali Kamath (3rd from right) and Mr Koh Kong Wen.



EVERYBODY CARES

Speaking about his company's commitment to help the community, Mr Agrawal said, "P&G is proud to be a part of Festive Cheers @ South West as a continuation of our longstanding partnership with South West CDC. This is our third consecutive year of participation, and it brings us great joy to spread the holiday cheer with beneficiaries and be able to ensure that no one is left behind during the festive season."

For KKL, a Diamond Award winner of the South West Caring Corporate Awards 2021, meeting the needs of vulnerable residents is its long-term commitment. "During such difficult times, it is even more imperative that we as a corporate continue to give and bless the community and extend a helping hand and uplift lives of those who are more vulnerable," said Mr Koh Kong Wen, PBM, a Contracts Manager at KKL.

Thanking KKL and P&G for their support, Mayor Low said, "The strong spirit of giving is vital as it empowers the community to do their part and strengthens the solidarity and unity of the nation."

"As we usher in the festive season, it is heartening to know that corporate partners are rallying together to make a positive difference for the vulnerable families. The contributions, big or small, will make an impact to the community and inspire others to reach out. We hope residents find the Festive Cheers packs useful," said Minister Gan. **B**



From left: Mayor Low; Mr Zhulkarnain; Mr Koh; Mr Ajit Nayak, Senior Vice President, Haircare APAC, P&G Asia Pacific, Middle East and Africa; and Minister Gan with a family living in Chua Chu Kang.



Minister Gan, Mayor Low and Mr Aalok Agrawal (centre) presenting a gift to a young resident.



P&G volunteers preparing the care packs for distribution.

WHY THEY GIVE BACK

Two P&G volunteers share their reasons for participating in Festive Cheers @ South West:

"Particularly during this challenging year, it feels so rewarding to give back to our communities by sharing care packs and improving homes for students. At P&G, we believe in improving lives and I hope this project helps to spread some joy amongst our Singapore neighbours."

Ms Jane Loh,
Demand Planning Operations Manager at P&G,
who was involved in the home improvement project

"Every time there's an opportunity to serve, I step up and give back. I was tasked to take care of the delivery of the various care packs to residents in one of the rental blocks in Chua Chu Kang. Getting up early on a Sunday to distribute these packs is not easy, but it's even harder to be in the situation that some of these residents are in, so I'm glad that I can play my part to bring some festive cheer to them. Seeing their faces light up made all our hard work worth it."

Mr Muhammad Adam,
Plant Specialist at P&G and Chua Chu Kang resident,
who was involved in the distribution of goodie bags

Gaining new friends, building a supportive network

PARTNERS OF ADOPT-A-FAMILY / SENIOR @ SOUTH WEST FORGE NEW FRIENDSHIPS WHILE DOING GOOD.

WITH COVID-19 LIMITING PHYSICAL INTERACTIONS, the South West Community Development Council partnered Girls' Brigade Singapore (GBS), Shell Companies in Singapore and Zion Bishan Bible-Presbyterian Church to pilot a tele-befriending programme aimed at providing socio-emotional support for vulnerable seniors and families. Named Adopt-A-Family / Senior @ South West, the initiative has seen some 150 volunteers from these organisations reaching out to 160 seniors and households with the support of NTUC Health Senior Activity Centres in Boon Lay, Mount Faber and Taman Jurong, Fei Yue Senior Activity Centre (Teck Whye) and the Telok Blangah Grassroots Organisations.

Explaining the programme's objective, Mayor of South West District Ms Low Yen Ling said, "During the pandemic, the levels of isolation and stress have increased for everyone, especially elderly persons. Through this befriending initiative, we aim to build and strengthen inter-generational ties, as well as prevent the ills of social isolation in our society."

As part of the three-month pilot, staff from the three corporate and community partners also delivered care packs worth up to \$200 to beneficiaries. Some of these were packed based on the specific needs of the seniors and households.

FINDING MEANING IN VOLUNTEERING

Adopt-A-Family / Senior @ South West has also made a positive impact on the volunteers' lives. One of them is retired Civil Defence Officer Mr Christopher Lim, 62, from Zion Bishan Bible-Presbyterian Church. He was paired up with Mr Koh, a senior beneficiary in his 80s from Fei Yue Senior Activity Centre (Teck Whye) who spends much of his time caring for his immobile wife.

Mr Lim visits Mr Koh fortnightly and they spend time talking about day-to-day matters as well as developments in their lives. The volunteer-beneficiary pair has come to enjoy each other's company. "I learn so much about life from Mr Koh. He may not have much in terms of material possessions, but he has true class," shared Mr Lim. "Whenever I ask if he needs anything for himself, he always says 'no', but politely requests for essence of chicken for his wife instead. After being married for so long and despite all their difficulties, he still puts her first! Seeing them together reminds me of what truly matters in life."

Heartwarming stories were also shared by volunteers who befriended residents over the phone. One such volunteer is Mr Ma Kou,



Mr Christopher Lim (left) enjoys his fortnightly chats with Mr Koh (right).



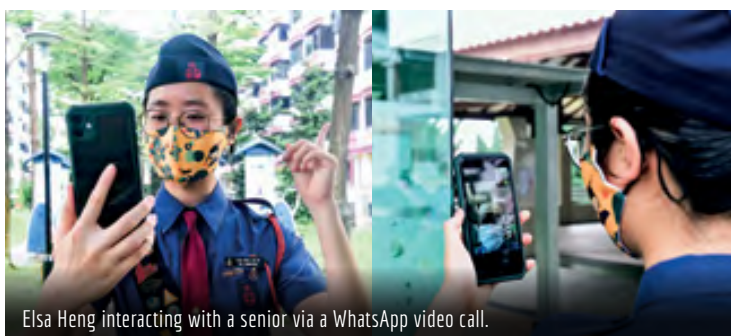
Mr Ma Kou (in black) and his colleagues with the care packs they have prepared for the Telok Blangah residents they befriend.

a 27-year-old process engineer with Shell. "We had previously befriended vulnerable South West District residents in person, but COVID-19 changed that. We introduced a new virtual befriending initiative to continue engaging residents, and that was how I met Madam He," the volunteer lead explained.

The 50-something Telok Blangah resident lives alone. "She sometimes has problems like fixing a lightbulb. When restrictions eased, a few of us visited her at home and we got along very well. She reminds me of my mum in China, so there was an instant and warm connection. I enjoyed putting together her monthly care pack based on her needs," elaborated Mr Ma.

For young volunteers like Elsa Heng, being a part of Adopt-A-Senior @ South West is a great way of learning from their wisdom. "It also heartens me to be able to bring joy to others," said the GBS member. "I am really glad that we are able to hear the stories of our seniors and help them, despite the circumstances caused by COVID-19."

GBS girls interacted with their assigned seniors for three to six months in 2021. Some 115 beneficiaries from three NTUC Health Senior Activity Centres Boon Lay, Mount Faber and Taman Jurong benefitted from the programme. **B**



Elsa Heng interacting with a senior via a WhatsApp video call.

AT RECESS TIME EVERY DAY, 12-YEAR-OLD SUN HAO ZHE MAKES A BEELINE FOR HIS SCHOOL CANTEEN WHERE HE ORDERS HIS FAVOURITE RICE DISH WITH SPICY MEATBALLS WITHOUT FAIL. From February this year, the Westwood Primary School student gets to enjoy “meatballs” made from plants once a week. His school is one of the first on board the Woke Wednesday campaign — a national outreach programme that champions an “ecotarian” diet comprising nutritious food that is produced in a sustainable way. Under the initiative, participating schools offer students dishes cooked with a



From left: Mr Low Min Chye, Vice-Principal of Westwood Primary School; Mr Andrew Mah, Principal of Westwood Primary School; Mr Desheng Theng, Life3 Biotech staff; Mr Norhashim Bin Hasan, Managing Director of Wahyu Brand Pte Ltd; Ms Shirlyn Tan, Life3 Biotech staff; Mayor Low Yen Ling; Mr Tiew Chew Meng, BBM, Chairman of Environment Functional Committee, South West CDC; Ms Tricia Kiang, Life3 Biotech staff; and Mr Ricky Lin, Founder and CEO of Life3 Biotech.

Encouraging sustainable eating from young

SCHOOLS IN THE SOUTH WEST DISTRICT ARE AMONG THE FIRST TO PILOT A NEW CAMPAIGN THAT ADVOCATES THE REDUCTION OF OUR CARBON FOOTPRINT THROUGH THE FOOD CHOICES WE MAKE.



Mayor Low interacting with Westwood Primary School students who were trying dishes made from Peasy.

How a plant-based diet helps the environment

- >> **Nearer to you:** Peasy is made in Singapore, which reduces the carbon footprint associated with the import of food. It also means less pollution from transporting goods over long distances.
- >> **Lower greenhouse gas emissions:** Livestock are notorious for emitting large amounts of methane, which traps 30 times more heat than carbon dioxide and speeds up global warming. By reducing demand for livestock, we can reduce global warming.
- >> **Preserves forests:** Forests are cleared to make way for livestock and slaughterhouses. Switching to a plant-based diet reduces the need to do this. In fact, producing Peasy uses 95 times less land than producing meat!
- >> **Less resources:** Producing 1 kg of meat uses 55 kg of grains — which also requires space and resources to grow! Producing Peasy uses 26 times less water than producing meat does.



Mr Ricky Lin (2nd from left) sharing about the plant-based protein by Life3 Biotech.



Westwood Primary School students tried these “meatballs and minced meat” made with Peasy.

plant-based protein, Peasy, every Wednesday. This nutrient-dense ingredient, which complies with the Health Promotion Board’s Healthier Choice nutrition guidelines, was developed jointly by local companies Life3 Biotech and Wahyu Brand Pte Ltd, a Halal product partner of Life3 Biotech.

A POSITIVE START FOR PEASY

Launched on 17 November 2021 in partnership with Life3 Biotech, Woke Wednesday aims to raise public awareness about environmental sustainability, food security and nutritional health issues, starting with schools from the South West Community Development Council’s Healthy Schools @ South West and Green Schools @ South West programmes.

When Hao Zhe first tried the plant-based “meatballs”, he was impressed. “It tastes like real meat,” said the Primary Six student. “If someone had told me it wasn’t meat, I wouldn’t have believed it. I like it because of its taste, and this method of making food is kind to animals and the environment.”

Life3 Biotech founder Mr Ricky Lin told *BRIDGE* that he wanted to start the programme in schools as he believes that children are honest about their likes and dislikes. “The youth of today are the leaders of tomorrow whose voices and actions can effect a fundamental change in our future. I am very encouraged that the students at Westwood Primary School have reacted so positively to Peasy,” he said.

Stallholders, too, have welcomed Peasy. For them, using Peasy offers a way of injecting novelty into the food they prepare for students. Said Mdm Rosa, who runs a chicken rice stall in Westwood Primary School, “I like that Peasy comes minced as well. This makes it easier for food preparation.”

SPREADING THE WORD

Speaking at the launch of Woke Wednesday, Mayor of South West District Ms Low Yen Ling pointed out, “What we choose to consume can make a difference to the environment and our health. Through this campaign, everyone can play a part in reducing our carbon footprint by making sustainable food choices.”

Besides introducing plant-based meals at the canteen, Woke Wednesday also includes educational components such as assembly talks by industry and community experts that aim to drive an understanding of sustainability issues. The campaign is being rolled out in schools across the South West District as part of the Healthy Schools @ South West and Green Schools @ South West programmes. **B**

SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL (CDC) AND THE AMERICAN CHAMBER OF COMMERCE (AMCHAM)

in Singapore collaborated to distribute care packs to vulnerable households in the South West District for the third year in 2021.

In November 2021, the partnership, as part of Adopt @ South West, saw 400 care packs worth about \$23,000 distributed to beneficiaries in Jurong Central. These care packs were put together using donations in cash and kind from AmCham members and staff from the United States (US) Embassy in Singapore. Items donated include household essentials such as brown rice, instant noodles, detergent, soap, hand sanitiser, toothbrushes, tooth paste and surgical masks. Alongside volunteers from Jurong GRC Grassroots Organisations (Jurong Central), AmCham's Board of Governors and its staff, as well as US Embassy employees, came together to prepare the care packs.

Said AmCham CEO Dr Hsien-Hsien Lei, "I am heartened that we have been able to continue



From left: Dr Hsien-Hsien Lei, Mr Xie Yao Quan, Mayor Low, Ms Vivian Chua and Mr Rafik Mansour, who joined volunteers from AmCham Singapore, US Embassy in Singapore and Jurong Central GROs in distributing care packs to 400 vulnerable households in Jurong Central.

Strengthening ties with the local Community

THROUGH ITS PARTNERSHIP WITH THE SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL, THE AMERICAN CHAMBER OF COMMERCE IN SINGAPORE REACHED OUT TO SOME 1,000 VULNERABLE FAMILIES IN JURONG CENTRAL

giving back and supporting the residents of the South West District throughout the pandemic. We are committed to supporting the Singapore community during the transition towards endemic COVID-19."

A SHARED VISION

The care pack distribution was held as part of AmCham's annual Corporate Community Day, which aims to build stronger ties with Singapore. It was attended by Mayor Low Yen Ling; Mr Xie Yao Quan, Adviser to Jurong GRC Grassroots Organisations (Jurong Central); Mr Rafik Mansour, Chargé Affaires, a.i. of the US Embassy in Singapore; Dr Hsien-Hsien Lei, Chief Executive Officer, AmCham Singapore; and Ms Vivian Chua, Managing Director, Singapore, and Cluster Head for Singapore & Malaysia, HP Inc.

"Through the distribution of the care packs, we hope to demonstrate the American business community's commitment to and solidarity with Singapore amidst the challenges posed by the COVID-19 pandemic," said Ms Chua. Mayor Low expressed appreciation for the support, saying, "As we step up our efforts to reach out to vulnerable residents and those in need, we are heartened by the collaborations we have with partners like AmCham Singapore who step forward and work with the CDC in reaching out to the vulnerable families under Adopt @ South West."

Ms Chua explained why the partnership was a natural one for corporates like HP, AmCham's Corporate Community Day sponsor. "The American business community shares the South West CDC's values where we champion the culture of giving back and providing platforms for individuals, businesses and other partners to come together to uplift those in need. We also have a shared commitment towards environmental sustainability."

In response to the aid residents under his care received, Mr Xie said, "On behalf of Jurong Central GROs, I would like to say a big 'thank you' to our dedicated volunteers from AmCham Singapore and the US Embassy in Singapore for their dedication to help the needy households in the Jurong Central community for the second consecutive year despite the ongoing COVID-19 situation." **B**



Mayor Low with Mr Xie and Mr Mansour before the commencement of the distribution.



Ms Rosidah (3rd from right) and her family are appreciative of the care pack they received from Mayor Low and Ms Chua (far right).



Adviser Mr Xie and Mr Mansour went door to door to distribute care packs to beneficiaries such as Ms Maria on 13 November 2021.

>> SUPPORTING LEARNING FOR SECONDARY SCHOOL STUDENTS

AmCham has also contributed \$11,350 for the purchase of book vouchers under Back-to-School @ South West, an initiative that supports students' learning needs. About 230 students from seven secondary schools each received a \$50 book voucher in January this year.

A gesture of thanks

SHOWING GRATITUDE TO OUR HEALTHCARE HEROES

FOR FRONTLINERS LIKE DR SURINDER KAUR, the past two years have been a rollercoaster ride. "It has been tiring and challenging, especially because the fatigue of fighting the pandemic has set in," said the Head of the Division of Infectious Diseases at Ng Teng Fong General Hospital (NTFGH). Despite her exhaustion, she soldiers on, thanks to the support of her family, colleagues and the community.

Dr Kaur experienced the community's support first-hand in December 2021 when she and 5,000 other healthcare workers from NTFGH, Jurong Community Hospital and St Luke's Hospital received a care pack as part of Project Appreciation @ South West. The care packs were put together by the South West Community Development Council (CDC), Project Wellness and Nanyang Technological University's Alumni Club, and partners P&G Singapore (P&G), Guardian Singapore, Jurong Secondary School and Yuan Ching Secondary School.

As Mayor of South West District Ms Low Yen Ling put it, these care packs were a gesture of the community's appreciation to our healthcare heroes. "Without them holding the fort, we wouldn't have been able to keep healthcare services up and running. The community recognises their tremendous contributions in keeping our nation safe and together, we hope to bring them encouragement by showing our care for them."

PACKED WITH LOVE

The care packs contained personal hygiene essentials, face masks, hand sanitiser, multi-vitamins and a handmade greeting card, as well as TraceTogether pouches or tissue pouches handmade by volunteers from Project Wellness, a non-profit group set up in 2020 that distributes handsewn masks to those in need. For radiographer Mr Kelvin Heng, the selection of items were both practical and meaningful. "My parents and sister are sometimes worried that I may bring the virus home, but I reassure them that we keep safe, and I think some of the items in the care pack like the face mask and disinfectant protect us even more," he said.

Added Dr Kaur, "We also received handmade cards with messages penned by volunteers from Project Wellness and students from Jurong and Yuan Ching secondary schools. Some of these messages refer to us as 'heroes'. When we joined this line of work, we never thought of ourselves as heroes. But I am grateful that the community sees and values our contributions."

Volunteers from the NTU Alumni Club were raring to take part in the initiative, said its President, Mr Jerome Lau. "We had set aside three weekends for the packing but the volunteers were so



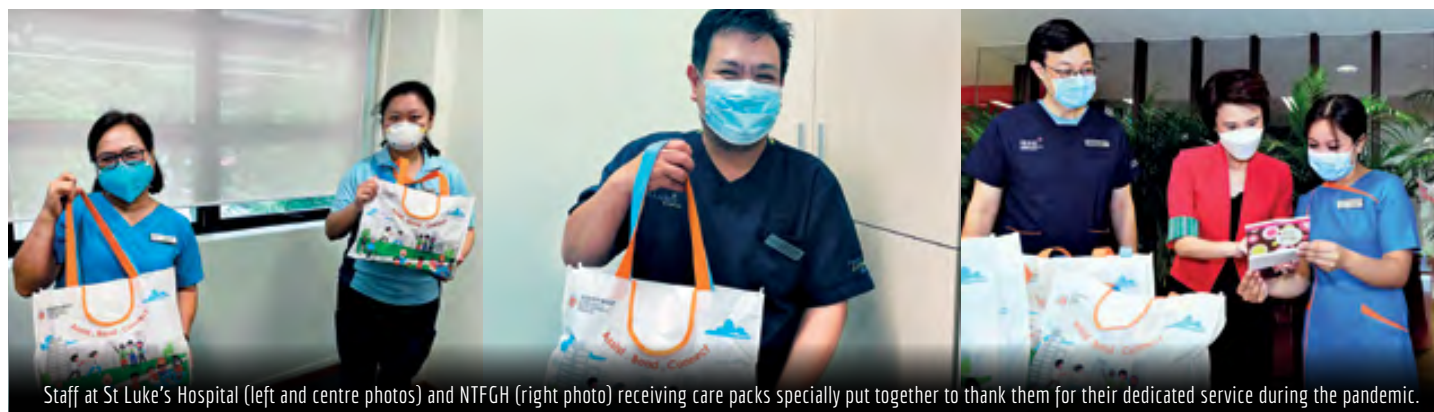
Left to right: Dr Surinder Kaur; Mr Kelvin Heng; Mr Jerome Lau; Dr Quek Lit Sin, Chief Executive Officer, NTFGH; Mr Ng Kian Swan, Chief Operating Officer, NTFGH; Mayor Low Yen Ling; Ms Tay Meishuang; Ms Saraswathi D/O Nadarasan, Patient Service Associate, NTFGH; and Ms Nuraini Binte Hassan, Staff Nurse, NTFGH.



Mayor Low and NTFGH staff showing the handmade cards with heartfelt messages, which were delivered with the care packs.

enthusiastic that they finished packing all the care packs in one day! We hope that this effort shows our healthcare heroes how much we appreciate them. They take such good care of us, and we hope that they remember to take care of themselves too."

"We are touched by the meticulous and thoughtful compilation of care pack items, in particular the beautiful, handcrafted card and heart-warming words of encouragement. It cheers us on as we continue to navigate through this pandemic while serving, loving and healing our patients," said Ms Chan Shu Cheng, Staff Nurse at St Luke's Hospital. *B*



Staff at St Luke's Hospital (left and centre photos) and NTFGH (right photo) receiving care packs specially put together to thank them for their dedicated service during the pandemic.

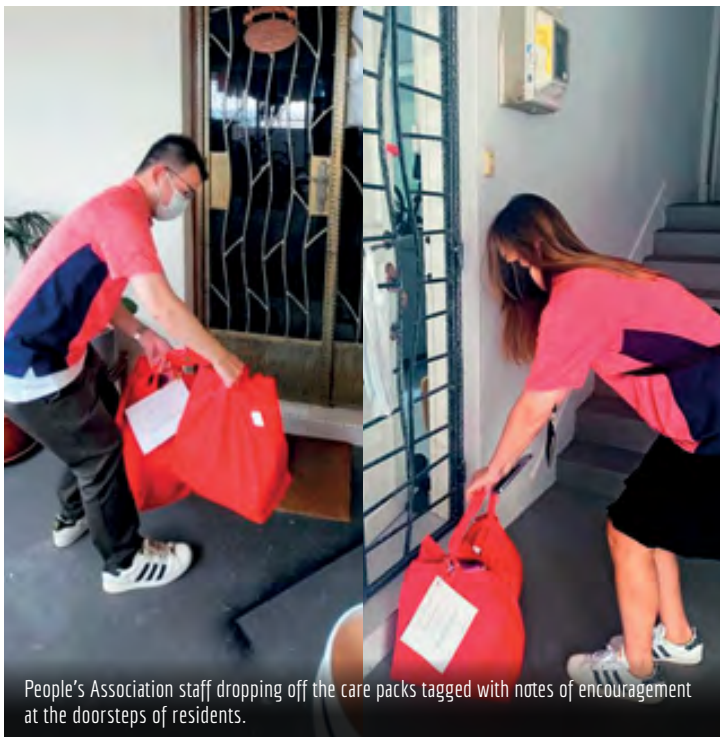
Special delivery

SOUTH WEST RESIDENTS ON THE COVID-19 HOME RECOVERY PROGRAMME WERE SURPRISED WITH CARE PACKS AND WORDS OF ENCOURAGEMENT.

RECOVERING FROM COVID-19 CAN BE AN ISOLATING EXPERIENCE. While those who display mild symptoms could recover at home, they are to remain alone in their rooms, away from their family members.

To lift the spirits of stay-home convalescents and help them cope with the new circumstances, the South West Community Development Council (CDC) initiated a care pack distribution in November 2021. Designed with the needs of these residents in mind, the care packs consist of COVID-19 essentials, such as ART kits, vitamin C tablets, hand sanitiser and disinfectant spray. Cup noodles and malt drink packets were also included as comforting treats. Each pack came with a card bearing words of encouragement from Mayor of South West District Ms Low Yen Ling as well as their respective Grassroots Advisers.

“We hope that through these care packs, we can show our fellow South West residents recovering from COVID-19 that we are by their side and will support them through this difficult time,” said Mayor Low.



People’s Association staff dropping off the care packs tagged with notes of encouragement at the doorsteps of residents.

Patrick Tay 郑德源 is 🙏 feeling positive at Pioneer Constituency.
9 October at 10:46 · Singapore · 📍

Visiting the homes of our Pioneer residents across all the zones this weekend to send them Care Packs to wish them well and a speedy recovery! Special thanks to our **South West CDC** and **Pioneer Community** grassroots and community volunteers for their contributions and working behind the scenes to help prepare the packs! Think we lost count the number of homes visited but clocked our 10,000 steps in the process!

#pioneerstogether #careconnectcreate #pioneersmc

Adviser to Pioneer GROs Mr Patrick Tay joined volunteers in distributing the care packs to residents recovering from COVID-19 at home.

FROM THE HEART

South West CDC’s long-time partner Bo Tien Welfare Services Society helped pack a total of 1,500 care packs for 18 divisions in the district. Worth about \$100 each, the care packs were sponsored by donors from the volunteer group, Heartwarmers. The care pack distribution strengthens efforts to support residents during this difficult time. “Being alone especially while ill can be very stressful. Through the care packs, we want to encourage them to overcome this phase,” said Mr Foo Say Thye, Founder of Heartwarmers.

On his organisation’s support for the initiative, President of Bo Tien Welfare Services Society Mr Kong Meng Sin said, “To give is a blessing. Let’s be compassionate towards those whom we can help.” *B*

ITEMS IN EACH CARE PACK:

- ART kits
- Vitamin C tablets
- Essence of chicken
- Cream crackers
- Brown rice cereal
- Instant porridge
- Cup noodles
- Instant beverage
- Instant coffee
- Handwash
- Wet wipes
- Body wash
- Germicide
- Disinfectant spray
- Kitchen rolls
- Tissue
- Reusable bags
- A ‘get well soon’ card





DCA instructors taught participants the dance moves for Inclusive Flashmob 2021 over six classes.



Left to right: JJ, Faizah and Joel were among those who have benefitted from the dance classes conducted by DCA.

Setting the stage for inclusivity and diversity

BENEFICIARIES FROM SIX SPECIAL NEEDS SCHOOLS FOUND JOY IN DANCE CLASSES SUPPORTED BY THE WECARE ARTS FUND.

FOR THE THIRD YEAR IN A ROW, the Disabled People's Association (DPA) brought together persons with special needs for a spirited dance showcase. Aptly named the Inclusive Flashmob, the performance is a culmination of a series of dance classes conducted by social enterprise Distinct Creative Arts (DCA) that the participants attended.

This inspiring initiative to inculcate social inclusion is supported by the WeCare Arts Fund, a scheme by the National Arts Council administered by the five Community Development Councils (CDCs), which seeks to make the arts more accessible to beneficiaries of social service agencies (SSAs) through collaborations with arts professionals. A total of 60 beneficiaries from six SSAs – APSN Katong, St Andrew's Autism Centre, Mountbatten Vocational School, SUN-DAC (Bedok South), SUN-DAC (Upper Thomson) and APSN Chaoyang School — participated in Inclusive Flashmob 2021.

FINDING ENJOYMENT IN DANCE

While the Inclusive Flashmob used to be held on the busy streets of Orchard, — it took the form of a video, which was shared on Youtube, in 2021 due to the COVID-19 pandemic. Yet, its impact on the participants was not diminished.

For 19-year-old Cheryl, who attends Mountbatten Vocational School, the flash mob practice sessions were a chance to learn something new. While she was initially hesitant about practising the moves due to a fear of falling, she was encouraged by her trainer for food and beverage service, Ms Chua Bee Geok Kazay, to take up the challenge.

"Looking back, I am very happy I did not let my fear stop me from joining this dance," shared Cheryl. "Now, I can follow the dance steps, and I also made many new friends from this experience. The instructors are very kind-hearted and encouraging."

Cheryl is not alone in her excitement for the initiative. Joel, 24, from SUN-DAC Upper Thomson, sang its praises too. "This is my second time in the flash mob and both the instructors and dance moves are different. It is very fun, and I enjoyed myself. I will definitely take part again next year," he said.

A WORTHWHILE ENDEAVOUR

It is not just the participants but also the DCA dance instructors who reaped rewards from the dance. Reflecting on his involvement in the past two years, DCA dance instructor Mr Raphael Tan, who is also Marketing Head of DCA, shared that working with people with disabilities requires more patience but is worth every bit of the effort.

"Some of these special needs students have a real potential for dance and can execute the moves better than expected!" he said. "My co-workers and I had to explore different approaches to teach differently-abled students, but most of them are very creative and it is extra rewarding when they remember the choreography."

DPA Community Engagement Executive Ms Valerie Chia said, "The Inclusive Flashmob is highly anticipated by all our returning and new participants. DPA is very appreciative that the WeCare Arts Fund has enhanced the well-being of our participants by broadening their access to the arts. The fund supported the engagement of dance instructors from DCA as well as the production of the video." **B**

All social service agencies that are keen to engage their beneficiaries through the arts can apply for the WeCare Arts Fund.

Apply for the fund on www.cdc.gov.sg/southwest or scan this QR code to find out more:



Watch Inclusive Flashmob 2021:



Participants of Inclusive Flashmob 2021 practising their moves at SUN-DAC Upper Thomson.

Supporting those who support you

PLAY AN ACTIVE ROLE IN ENSURING THE WELL-BEING OF MIGRANT DOMESTIC WORKERS WHO SPEND MOST OF THEIR TIME CARING FOR YOUR FAMILY.

MIGRANT DOMESTIC WORKERS (MDWs) play an essential role in many local households. Families rely on them to upkeep their homes and help with caregiving responsibilities. Working in Singapore requires these helpers to be separated from their loved ones for extended periods of time, and some MDWs may be unable to adapt to living here.

HOW AN EMPLOYER SOUGHT HELP FOR HER DISTRESSED DOMESTIC HELPER

Two weeks into her employment, first-time MDW Mimik (not her real name) cried and shouted when anyone disrupted the order of household items in the home she was working in. It was hard for Mimik's employer to understand her behaviour as the helper was reluctant to open up to her.

Instead of sending Mimik back to her employment agency, Mimik's employer called the Foreign Domestic Worker Association for Social Support and Training (FAST) via its 24-hour helpline for assistance. FAST staff spoke to Mimik in her native language and found out that she was feeling down over some personal matters back home and was also unable to adapt to her new environment.



FAST facilitated private and group counselling sessions for Mimik and her employer. These sessions helped her settle into her job and gave her the confidence to continue working in Singapore. She no longer has frequent meltdowns and can communicate better with her employer.

With the support of employers, MDWs such as Mimik can better cope with the challenges of living and working in a foreign country and be able to do their jobs well. If you are an employer of a MDW, keep a lookout for her well-being and know how to seek help when necessary.

Look out for these signs and symptoms of distress:

- Appear withdrawn or depressed
- Lack of concentration
- Exhibit changes in sleep patterns or appetite
- Show emotional instability (e.g. frequent crying)

Here are ways you can help strengthen her mental well-being:

- Provide her with the means to keep in touch with her loved ones and people who can lend a listening ear.
- Have a chat with her and ask if there is anything troubling her.
- Give her privacy and time to rest. Encourage her to spend her off days meaningfully e.g. attending courses or meeting up with friends. **B**

Scan the QR code to download "A Guide to Enhancing your Migrant Domestic Worker's Mental Well-being".



You may share "A Guide to Enhancing Your Mental Well-being" with your MDWs, which is available in their native languages.



RESOURCES FOR EMPLOYERS

Organisations you can call if you need help with your MDW who is feeling stressed or anxious:

MOM Migrant Domestic Worker Helpline
1800 339 5505

Centre for Domestic Employees (CDE)
1800 2255 233*
contact@cde.org.sg

Foreign Domestic Worker Association for Social and Support and Training (FAST)
1800 339 4357*

Samaritans of Singapore (SOS)
1800 221 4444



*24-hour service with native languages available

A partner we can count on

OVER THE YEARS, P&G HAS TAPPED ON ITS RESOURCES TO MEET THE VARIED NEEDS OF RESIDENTS IN THE SOUTH WEST DISTRICT.



P&G staff put together 300,000 care packs for migrant workers in April 2020.

FOR RESIDENTS OF SOUTH WEST DISTRICT, global consumer goods company P&G is synonymous with household, grooming and oral care products that have seen them through good and bad times. Thanks to an ongoing partnership with the South West Community Development Council (CDC), P&G has been uplifting their lives through their engagement initiatives and donations of personal care essentials.

BRINGING FESTIVE CHEER

P&G first partnered the South West CDC in 2019, when it came on board for Festive Cheers @ South West — an annual programme to bring cheer to vulnerable residents from Adopt @ South West precincts during the year-end holiday period. As part of Festive Cheers @ South West, P&G provided various products in the festive care packs that are distributed to the vulnerable residents. Its staff also volunteered to put together and distribute these packs.

Under this programme, the company runs Festive Grant-A-Wish as part of its annual corporate social responsibility efforts. This initiative is aimed at fulfilling the wishes of underprivileged children aged between seven and 11. Sponsored by P&G staff, these gifts comprise of school supplies, sports equipment, board games, art and craft materials and learning materials. Festive Grant-A-Wish has benefitted 100 young residents in 2019 and another 200 in 2020. In 2021, the initiative was expanded to include 300 seniors.

As part of this year's Festive Cheers @ South West, P&G staff also pooled together resources to purchase study tables, chairs, bookshelves and other furniture for 20 households to create a more conducive home learning environment for vulnerable students.

SUPPORTING COVID-19 RELIEF EFFORTS

Since the start of the pandemic, P&G has actively contributed to South West CDC's COVID-19-related initiatives. In the early days of the pandemic, the company joined hands with other corporate and community partners to encourage frontline workers in the healthcare and transport sectors with specially put-together South West Care Packs. The company also partnered South West CDC and the Ministry of Manpower to supply personal health and hygiene items worth some \$5 million in total to migrant workers, and household cleaning products to the dormitories to help migrant workers maintain a clean and safe living environment.

As the circuit breaker measures eased, P&G donated 500 sets of cleaning products to help preschools and social service agencies prepare their spaces for the return of children and seniors respectively. Extending its efforts to promote clean and safe environments, it educated 7,500 children on proper handwashing techniques and good hygiene habits in the Safe Schools handwashing initiative under Healthy Schools @ South West, a programme that promotes healthy habits among primary school students.

Frontliners continued to benefit from P&G's unwavering support, with the company contributing to 2,000 care packs for frontliners in the health, education and transport sectors in June 2020 and 5,000 care packs for healthcare workers during last year's Project Appreciation @ South West. **B**

“ AT P&G, OUR COMMITMENT TO BE A FORCE FOR GOOD FOR OUR COMMUNITY IS OUR KEY GUIDING PRINCIPLE. WE ARE PROUD OF OUR LONGSTANDING PARTNERSHIP WITH SOUTH WEST CDC, WHICH STARTED IN 2019. IT BRINGS US GREAT JOY TO SPREAD CHEER TO BENEFICIARIES AND ENSURE THAT NO ONE IS LEFT BEHIND. ”

MR AALOK AGRAWAL

Senior Vice President, P&G Health – Asia Pacific, Middle East and Africa on P&G's partnership with the South West CDC



P&G has supported South West CDC's programmes such as Festive Cheers @ South West (left and right) and Healthy Schools @ South West (centre).

NUMBER OF RESIDENTS TOUCHED

➤ **22,500**

Adopt @ South West residents who received care packs since 2019

➤ **600**

Grant-A-Wish beneficiaries

➤ **300,000**

Migrant workers

➤ **7,000**

Frontliners

➤ **7,500**

Students under Healthy Schools @ South West



Everyone must be to live life with purpose and dignity

// **'VE ALWAYS LIKED SPORTS AND THE ARTS.** Not just because I was a sportsman in my youth or because I love what artists create, but because both sports and arts help us appreciate others for their talents. And the arts also open our eyes to other people's lives," says Senior Minister and Coordinating Minister for Social Policies Mr Tharman Shanmugaratnam.

Last November, he was invited to open National Gallery Singapore's retrospective exhibition of the work of pioneer local artist, Mr Chua Mia Tee. "His art had a social role, especially his work in the years before and soon after Singapore became independent. He portrayed the lives of ordinary workers. His art helped create a bridge between people, at a time when there were many tensions in our society. Even today, the work of Mr Chua and his fellow artists of that era help younger generations know what life was like before them. It creates a bridge between generations."

"Those years in the sixties and seventies, when I was growing up, still colour my mind," he shares. "Life was so different then." One part of that past that has lasted are our



**ADVISER TO JURONG GRC GRASSROOTS ORGANISATIONS (TAMAN JURONG)
MR THARMAN SHANMUGARATNAM
TALKS ABOUT APPRECIATING EVERY INDIVIDUAL FOR WHAT THEY CONTRIBUTE AND HOW SPORTS, THE ARTS AND NATURE-BASED ACTIVITIES ARE VALUABLE IN BRINGING PEOPLE TOGETHER.**



markets and hawker centres. "This is still something special about Singapore," says Mr Tharman, who enjoys being at Taman Jurong's hawker centre weekly. "The informality, and everyone being equal in the hawker centre. And buying directly from individual hawkers, who put in effort and take pride in their own cooking, is quite different from eating in restaurants."

Mr Tharman's younger days revolved around sports. "It's what I did every day, often even playing two sports a day," he recalls. "I used to keep a diary in school. When I looked back at it at the end of the year, I found that I had played sports every day of the year, except for three days!" Till today, he says, "I owe so much to sports – so much of what I've learnt and has helped me in life. They teach us all how to win with humility, lose graciously and respect



SM Tharman's latest calligraphy piece on a mountain spring.

What drew you to calligraphy?

"I picked it up about 20 years ago, and find it very calming. I am fortunate to have a very good teacher, Prof Tan Siah Kwee, who makes practising very satisfying. The last piece I did was based on a line in a well-known Tang poem, about a remote and unnamed mountain spring that provides clean water to the streams and rivers, year after year. The line (恬淡无人见, 年年长自清) is a reminder that we should constantly rejuvenate ourselves, and serve without seeking credit."

What are some principles you live by?

"I believe that to live life to the fullest, we must contribute to others. There is so much more meaning and satisfaction we get through collective well-being, not just how good we feel about ourselves. And that also means we should find every way to create opportunities for those who have less advantage in life to develop themselves, and gain their own dignity. I believe strongly in that, and spend a lot of time, together with my wife and the wonderful volunteers we have in Taman Jurong, trying to create those opportunities for people who face disadvantages. Everyone must be able to live life with purpose and dignity."



everyone in the team."

It wasn't just scheduled games that kept him busy. He remembers going to Farrer Park or the Padang in the evenings, where "people would just gather spontaneously and play. We would carry on playing until it was too dark to even see the ball," he recounts. Some started off as strangers to each other, but became friends that way.

கையெழுத்துக்கலைக்கு உங்களை எது ஈர்த்தது?

"சுமார் 20 ஆண்டுகளுக்கு முன்பு நான் இதைத் தேர்ந்தெடுத்தேன். இது மனதை மிகவும் அமைதிப்படுத்துவதாக உணர்ந்தேன். ஆகச் சிறந்த ஆசிரியரான, பேராசிரியர் டான் சியா க்வீ எனக்கு ஆசிரியராக அமைந்ததற்கு நான் புண்ணியம் செய்திருக்கிறேன். அவர் இதைப் பயிற்சி செய்வதை மிகவும் திருப்தியடையச் செய்கிறார். நான் கடைசியாக பயிற்சி செய்த ஒரு படைப்பானது, பல ஆண்டுகளாக ஓடைகளுக்கும் ஆறுகளுக்கும் சுத்தமான நீரை வழங்குகின்ற தொலைவிலுள்ள மற்றும் பெயரிடப்படாத மலை நீருற்றைப் பற்றிய ஒரு பிரபலமான டேங் கவிதையின் ஒரு வரியை அடிப்படையாக கொண்டது. அந்த வரி நாம் தொடர்ந்து நம்மைப் புதுப்பித்துக் கொள்ள வேண்டும் என்றும், பலனை எதிர்பார்க்காமல் சேவை செய்ய வேண்டும் என்றும் நமக்கு நினைவூட்டுகிறது." (திரு தர்மனின் கையெழுத்துக்கலைப் படைப்பின் புகைப்படத்தைப் பார்க்கவும்.)

நீங்கள் பின்பற்றி வாழ்கின்ற சில கோட்பாடுகள் யாவை?

"வாழ்க்கையை முழுமையாக வாழ, நாம் மற்றவர்களுக்குப் பங்களிக்க வேண்டும் என்று நம்புகிறேன். நம்மைப் பற்றி நாம் எவ்வளவு நன்றாக உணர்கிறோம் என்பதில் மட்டுமல்லாது, கூட்டு நல்வாழ்வின் மூலம் நாம் பெறும் அர்த்தமும் திருப்தியும் கூட மிக அதிகமாகும். மேலும், தங்களை மேம்படுத்திக்கொள்வதற்கும், சுய கௌரவத்தை அடைவதற்கும் வாழ்க்கையில் குறைவான சாதகத்தைக் கொண்டிருப்பவர்களுக்கு வாய்ப்புகளை உருவாக்குவதற்கான ஒவ்வொரு வழியையும் நாம் கண்டறிய வேண்டும் என்றும் இதற்கு அர்த்தமாகும். அதை நான் உறுதியாக நம்புகிறேன், மேலும் எனது மனைவி மற்றும் தமான் ஜூரோங்கில் உள்ள அற்புதமான தொண்டுறியர்களுடன் சேர்ந்து நிறைய நேரத்தை செலவிடுகிறேன், பாதகமான சூழ்நிலைகளை எதிர்கொள்ளும் மக்களுக்கு அந்த வாய்ப்புகளை உருவாக்க முயற்சிக்கிறேன். ஒவ்வொருவரும் நோக்கத்துடனும் கண்ணியத்துடனும் வாழ்க்கையை வாழ முடிய வேண்டும்." திரு தர்மன் பொதுவாக புத்தாண்டுத் தீர்மானங்களை எடுப்பதில்லை. உண்மையில், அத்தகைய ஒரு தீர்மானத்தை எடுத்ததாகவும் கூட அவருக்கு நினைவில்லை. "வாழ்க்கையில், நீங்கள் எதைச் செய்ய முயற்சிக்கிறீர்களோ, அதைத் தொடர்ந்து செய்ய வேண்டும், அதைச் சிறப்பாகச் செய்ய முயற்சிப்பதன் மூலம் திருப்தி அடைய வேண்டும், மேலும் நீங்கள் கற்றவை நிறுத்தலாம் என்று ஒருபோதும் நினைக்கக் கூடாது."

Mr Tharman isn't big on New Year's resolutions. In fact, he can't recall ever setting one. "In life, you have to keep at it whatever you're trying to do, get satisfaction from trying to do it well, and never think you can stop learning."

How do you spend your free time?

Reading as much as I can about what's going on in the world. Hanging out with my family and watching a movie at home when possible. Going over to Taman Jurong hawker centre to chit-chat with people.

Mr Tharman hopes to recreate that atmosphere of spontaneous activity and friendships in the neighbourhood in Taman Jurong — everywhere, from the parks and lush greenery of Jurong Lake Gardens to the hawker centre and CC. He says, "Nature is a real blessing for everyone. Everyone must have the chance to be immersed in it, and feel it is our duty to take care of nature seriously."

每个人都应该过上有目的而且 有尊严的生活

裕廊基层组织(达曼裕廊)顾问尚达曼先生向每个人作出的贡献表示感谢,并谈论体育、艺术和亲近自然对于社会凝聚力所体现的价值。

“我”一直很喜欢体育和艺术。不仅是因为我曾是一名运动员,或者说我钟情于艺术家的创作,但最重要的原因是体育和艺术能帮助我们欣赏他人所展现出来的才华。艺术也让我们进一步了解到其他人的生活。”国务资政兼社会政策统筹部长尚达曼先生说道。

去年11月,他应邀为新加坡国家美术馆举办的本地知名艺术先驱蔡名智先生的回顾画展开幕。“他的画作具有广泛的社会影响,尤其是在新加坡独立前后数年间创作的作品。他描绘了普通工人的生活。在我们社会充满紧张局势的时期,他的画作在公众之间搭起了彼此慰藉的桥梁。即使在今天,蔡名智先生和同时期艺术家们的作品也能帮助我国年轻一代了解新加坡的历史面貌,同时在几代人之间架起了一座桥梁。”



Photo: National Gallery Singapore



SM Tharman's favourite work by Mr Chua Mia Tee is 'WORKERS IN A CANTEEN',

which is based on a lunchtime scene at Jurong Shipyard. "He puts effort into portraying each and every worker in the canteen – so that their individual character and mood comes through. The workers weren't just numbers or faces. They each had their own character, struggles and dignity."

Apakah yang menarik minat anda terhadap seni kaligrafi?

"Saya mempelajarinya kira-kira 20 tahun yang lalu, dan mendapatinya sangat menenangkan. Saya bertuah kerana mempunyai seorang guru yang sangat baik, Prof Tan Siah Kwee, yang menjadikan latihan amat menyeronokkan. Karya terakhir yang saya hasilkan adalah berdasarkan sepotong ayat dalam puisi Tang yang masyhur, tentang sebuah mata air gunung yang terpercik dan tidak bernama yang menyalurkan air bersih ke anak sungai dan sungai, tahun demi tahun. Ayat (恬淡无人见, 年年长自清) mengingatkan bahawa kita harus sentiasa memperingkatkan diri dan berkhidmat tanpa mengejar pujian." (Lihat foto karya kaligrafi Encik Tharman.)



“我小时候经历的60、70年代的情景，依然历历在目。”他分享道。“当时的生活跟如今比起来真是天壤之别。”历史的一部分延续了下来，那就是我们的巴刹和小贩中心。“这仍然是我们新加坡的特色之一。”尚达曼先生说道。他喜欢每个星期都去光顾达曼裕廊的小贩中心。“在小贩中心，大家不拘礼节，人人平等。直接向小贩们购买他们精心烹饪且引以为豪的食物，与在餐馆的用餐体验大不相同。”

尚达曼先生年轻时热爱体育运动。“我每天都会做运动保持健康，很多时候我甚至会一天做两项运动。”他回忆道。“我以前在学校时养成了写日记的好习惯。年底我翻看它的时候，赫然发现这一年里除了三天，我每天都有做运动！”直到今天，他说道：“我对体育运动是如此地热爱，从中学到了很多道理，让我一生受益匪浅。它们教会我们无论胜负与否，都要秉持着谦逊与优雅的态度，以及尊重队伍中的每一个人。”

尚达曼先生不仅仅踊跃参与球赛，还时常会在晚上去花拉公园或政府大厦大草场。“人们会自发地聚在一起打球。那时候大家都不知疲倦，直到天太黑了才依依不舍地离开球场，踏上回家的归途。”他回忆道。有些人一开始互不相识，但后来也慢慢成了无所不谈的朋友。

尚达曼先生希望在达曼裕廊的邻里重现那种自发运动和友谊的氛围——从裕廊湖花园的园区和郁郁葱葱的绿地，再到小贩中心和民众俱乐部等地方，他说道：“大自然对每个人来说都是一种真正的恩赐。我们都应该找机会沉浸其中，并将爱护自然当成是自己的责任。”

对书法的挚爱

“我大概20年前开始练习书法，它能让我平静下来。我很幸运有一个非常优秀的导师，Tan Siah Kwee教授，他让我的学习过程充实而富有成效。我最近写的一幅字是‘恬淡无人见，年年长自清’，它节选自一首著名的唐诗，描述的是一眼遥远的无名山泉年复一年地为溪流与河流提供清洁的泉水。这两句诗提醒我们要不断充实自己，付出而不求回报。”（参见尚达曼先生的书法作品照片）

生活准则

“我相信，一个人要活得充实，就必须为他人做贡献。谋求集体的幸福，要远比仅仅关爱自我带来更多的意义和满足感。这也意味着我们应当想方设法为弱势群体制造机会，帮助他们发展自我，获得自身的尊严。我坚信这一点，并花了大量时间，与我的妻子和达曼裕廊的优秀义工一起，努力为弱势群体创造提高生活水平的机会。每个人都应该过上有目的而且有尊严的生活。”

尚达曼先生并不热衷于在新年伊始之际制定计划。事实上，他也从来没有这么做过。“在生活中，无论你想做什么，都必须坚持做下去，从努力将它做到最好中获得满足，永远不要认为自己可以停止学习。”

休闲时间

尽可能地通过阅读了解世界上正在发生的事情，这是我是嗜好之一。陪伴家人，有可能的话与家人一起在家中欣赏电影。这样能够促进彼此之间的感情。前往达曼裕廊的小贩中心与居民们交流，更深入地了解民生问题。B

Apakah antara prinsip hidup anda pada hari ini?

“Saya percaya bahawa untuk menikmati kehidupan sepenuhnya, kita harus menyumbang kepada orang lain. Hidup menjadi lebih bermakna dan memberikan kepuasan menerusi kesejahteraan diri secara kolektif, bukan sekadar perasaan positif kita tentang diri kita sendiri. Dan itu juga bermakna bahawa kita harus berusaha mencari jalan untuk menciptakan peluang bagi mereka yang kurang berkemampuan dalam hidup untuk memajukan diri mereka, dan meningkatkan harga diri mereka sendiri. Saya amat memercayainya, dan banyak meluangkan masa bersama isteri saya dan sukarelawan hebat kita di Taman Jurong, cuba mencipta peluang-peluang ini untuk mereka yang memerlukan. Setiap orang harus berpeluang

menjalani kehidupan dengan matlamat dan harga diri.”

Encik Tharman tidak begitu menitikberatkan tentang azam Tahun Baru. Malahan, beliau tidak ingat beliau pernah menetapkan sebarang azam. “Dalam hidup, anda perlu meneruskan apa sahaja yang anda cuba lakukan, peroleh kepuasan daripada cuba melakukannya dengan baik, dan jangan pernah fikir anda boleh berhenti belajar.”

Bagaimanakah anda meluangkan masa lapang anda?

Membaca sebanyak mungkin tentang apa yang sedang berlaku di dunia. Meluangkan masa bersama keluarga saya dan menonton filem di rumah jika boleh. Pergi ke pusat penjaja Taman Jurong untuk berbual-bual dengan orang ramai.

Opening doors for employment

DISCOVERING THE GOOD JOB PORTAL PROVED TO BE A TURNING POINT IN MS SANDRIA CHOONG'S JOB SEARCH JOURNEY.

IT IS HARD TO IMAGINE THAT MS SANDRIA CHOONG, WHO HAS 33 YEARS OF HAIRDRESSING EXPERIENCE UNDER HER BELT, WOULD HAVE SUCH DIFFICULTY SECURING FULL-TIME EMPLOYMENT. Her last job as a hairstylist for children lasted five years before her former company downsized and employment terms became unfavourable. For one and a half years, the now 59-year-old worked part-time at a supermarket chain to make ends meet. "It was very hard. I made \$35 a day. I stopped working in 2019 because I fell and fractured my arm. After that, it was difficult to find a full-time job," reveals the chirpy lady who shares a one-room rental flat with another female tenant. She was also receiving groceries and financial assistance from a social service agency and a church.



Using good helped Ms Sandria Choong land her current job as a sales executive at Far East Flora within two weeks.



Ms Sandria Choong spends most of her working hours arranging plants and interacting with customers.

“ I WAS WILLING TO ENDURE THE HARDSHIP. I WOULD TAKE ON WHATEVER JOB WAS AVAILABLE. ”

Community Outreach Advisor, told Ms Choong about the good job portal and conversed with her to better understand her skills and experience as well as the types of jobs she was interested in. Referring to the online job portal, Ms Choong says, "I am not familiar with such things. Jenny asked me for my details and helped me to set up an account on the spot." Ms Wee also helped Ms Choong with writing her resume and posting it on good, making her information accessible to hundreds of employers on the portal.

To Ms Choong's surprise, eight to nine companies, all of which saw the value of her experience in the service industry, called her up for interviews within the next couple of days. Ms Choong was subsequently offered the position of a full-time sales executive at Far East Flora. The entire process, from sending her resume to being notified that she was hired, took less than two weeks.

Delighted with the prospects of a stable income, Ms Choong is very grateful for the support she received from Ms Wee. "Jenny is very encouraging and has been such a great help. good is an easy platform to navigate and I have since shared about it with over 10 of my friends," she says. **B**

To supplement her income, Ms Choong continued taking on different part-time work — as a banquet server and as a part-time waitress at a restaurant near her home. "I was willing to endure the hardship. I would take on whatever job was available," she candidly shares.

REAPING THE REWARDS OF AN EFFECTIVE PLATFORM

As part of her job search efforts, Ms Choong reached out to Workforce Singapore and was referred to Ms Jenny Wee, PBM, a South West Community Development Council (CDC) District Councillor. Her encounter with Ms Wee proved to be a crucial turning point in her job hunt. Ms Wee, who is also good's

WATCH MS SANDRIA CHOONG'S INTERVIEW:



The South West CDC partners good on the good job portal. More than **739** employers and over **13,573** jobs are available on good. Register now at good.com.sg.



Turning trash into treasure

PLASTICEVO SHOWS US HOW WE CAN BE A PART OF AN INNOVATIVE PROJECT THAT GIVES NEW LIFE TO PLASTIC WASTE.



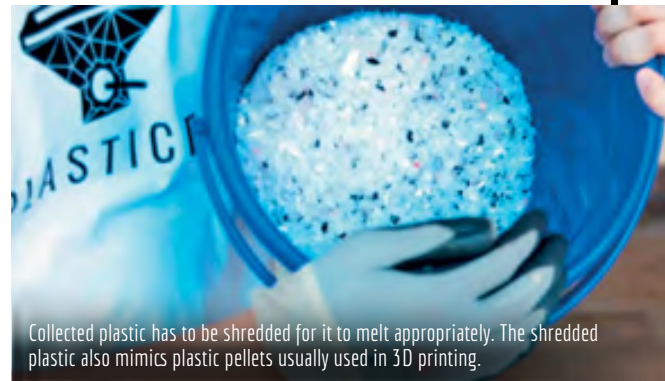
Bottle caps and takeaway containers are transformed into products like this vase.



This Blossom Vase was created from 13 plastic bottle caps.



Lim Yong Zuan (left), Tan Hui Shan Sophia (centre) and Edric Ong (right) tap on their experience in 3D printing to turn discarded plastic into usable items.



Collected plastic has to be shredded for it to melt appropriately. The shredded plastic also mimics plastic pellets usually used in 3D printing.

PLASTIC WASTE AND HOW WE MANAGE IT HAS GAINED ATTENTION IN RECENT YEARS and provided the impetus for Edric Ong, Lim Yong Zuan and Tan Hui Shan Sophia to start PlasticEVO, an initiative that advocates plastic recycling. Having worked on 3D printing projects together when they were studying at Ngee Ann Polytechnic, the trio recognised the wastage caused by used plastics. Spurred by a common desire to give back to society, Edric, Yong Zuan and Sophia — now students at the National University of Singapore (NUS), Singapore Institute of Technology and Nanyang Technological University respectively — decided to tap on their expertise to create a solution to reduce plastic waste.

SEEING HOPE WITH PLASTIC

With support from South West ECo Fund Plus, the young founders researched and developed procedures to make small functional items out of recycled plastics using 3D printing. Although it takes no more than two days to create a product, it took the team months of

How does PlasticEVO recycle plastic?



➤ **Step 1: Gather plastic waste**

➤ **Step 2: Shred the plastic waste**

➤ **Step 3: Melt and cool the plastic shreds so they become printable filaments**

➤ **Step 4: Feed the plastic filaments into the 3D printing machines to make usable everyday items**

experimenting before it developed the first prototype in November 2020.

Edric shared, “Developing the prototype was a laborious process as we had to constantly adjust the settings to achieve the optimal temperature to melt the plastic. Collecting plastic materials is a time-consuming process as we have to also sort and clean the discarded plastic items to prevent any contamination during extrusion.” One of the significant milestones of the project was the extrusion of polypropylene — the type of plastic used in takeaway containers. Another was the launch of the group’s website and Instagram page in late September 2020.

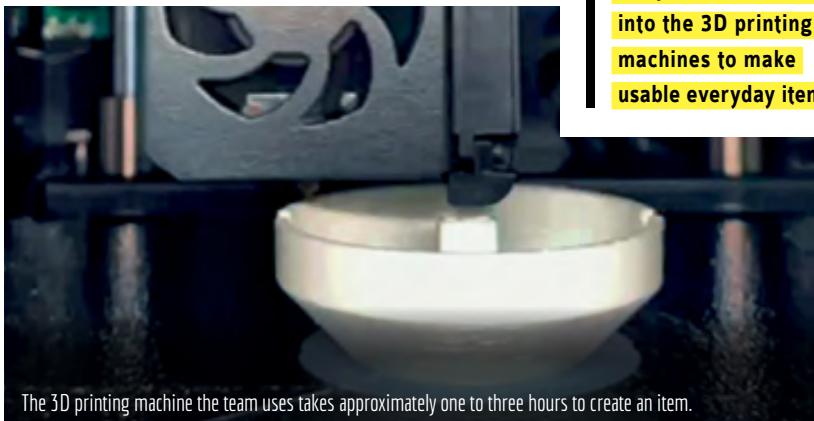
ON A MISSION TO INSPIRE YOUTH

To engage the community on their efforts, the team is making plans to share about PlasticEVO with institutes of higher learning (IHLs) through their environmental interest groups. Joining the NUS Zero Waste Testbed Initiative also gave them the opportunity to pilot their ideas in the university. The upcoming collection drives in IHLs will provide students a hands-on experience in shredding the collected plastic to prepare it for the next step of product creation.

“With the South West ECo Fund Plus and the opportunities provided by the South West Community Development Council, we hope to venture into secondary schools to spread environmental awareness and introduce green habits,” Edric said.

By providing an alternative platform for plastic recycling in Singapore, PlasticEVO aims to pique the public’s interest in plastic upcycling and encourage more people to look out for plastic materials that can be recycled.

To follow PlasticEVO on its waste-reduction journey — and be notified on its collection drives — follow the team on @plasticuvo on Instagram or visit the website at www.plasticuvo.com. **B**



The 3D printing machine the team uses takes approximately one to three hours to create an item.

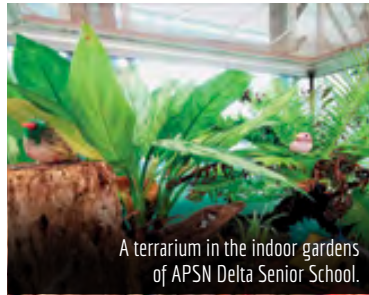
Celebrating green spaces

THE SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL'S (CDC) efforts to promote community gardening have encouraged the development of many community gardens in the district. A total of 109 gardens received accolades at the biennial Community in Bloom (CIB) Awards 2021 (Educational Institutions & Organisations) organised by the National Parks Board (NParks). The CIB Awards recognises excellence in gardening efforts by community groups and promotes gardening as a fun and healthy activity while building social resilience.

RECIPIENTS OF DIAMOND AWARD

APSN Delta Senior School (DSS): Its garden provides an authentic learning environment for students to understand the importance of biodiversity, as well as hone their landscape maintenance skills. It is also a space where students can relax and catch up with their schoolmates. The school also won the 'My Green Space' - Indoor Garden Awards.

109 CIB GARDENS IN THE SOUTH WEST DISTRICT WERE RECOGNISED FOR THEIR HORTICULTURAL EXCELLENCE AT THE NATIONAL PARKS BOARD'S COMMUNITY IN BLOOM AWARDS 2021.



A terrarium in the indoor gardens of APSN Delta Senior School.

ST Engineering Land Systems: Garden in Bloom is a two-time Diamond Award winner in the CIB Awards. The garden serves as a relaxing corner for their staff to garden in and as a source of fresh fruits and vegetable, such as *kai lan*, lettuce, banana and dragon fruit. The harvests are given to staff and used in on-site cooking demonstrations on special occasions.



Commonwealth Secondary School students having a science lesson in the school garden.



Visitors at Siloso Beach Resort's garden before COVID-19.

Siloso Beach Resort: The 85-metre-long rooftop garden was built to add more greenery and biodiversity to the surrounding environment, and at the same time, creating a space for staff and community engagement. It grows a variety of decorative and edible plants, including herbs and vegetables used at the resort's café. The garden also produces its own fertiliser through vermicomposting, which involves the cultivation of earthworms and feeding them food waste from the café.

Commonwealth Secondary School: The garden includes ecologically diverse habitats such as a rainforest area, a wetland area, a stream and an indoor green space and a plant nursery where tree saplings are nurtured in support of the nationwide OneMillionTrees movement. These tree saplings will eventually be planted in various parts of Singapore. The school also received the Garden of the Year Awards (GOYA) in CIB Awards 2021.

THE OTHER WINNERS OF GOYA

Westwood Primary School: Since the creation of Gardens @ Westwood in 2014, Westwood Primary School has actively nurtured an appreciation of nature and love for gardening among its students. Before the pandemic, Gardens @ Westwood also served as educational sites for MOE Kindergarten pupils and elderly residents at Taman Jurong SilverAce Eldercare Centre. The school was also awarded the 'Outstanding Edibles-Growing Community Garden' achievement ribbon for its Greening for Sustainability Programme in which Primary Four students grow vegetables and donate their harvests to elderly residents at Taman Jurong SilverAce Eldercare Centre and Yuhua Senior Activity Centre.

Choa Chu Kang Park Community Garden: It has 13 fruit and vegetable plots cared for by 56 residents. Community gardeners here have made concerted effort to grow vegetables and harvests were given to frontline workers for the past two years. *B*



Vegetable planting spaces in ST Engineering Land Systems' garden.

Green Spaces @ South West

The South West CDC provides funding to grassroots organisations, schools and social service agencies to set up new gardens, expand existing ones and organise activities at these gardens through the Green Spaces @ South West programme. The programme promotes an inclusive, caring and active community as part of the 'Our Clean, Green Living Spaces' goal under the Sustainable South West Masterplan. Since the inception of the programme in 2008, it has funded 174 community gardens in the district. The collective efforts by schools and organisations in the South West District contribute towards the Singapore Green Plan 2030.



An aerial view of Gardens @ Westwood.


APPLY TO FUND YOUR GARDEN



www.cdc.gov.sg/southwest/southwest/content/details/green-spaces-at-south-west



✂ Cut out these coupons and enjoy great deals with your family!



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STUDIO PHOTOSHOOTS

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fireflyphotography.sg

Please present your Baby Blisscard when using these coupons.

DEALS FOR Baby Blisscard HOLDERS



Baby Blisscard @ South West is a family initiative by the South West CDC to celebrate families. Apply today to get a customised EZ-Link card for your baby and enjoy perks at selected merchants!

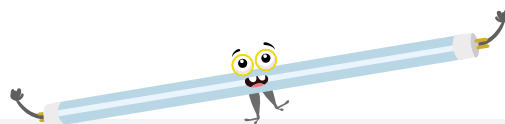
Subscribe to our Family Bliss @ South West Telegram channel for tips on parenting and well-being, ideas on fun family destinations as well as invitations to family-centric events and activities!

Join us on Telegram:



Recycle your E-Waste

ALBA 
Treasure raw materials.



ACCEPTED ITEMS

- ✓ Printer
- ✓ Computer & Laptop
- ✓ Mobile & Tablet
- ✓ Network & Set-top Box
- ✓ TV & Desktop Monitor
- ✓ Bulb & Battery (Power banks included)

3-in-1 Bin



ACCEPTED ITEMS

- ✓ Household battery
- ✓ Bulb

Battery & Bulb Bin



ACCEPTED ITEMS

- ✓ Household battery

Battery only Bin

For Larger Regulated Consumer E-Waste

- Call your local town council for bulky waste removal (Free)
- Call us at +65 3105 1608 or visit our website to book a doorstep collection (Charges apply)

Find out your nearest drop-off locations and disposal options at www.alba-ewaste.sg

Disposal Tips

- Remove all packaging
- For damaged e-waste, put it in a secure container
- For data containing devices, wipe the data first whenever possible





Scan to find out more.


Learn with us to get connected digitally




Our Digital Ambassadors will provide you with one-on-one guidance to pick up new digital skills.



Communicate digitally with Zoom and WhatsApp



Access government digital services such as Singpass and TraceTogether



Make digital payments

Digital Access Programme

The Digital Access Programme equips low-income seniors and households with students or persons with disabilities with digital tools so that they can get connected and be empowered by technology. To find out more about subsidised plans and devices, please call 63773800 or visit www.digitalaccess.gov.sg

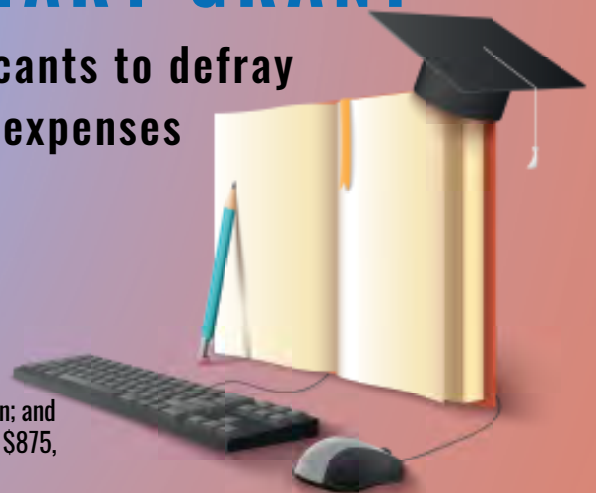
* SG Digital community hubs are located at selected community clubs/centres and public libraries. Visitors are encouraged to check our website for the operating dates and hours before visiting.

A WeCare @ South West Initiative by:



SOUTH WEST TERTIARY GRANT

\$500 for successful applicants to defray general educational expenses



Eligibility Criteria

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



Scan the QR Code to download the application form.

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

Here to help

RESOURCES AT YOUR FINGERTIPS



FINANCIAL & EMPLOYMENT ASSISTANCE

ComCare Hotline

1800 222 0000 (Monday to Sunday, 7 am to 12 am)

ComCare by the Ministry of Social and Family Development provides social assistance for low-income individuals and families.

Employment & Employability Institute (e2i)

6474 0606

e2i West
Devan Nair Institute for Employment and Employability
80 Jurong East Street 21, Level 2
Singapore 609607

Centre opening hours: Monday to Friday, 9 am to 5 pm;
Saturday, 9 am to 1 pm; closed on Sundays and public holidays

LEGAL ADVICE

Community Legal Clinic @ South West

enquiry@lawsocprobono.org

The Community Legal Clinics provide free basic legal advice and information for the public. Registration is required.

6536 0650

Hotline operating hours: Monday to Friday, 10 am to 1 pm and 2 pm to 4 pm; closed on weekends and public holidays

ASSISTANCE FOR BUSINESSES

SME Centre@SouthWest

9636 5265

A one-stop centre where businesses can get information on Government-funded programmes, capability workshops and group-based upgrading, as well as help in business diagnosis from business advisors.

SOCIAL SUPPORT/ MENTAL WELLNESS

Caregiving @ South West Hotline

6258 6683 (24 hours)

Manned by Caregiver Asia, this hotline is for everyone with a caregiving-related enquiry.

The Seniors Helpline 乐龄援助热线

1800 555 5555

A toll-free national helpline by Sage Counselling Centre that seniors can call for befriending, counselling and referral for community resources.

Helpline operating hours: Monday to Friday, 9 am to 7 pm; Saturday, 9 am to 1 pm; closed on Sundays and public holidays

National CARE Hotline

1800 202 6868 (8 am to 12 am daily)

Offers emotional support to individuals who may be worried about COVID-19 and its impact on their lives.

SELF-HELP GROUPS

CDAC

6841 4889 (Monday to Thursday, 8.30 pm to 6 pm;
Friday, 8.30 am to 5.30 pm)
enquiry@cdac.org.sg

CDAC @ Jurong
Blk 421 Jurong West Street 42 #01-1045
Singapore 640421
Tel: 6569 3573

Centre opening hours: Monday to Friday, 1 pm to 10 pm;
Saturday and Sunday, 10 am to 5 pm; closed on public holidays and the eve of Christmas, New Year and Chinese New Year

Yayasan MENDAKI

6245 5555 (Monday to Friday, 8.30 pm to 5.30 pm;
Saturday, 9 am to 1 pm)
mendaki.org.sg

MENDAKI @ Jurong
500 Corporation Road, #02-01
Singapore 649808

MENDAKI @ Choa Chu Kang
Blk 813A Choa Chu Kang Ave 7
Singapore 681813

MENDAKI @ ITE College West
1 Choa Chu Kang Grove
Singapore 688236

Singapore Indian Development Association (SINDA)

1800 295 3333 (Monday to Friday, 9 am to 6 pm)
Email: queries@sinda.org.sg
Support package: sinda.org.sg/supportpackage

SINDA Youth Hub
(temporarily closed in line with COVID-19 safe opening guidelines)
Jurong Point 1, #06-03
Singapore 648886
Tel: 6393 7288

Knowing my district

TAKE THIS QUIZ TO FIND OUT HOW MUCH YOU KNOW ABOUT *BRIDGE* AND STAND A CHANCE TO BRING HOME THE SOUTH WEST CDC TEDDY BEAR!

1. What is the name of the new initiative through which residents can share their used books?

A:

2. When did Festive Cheers @ South West 2021 take place?

A:

3. What fund did the Disabled People's Association tap on to conduct dance classes for its beneficiaries?

A:

4. Which school in the South West District introduced Peasy to their students?

A:

5. How many healthcare workers received the care packs as part of Project Appreciation @ South West?

A:

SUDOKU FUN

Please cut along this line.

HOW TO PLAY

Enter numbers from 1 to 9 in the blank spaces. Every row and every column must contain only one of each number. This also applies to every 3x3 square. Have fun!



Complete this puzzle and send your entries to us at:
Sudokufun,
South West CDC, Jurong Town Hall Road,
#26-06, Singapore 609434.

If your entry is selected, you will win a South West CDC teddy bear!

DEADLINE:
 30 April 2022

Name: _____

NRIC: _____ Age: _____ Gender: _____

Address: _____

Tel: _____ Email: _____

	2	4	3	8				
					6			7
	5	8				4		
4				1				
			7		5			
				2				8
		1				6	7	
3			5					
				4	9	2	1	