

Bridge



**SOUTH WEST
COMMUNITY
DEVELOPMENT
COUNCIL**

“ WE HAVE LOST A LOT OF TIME BECAUSE OF THE PANDEMIC. I HOPE TO SPEND MORE TIME WITH MY EXTENDED FAMILY AND RESIDENTS SO WE CAN MAINTAIN THE CONNECTION.”



MR GAN KIM YONG
Adviser to Chua Chu Kang GRC
Grassroots Organisations
(Chua Chu Kang)



Celebrating as One

Vulnerable seniors received gifts of their choice under Grant-A-Wish with LIAS @ South West as part of Festive Cheers @ South West.



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Dear friends,

A helping hand, a kindly smile – despite the challenges brought by the pandemic, many Singaporeans young and old, continue to step forward to help the community.

More than 90 partners and over 1,000 volunteers rallied to bring cheer and comfort to low-income families and vulnerable seniors in our annual Festive Cheers @ South West programme. During Chinese New Year, the CDC partnered with Sage Counselling Centre to distribute ‘fortune bags’ containing festive snacks to 2,000 families in Boon Lay to uplift our residents’ spirits. We also worked with the Singapore University of Social Sciences (SUSS) to organise a special Chingay watch party for 300 seniors from nursing homes and senior daycare centres. The strong support of our partners goes a long way in strengthening our social fabric and ensuring that no one gets left behind.

The CDC has been encouraging young residents to play an active role in serving the community and caring for our environment through various programmes and partnerships. Our collaboration with Nanyang Technological University (NTU) during its Service Week saw students initiating telehealth services for older residents in Bukit Gombak and providing socio-emotional support to seniors from NTUC Health Senior Activity Centre (Taman Jurong). In addition, through our joint initiative with SUSS in the SUSS Impact Startup Challenge, we equipped youth with resources to develop innovative solutions that addressed the needs of the seniors.

Meanwhile, we continue to nurture an eco-conscious green generation with programmes like My Preschool Shines @ South West and Green Schools @ South West. Many preschools and primary and secondary schools actively participated in these programmes which encouraged students to embrace sustainable habits and lifestyles.

We’ve come a long way together in our fight against the pandemic. Let’s keep rallying behind each other – and move closer to the finishing line.



Stepping up for good

MS LOW YEN LING

Mayor of South West District

அன்பார்ந்த நண்பர்களே,

உதவும் கரமும் கனிவான புன்னகையும் - தொற்றுநோய் ஏற்படுத்திய சவால்களுக்கு மத்தியிலும், இளைஞர்கள் மற்றும் முதியவர்கள் எனப் பல சிங்கப்பூரர்கள், சமூகத்திற்குத் தொடர்ந்து உதவிக்கரம் நீட்டி வருகின்றனர்.

90க்கும் மேற்பட்ட பங்காளர்களும், 1,000க்கும் மேற்பட்ட தன்னார்வலர்களும் நமது வருடாந்திர ‘பெஸ்டிவ் சியர்ஸ் @ சவுத் வெஸ்ட் திட்டத்தின் ஊடாகக் குறைந்த வருமானம் கொண்ட குடும்பங்களுக்கும் எளிதில் பாதிக்கப்படக்கூடிய மூத்தோர்களுக்கும் மகிழ்ச்சியையும் ஆறுதலையும் தருவதற்காக அணிதிரண்டனர். சீனப் புத்தாண்டின் போது, பூன் லேயில் உள்ள நமது குடியிருப்பாளர்களை உற்சாகப்படுத்தி, அங்குள்ள 2,000 குடும்பங்களுக்கு பண்டிகை சிறுணுண்டிகள் அடங்கிய ‘பார்சுடன் பேக்குகளை’ விநியோகிப்பதற்காக CDC ஆனது Sage Counselling Centre உடன் கூட்டு சேர்ந்து செயல்பட்டது. மேலும் நாம் சிங்கப்பூர் சமூக அறிவியல் பல்கலைக்கழகத்துடன் (SUSS) இணைந்து தாதிமை இல்லங்கள் மற்றும் மூத்தோர் பகல்நேரப் பராமரிப்பு மையங்களில் உள்ள 300 மூத்தோர்களுக்குச் சிறப்பு சிங்கே வாட்ச் பார்ட்டியை ஏற்பாடு செய்தோம். நமது பங்காளர்களின் வலுவான ஆதரவே நமது சமூகக் கட்டமைப்பை வலுப்படுத்துவதற்கும், யாரும் பின்தங்கி விடாமல் இருப்பதை உறுதி செய்வதற்கும் முக்கியக் காரணியாக விளங்குகிறது.

பல்வேறு நலத்திட்டங்கள் மற்றும் பங்காளித்துவம் மூலம் சமூகத்திற்குச் சேவை செய்வதிலும் நமது சுற்றுச்சூழலை பராமரித்துக்கொள்வதிலும் முனைப்புடன் பங்கு வகிக்குமாறு CDC இளம் குடியிருப்பாளர்களை ஊக்குவித்து வருகிறது. நன்யாங் தொழில்நுட்ப பல்கலைக்கழகம் (NTU) உடனான நமது கூட்டுமுயற்சியின் போது, அதன் சேவை வாரத்தில் மாணவர்கள் பக்கிட்டுக்கோம்பாக்கில் உள்ள மூத்த குடியிருப்பாளர்களுக்கு டெலிஹெல்த் சேவைகளைத் தொடங்கினர் மற்றும் NTUC மூத்தோர் ஆரோக்கிய நடவடிக்கை நிலையத்தில் (தாமன் ஜூரோங்) உள்ள மூத்தவர்களுக்குச் சமூக உணர்வு ரீதியான ஆதரவை வழங்கினர். மேலும், SUSS உடனான நமது கூட்டு முயற்சியான SUSS இம்பேக்ட் ஸ்டார்ட் அப் சேலஞ்ச் ஊடாக, மூத்தோர்களின் தேவைகளை நிவர்த்திச் செய்யும் புதுமையான தீர்வுகளை உருவாக்க தேவையான ஆதாரங்களை இளைஞர்களுக்கு வழங்கினோம்.

இதற்கிடையில், மைப்ரீஸ்கூல் ஷைன்ஸ் மற்றும் கிரீன் ஸ்கூல்ஸ் @ சவுத் வெஸ்ட் போன்ற திட்டங்கள் மூலம் சுற்றுச்சூழல் மீது அக்கறை கொண்ட தலைமுறையை நாம் தொடர்ந்து உருவாக்கி வருகிறோம். பாலர் பள்ளிகள், ஆரம்ப மற்றும் இடைநிலைப் பள்ளிகள் பல இந்தத் திட்டங்களில் மிகுந்த ஆர்வத்துடன் பங்கேற்றன. இத்திட்டங்கள் நிலைத்திருக்கக்கூடிய பழக்கவழக்கங்களையும் வாழ்க்கை முறைகளையும் தழுவி வாழுவதற்கு மாணவர்களை ஊக்கப்படுத்தியது.

தொற்றுநோய்க்கு எதிரான நமது போராட்டத்தில் நாம் கைக்கொடுத்து நீண்ட தூரம் பயணித்து வந்துள்ளோம். ஒருவருக்கு பின்னால் ஒருவர் என தொடர்ந்து அணிவகுப்போம் - இறுதிக் கோட்டை நெருங்கிச் செல்வோம்.

亲爱的朋友们，

尽管冠病疫情为我们带来了种种挑战，但许多国人都挺身而出，继续伸出援手，绽放温暖的微笑，帮助有需要的居民。

超过90个合作伙伴与1,000名义工参与了我们一年一度的“欢庆佳节在西南”(Festive Cheers @ South West)活动，为低收入家庭和弱势乐龄人士送上欢笑与物资。在农历新年期间，社区发展理事会与乐龄辅导中心(Sage Counselling Centre)联手，为文礼的2,000个家庭派发“福袋”，为居民送暖，让他们感受佳节气氛。我们也与新跃社科大学合作，为来自养老院和乐龄日间护理中心的300名乐龄人士举办了一场特别的妆艺大游行观赏活动。合作伙伴给予我们的大力支持，让社会各个阶层之间的联系更加紧密。

社理会一直通过不同的计划与伙伴关系，鼓励年轻居民积极服务社区并关爱环境。我们与南洋理工大学合作，在该校的义工服务周期间，召集学生为武吉甘柏区的年长居民提供远程医疗服务，也为达曼裕廊职总保健合作社乐龄活动中心的乐龄人士给予社交和情感支持。此外，我们也通过与新科大联办的“新跃社科大学影响力创业挑战赛”(SUSS Impact Startup Challenge)，向年轻学生们提供资源，以开发创新的解决方案，来满足乐龄人士的需求。

与此同时，我们也继续通过“西南闪亮学前计划”(My Preschool Shines @ South West)和“绿色校园在西南”(Green Schools @ South West)等计划，培育具有生态环保意识的绿色一代。我们西南区的许多幼儿园和中小学也积极参与了这些能够鼓励学生养成可持续的良好习惯与生活方式的计划。

我们已在与疫情的抗争中取得了良好的进展。让我们继续团结一致，携手继续走向终点线。

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



HEALTH SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL
QI GONG @ SOUTH WEST

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

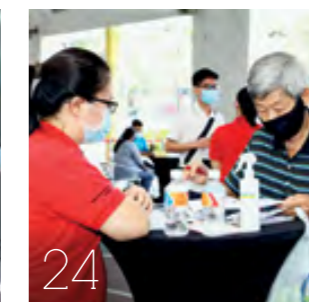
Fun Walkers @ South West is part of the CDC's efforts to foster community bonding and build a healthier South West District. **Fun Walkers @ South West** is designed for everyone to participate as a group or individual. You can look forward to regular walking sessions in the community, embark on unique 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:
欲知详情，请联络：
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西南社区发展理事会
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SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL



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» Bridge

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Caring as one

7,500 VULNERABLE HOUSEHOLDS RECEIVED CUSTOMISED CARE PACKS WHILE 550 NEEDY RESIDENTS RECEIVED GIFTS OF THEIR CHOICE THROUGH FESTIVE CHEERS @ SOUTH WEST.



Front row from left: Mr Chew Ghim Bok, JP, BBM, Bukit Gombak CCC; Mr Terence Quek, BBM, Social Service Functional Committee Chairman, South West CDC; Mayor Low; Mr Gan Kim Yong, Minister for Trade and Industry and Adviser to Chua Chu Kang GRC GROs (Chua Chu Kang); Mr Goh Eng Lam, President of LIAS and Managing Director of BNL Services Pte Ltd; and Mr Michael Lai, Deputy Chief Executive of REACH Community Services joined representatives of LIAS in presenting gifts to residents under Grant-A-Wish with LIAS @ South West.



Volunteers packing South West Festive Cheers Packs.



Beneficiaries from Grant-A-Wish with LIAS @ South West also received handmade cards from Project Wellness containing wishes penned by preschoolers.

SITTING IN THE CORNER OF MDM POH SWEE WAH'S BUKIT GOMBAK LIVING ROOM IS HER TRUSTY FAN. "I brought it from my old place in Telok Blangah to this house," she recalled. But after years of use, it now wobbles and cannot stand straight, making it difficult to operate. That is why the 68-year-old retiree chose a standing fan when she was asked to pick a gift. "It's an essential that I can't afford," she said.

Mdm Poh was among the 150 residents from REACH Senior Centre @ Bukit Gombak Vista, Yuhua Senior Activity Centre (SAC), NTUC Health SAC @ Boon Lay, PPH Community Service Centre and Lions Befrienders (420 Clementi) SAC who received gifts under Grant-A-Wish with LIAS (Landscape Industry Association of Singapore) @ South West. Part of the annual Festive Cheers @ South West, this initiative met the varied needs of seniors by allowing them to pick items worth up to \$100 from three categories: health and mobility aids, home essentials and appliances, and food hamper and tonic products. "I could ask for anything that I needed and that really cheered me up," shared Mdm Poh, who lives alone.

The gifts were sponsored by members of LIAS and were distributed at REACH Senior Centre @ Bukit Gombak Vista on 6 March 2022 by 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 and LIAS representatives.

The residents also received South West Festive Cheers Packs sponsored by long-time corporate partner Koh Kock Leong Enterprise Pte Ltd. These packs, worth \$25 each, were customised to meet the needs of residents in different divisions. For example, some packs contained rice and biscuits in place of instant food and beverage items. The packs also included handmade cards by ground-up initiative Project Wellness, with well-wishes written by the preschoolers of PCF Sparkletots Bukit Batok Blocks 205 and 293.

Minister Gan welcomed such initiatives as they can positively impact seniors. "As many of them have lesser social interactions due to the impact of the COVID-19, initiatives like these go a long way to give care and strength to the seniors as we tide through the pandemic together."

UPLIFTING LIVES TOGETHER

This is the second time LIAS has collaborated with the South West Community Development Council (CDC) for Festive Cheers @ South West. Mr Martin Toh, Committee Member, LIAS, shared that response from its members has been great despite restrictions imposed by the pandemic. "Many have stepped forth to contribute to this initiative, both monetarily and physically," he said. "I hope this gesture helps to bring some joy and uplift the lives of less-privileged seniors."

Our heartfelt thanks to all our sponsors

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- SAGE Counselling Centre
 - Shaw Foundation
 - Tai Hua Food Industries
 - UberGARD
- Universal Landscape & Construction
 - Water + Plants Lab
 - Zen Landscape



Volunteers from LIAS delivering gifts to seniors from REACH Senior Centre @ Bukit Gombak Vista.



Front row from left: Mr Koh Kong Wen, PBM, Contracts Manager, Koh Kock Leong Enterprise Pte Ltd; Mayor Low; Minister for National Development and Adviser to Boon Lay GROs Mr Desmond Lee; Mr Tim Koh, Chairman of SAGE Counselling Centre; and Mr William Roth, Executive Director, Major Gifts, University Advancement Office distributed 'fortune bags' and care packs to vulnerable residents in Boon Lay with staff and volunteers from SAGECC, South West CDC, Boon Lay GROs and NTU.

>> PRESENTS THAT MATTER

Three residents from the South West District shared about the gifts they received through Grant-A-Wish @ South West:

"I love to cook herbal soups as they help me stay healthy. It was hard to brew it on the stove, so this **slow cooker** will be very helpful. Thank you!"
Mdm Yuen How Chun, 84

"My wife enjoys making stir-fries, so she really wanted a new **wok-pan**. The best part is that this one comes with a spatula."
Mr Lim Ah Tee, 74

"As I wear dentures which makes it difficult to bite harder fruits like apples, I wished for a **juicer** so I can blend my fruits with water. This is important to me as I eat plenty of fruits to take care of my health and aid digestion."
Mdm Neh Kwee Lan, 69

The three residents were among the 550 seniors who benefitted from Grant-A-Wish @ South West.



Mayor Low and Minister Gan presenting Mdm Poh Swee Wah with a care pack and a standing fan she had wished for.



From left: Mr Koh Kong Wen, PBM, Mr Tim Koh, Mayor Low, Mr William Roth, Minister Desmond Lee and resident Ms Desy Nurazura Binte Daren Setria at her doorstep.



Mr Yong Teck Fok receiving the South West Festive Cheers Pack and 'fortune bag' from Minister Desmond Lee, Mayor Low, Mr Koh and Mr Roth.

Ms Jaqueline Allan, Executive Director of Nature Landscapes and the Honorary Secretary of LIAS, said, "It is very meaningful to be able to donate things that beneficiaries want but will think 10 times about buying because of the cost. Seeing their smiles and enthusiasm makes our efforts worth it." In all, 13 companies from LIAS contributed some \$10,000 worth of gifts and their time to pack and distribute them.

Another partner SAGE Counselling Centre (SAGECC) presented 'fortune bags' containing daily essentials, festive snacks and health products to 2,000 low-income families living in Boon Lay Drive, Hong Kah North and Bukit Gombak.

The contents of the 'fortune bag' were sponsored by individuals and corporate sponsors including Neo Group Limited, Heng Foh Tong Medical Hall and UberGARD while the bags were distributed by

staff and volunteers from SAGECC, South West CDC, Boon Lay GROs and Nanyang Technological University (NTU)'s University Advancement Office. Ms Berlinda Tan, 34, an Assistant Senior Counsellor at SAGECC, said, "We want to bring some warmth to their lives, so that they don't feel so alone because of restrictions imposed during the pandemic."

Mr Yong Teck Fok, who uses a wheelchair to get around, was happy to receive the 'fortune bag'. "I usually eat out, and the pack has snacks like biscuits and coffee that I can enjoy at home," said the 68-year-old Boon Lay Drive resident.

Mayor Low said, "Our low-income families have been affected more, and every form of contribution matters and will go a long way towards strengthening our social fabric and ensuring no one gets left behind." **B**

AN ANNUAL HIGHLIGHT

Festive Cheers @ South West, which drew to a close on 6 March 2022, ran between December 2021 and March 2022. It brought together over 90 partners and more than 1,000 volunteers to uplift the lives of vulnerable residents. This was done through festive activities, such as Christmas and Chinese New Year engagements, distribution of South West Festive Cheers Packs and festive gifts to the beneficiaries of Adopt @ South West. More than \$677,000 in donations were received this year – a 13 per cent increase from 2021.

Grant-A-Wish @ South West is a key programme of Adopt @ South West. In addition to LIAS, it was also supported by other corporate partners such as Procter & Gamble (P&G), Mitsubishi Chemicals Methacrylates Singapore and Beauty One International.

My environment, my responsibility

35 SCHOOLS WERE RECOGNISED FOR THEIR ACTIVE PARTICIPATION IN GREEN SCHOOLS @ SOUTH WEST.

LEARNING TO BE RESPONSIBLE FOR OUR ENVIRONMENT STARTS FROM YOUNG, AND SOME 35,000 STUDENTS DEVELOP THIS SENSE OF OWNERSHIP THROUGH GREEN SCHOOLS @ SOUTH WEST EVERY YEAR.

Organised by the South West Community Development Council (CDC) and supported by the National Environment Agency (NEA), the programme engages students from primary and secondary schools in South West District on environmental issues through a series of talks and activities.

HOW THE PROGRAMME WORKS

Under the Green Schools @ South West 2021 Accreditation Programme, participating schools are encouraged to complete activities such as organising recycling drives. These activities fall into three categories — Public Health, Environment Protection and Junior Environment Ambassador (JEA) — and schools are awarded a star for each accomplished category. To earn a JEA Star, a school must enrol 10 students for the JEA camp. The annual camp grooms students to become role models by equipping them with both environmental and leadership skills to guide their peers. Over 250 students from 31 schools were trained through the camp in 2021.

RECOGNISING THE EFFORTS PUT IN BY SCHOOLS

On 16 March 2022, close to 60 teachers and principals of schools who participated in Green Schools @ South West 2021 gathered online for the Green Schools @ South West Award Ceremony 2022 to celebrate their efforts in promoting environmental awareness. 27 schools received three stars, five received two stars and three received one star.



Said Mr Zhulkarnain Abdul Rahim, Vice-Chairman of South West Community Development Council (CDC) and Adviser to Chua Chu Kang GRC GROs (Keat Hong), who presented the awards, "We hope to support teachers with activities and resources to educate, enrich and empower the students with not only greater environmental awareness and knowledge but also with leadership skills and the ability to lead and advocate environmental sustainability for their peers and the community."

For three-star recipient and winner of the South West CDC's Sustainable South West Awards 2021, Dazhong Primary School, the ceremony was especially

memorable as teacher representative Ms Ong Xuan Wan presented what her students had learnt through the programme. Through its 3As Approach (Awareness, Action, Advocacy), Dazhong Primary School has built a community of "Green Makers" who takes the initiative to come up with green solutions and encourages their peers and families to do the same. For example, during the course of the year, students from the school's GreenTech Club came up with a multi-player card game — named *Enviromon*, a riff on *Pokemon* — which allows both students and their families to discover facts and tips on waste issues in Singapore. **B**



>> YEAR-ROUND ENGAGEMENT 1.

Green Schools @ South West continues to educate, enrich and empower the students in 2022 through the following initiatives:

>> Green school activities

Cover topics such as dengue protection, maintaining a litter-free environment, clean eateries, 3Rs (reduce, reuse and recycle) and energy conservation.

>> Junior Environment Ambassadors (JEAs) Online Training Day Camp

JEAs learn about environmental issues and increase confidence for outreach purposes in this annual event.

>> Online assembly skits

These skits incorporate interactive quizzes that focus on environmental topics.

>> Young Technopreneur Challenge 2022 (for secondary schools only)

A series of bootcamps jointly organised with Hewlett Packard Inc, Junior Achievement Singapore and South West CDC, in which students receive mentorship and develop solutions that align with the UN Sustainable Development Goals, Singapore Green Plan 2030 and Sustainable South West Masterplan.

>> Woke Wednesday Campaign

In partnership with Life3 Biotech, the campaign raises awareness on the importance of food sustainability by offering plant-based foods in school canteens.

Nurturing a generation of **eco heroes**

13 PRESCHOOLS WERE COMMENDED AT THE AWARD CEREMONY OF MY PRESCHOOL SHINES @ SOUTH WEST FOR THEIR SUSTAINED EFFORTS IN INCULCATING GREEN HABITS IN YOUNG CHILDREN.

SINCE 2011, MY PRESCHOOL SHINES @ SOUTH WEST HAS BEEN SUPPORTING THE ENVIRONMENTAL EDUCATION OF PRESCHOOLERS IN THE SOUTH WEST DISTRICT. Jointly run by the South West Community Development Council (CDC) and the National Environment Agency (NEA), the programme aims to encourage children aged three to six to adopt green values and habits — both in school and at home — and promote them to their family members. This year, 49 preschools came on board for My Preschool Shines @ South West.

At a virtual award ceremony on 10 March 2022, which was attended by more than 40 principals and teachers, 13 preschools were commended for their efforts to promote green habits. Schools were evaluated based on the quality and engagement levels of their activities held during Environment Week (any week between January and July). Through card games, puzzles, colouring sessions, displays and even live-streamed skits, preschoolers learnt about topics such as the 4Rs (Reduce, Reuse, Recycle, Refuse), energy efficiency and dengue protection.

RECOGNISING GREEN EFFORTS

My First Skool @ Blk 698C Jurong West came out tops with the highest score accumulated through different activities such as skits and exhibitions, while PCF Sparkletots Preschool @ Bukit Batok Blk 148 and PCF Sparkletots Preschool @ Bukit Batok East Blk 208 took the second and third spots respectively. 10 other preschools received merit awards. In addition, My First Skool @ Blk 698C Jurong West and PCF Sparkletots Preschool @ Bukit Batok Blk 148 were conferred Outstanding Achievement Awards for coming in top three for three consecutive years.

Ms Celia Teo, Executive Principal of My First Skool @ Blk 698C Jurong West, said, "We were all delighted when we were conferred with the first prize. Parents are proud of their children's achievements, and we are ever appreciative to our parents and children for their constant support and partnership. Our teachers have also done a great job initiating various activities that involved both students and their families."

The highlight of the award ceremony was a pre-recorded performance by "Eco Heroes", in which preschoolers from My First Skool @ Blk 698C Jurong



Mr Shawn Huang, Vice-Chairman of South West CDC and Adviser to Jurong GRC GROs (Jurong Spring), and Mr Tiew Chew Meng, BBM, Chairman of South West CDC Environment Functional Committee, congratulating Cluster Quality Manager Ms Celia Teo who received the Outstanding Achievement Award on behalf of My First Skool @ Blk 698C Jurong West.



Senior teacher Ms Salsabil Bte Abdul Aziz receiving the Outstanding Achievement Award on behalf of PCF Sparkletots Preschool @ Bukit Batok Blk 148.

West spread the message about green living, from taking public transport to taking good care of their toys and books through song and dance. "The song was selected from the school's 2021 K2 graduation ceremony song list," shared Ms Teo. "Based on the theme 'Spread the Superpower', we hope the performance can raise awareness on good environmental practices and spread the message that everyone can play a part to save Mother Earth."

Guest of Honour and Vice-Chairman of South West CDC and Adviser to Jurong GRC GROs (Jurong Spring) Mr Shawn Huang said, "Our children are the future pillars and builders of our nation. By empowering preschoolers to learn and understand more about the environment and to adopt good environmental and public health practices, they in turn can make a difference by influencing and convincing their parents and grandparents to change their habits to be more eco-conscious." *B*

SCAN QR CODE TO WATCH THE PERFORMANCE BY "ECO HEROES".



Principals and teachers gathered online for the My Preschool Shines @ South West award ceremony.

PRESCHOOLS THAT WERE RECOGNISED FOR THEIR GREEN EFFORTS

→ OUTSTANDING ACHIEVEMENT AWARD

• My First Skool @ Blk 698C Jurong West

• PCF Sparkletots Preschool @ Bukit Batok Blk 148

1ST PRIZE
My First Skool @ Blk 698C Jurong West

2ND PRIZE
PCF Sparkletots Preschool @ Bukit Batok Blk 148

3RD PRIZE
PCF Sparkletots Preschool @ Bukit Batok East Blk 208

→ MERIT AWARD

• My First Skool @ Blk 180B Boon Lay (BL3)

• My First Skool @ Blk 291A Bukit Batok

• PCF Sparkletots Preschool @ Ayer Rajah-Gek Poh Blk 48 (DS)

• PCF Sparkletots Preschool @ Bukit Batok East Blk 241 (KN)

• PCF Sparkletots Preschool @ Bukit Gombak Blk 535

• PCF Sparkletots Preschool @ Chua Chu Kang Blk 10

• PCF Sparkletots Preschool @ Nanyang Blk 934

• PCF Sparkletots Preschool @ Pioneer Blk 661B

• PCF Sparkletots Preschool @ Telok Blangah Blk 2

• PCF Sparkletots Preschool @ Telok Blangah Blk 44 (CC)

MADAM TEH KIM ENG, 62, SELDOM HAS HER HEALTH CHECKED, BECAUSE SHE DOES NOT HAVE ANY SIGNIFICANT HEALTH PROBLEMS.

Since the start of the COVID-19 pandemic, she had not gone for any health examinations. Recently, she was introduced to the free health screening service provided under the Community Telehealth Service (CTS).

Led by nine students from the Nanyang Technological University (NTU) Lee Kong Chian School of Medicine (LKCMedicine) and the Interdisciplinary Graduate Programme (IGP), CTS is targeted at Singaporeans above 50 years of age and those who have had their regular health check-ups deferred due to COVID-19. Following a successful pilot in Punggol in January 2021, NTU partnered the South West Community Development Council to bring CTS to Bukit Gombak.

NTU alumnus Mr Gan Teng Fong, 35, said the ground-up initiative came about as the team learnt that many seniors were not getting their essential health screening done during the pandemic. "A lot of the basic healthcare resources were tied up, so we wanted to provide complimentary healthcare screening services. The response from residents has been good," said Mr Gan.

Mayor of South West District Ms Low Yen Ling said the initiative with NTU graduate students and REACH Senior Centre @ Bukit Gombak Vista helped to bring free telehealth screening and mental wellness checks to elderly Bukit Gombak residents in



Left to right: PhD candidate at NTU's LKCMedicine Mr Wee Soon Keong, PhD candidate at NTU's IGP-SCELS Mr Frederick Reinhart Tanoto, LKCMedicine Research Fellow Dr Alvin Chew Bing Liang and PhD candidate at NTU's IGP-ARISE Ms Zhang Yichi were among the volunteers at the telehealth booth that provided complimentary health screening to senior residents at Bukit Gombak Vista.

the convenience of their estate. "This youth-led collective effort is heartening as we see our young people take ownership to boost our community resilience through their care for older Singaporeans," she added.

THE IMPORTANCE OF EARLY DETECTION

Mdm Teh had her visceral fat and blood glucose levels, body mass index and blood pressure checked in the telehealth booth located beside REACH Senior Centre @ Bukit Gombak Vista. This booth was run by 24 NTU students and 50 other volunteers.

As her blood pressure was quite high, a health coach advised Mdm Teh to reduce her carbohydrates intake and eat more vegetables and protein. "She also told me to do some simple exercises at home to improve my strength, balance and flexibility. I might consider buying a blood pressure monitor to check my blood pressure at home," shared the Bukit Gombak resident.

Mdm Teh was also screened for diabetic retinopathy, glaucoma suspect and age-related macular degeneration using the artificial intelligence (AI) eye health screening system EyRIS SELENA+ provided by Singapore start-up EyRIS.

Community volunteer Ms Angela Phay, 55, noted that senior residents are usually more concerned about their eye-screening results. "Some of them are worried about eye degeneration and intend to go for further screening and follow up with their family physician when the COVID-19 situation improves," she said.

A new addition to this health screening was the inclusion of a mental well-being assessment questionnaire by the Ageing Research Institute for Society and Education (ARISE). "The assessment allowed me to better understand my mental health and to seek help if necessary," said Mdm Teh.

LOOKING OUT FOR OUR SENIORS

Ms Phay found the volunteering experience meaningful because it helped seniors detect health problems early. "Prevention is always better than cure, and they can address any issues before they get serious," she said.

Ms Zhang Yichi, a PhD candidate from NTU's IGP and one of the leaders of CTS said, "We are grateful for the help of our community partners to expand our service to more locations to benefit more people. We hope to sustain our efforts to continue beyond the pandemic." The CTS team will be deploying more telehealth monitoring booths in other neighbourhoods. *B*

Bringing health screening closer to those **in need**

GRADUATE STUDENTS FROM NTU EXTENDS ITS COMMUNITY TELEHEALTH SERVICE TO SENIOR RESIDENTS OF BUKIT GOMBAK.



NTU volunteer Mr Shen Zecheng explaining Mdm Teh's examination results to her.



Mr Shen and volunteer Ms Angela Phay taking Mdm Teh's blood pressure.



Mr Shen explaining the procedure to Mdm Teh before she had her eyes screened using EyRIS SELENA+, the white medical equipment in front of her.



NTU alumnus Mr Gan Teng Fong, who volunteered to help at the telehealth booth.

Every Contribution counts

WHEN COVID-19 HIT, BO TIEN WELFARE SERVICES SOCIETY CONTINUED TO PROVIDE MANPOWER SUPPORT AND DONATIONS-IN-KIND TO VULNERABLE RESIDENTS LIVING IN THE SOUTH WEST DISTRICT.

FOR NEEDY HOUSEHOLDS LIVING IN THE SOUTH WEST DISTRICT, relief programmes organised by the South West Community Development Council (CDC) have helped defray the costs of living, particularly during the COVID-19 pandemic. That has been made possible with the support of community partners such as Bo Tien Welfare Services Society.

Since 2005, the social service agency has been lending residents a helping hand by providing in-kind donations and manpower support for South West CDC's distribution drives under Food Connect @ South West, a monthly food rations programme to support vulnerable residents in the district.

Mr Pete Kong, President of Bo Tien Welfare Services Society, said the organisation's mission is to help the less fortunate, and he is grateful for the community of organisations and individuals that work together like a big family. "Partnering the South West CDC is of great importance to us, because it is through them that we are able to reach a large group of vulnerable residents. We are grateful to our supporters, well-wishers, volunteers and all the corporate officers who have assisted us," he said.

Every month, staff and volunteers from Bo Tien Welfare Services Society prepare food packs sponsored by South West CDC partners, and distribute them to more than 700 South West District residents under Food Connect @ South West. Household essentials are also distributed

bi-annually. To reach out to more residents, Bo Tien Welfare Services Society generously contribute and distribute South West Relief Food Packs to families requiring support in food rations on a quarterly basis.

In 2020, Bo Tien Welfare Services Society contributed close to \$15,000 worth of groceries and packed over 700 relief food packs containing items such as noodles, beverages and canned food.

UNDETERRED BY COVID-19

When the pandemic hit, Safe Distancing Measures implemented during the critical periods made it challenging for non-staff volunteers to aid in manpower support. Despite that, Bo Tien Welfare Services Society's

determination to help the community did not waver. A handful of staff stepped up and volunteered their time to help assemble 1,500 care packs for residents who were on the COVID-19 Home Recovery Programme.

Ms Mary Yeo, 64, was one of the staff who rolled up her sleeves and heeded the call for help. "During COVID-19, there weren't volunteers to help pack items, so staff members such as the storeman and drivers all helped out. We feel good about contributing to society in some ways even though we do not actually meet the beneficiaries," she said.

For their commitment in supporting the community, Bo Tien Welfare Services Society received the South West Caring Corporate Awards 2020 – Sapphire Award, which recognised organisations for their outstanding contributions towards building a caring South West community. Mr Kong said, "It is a great honour for Bo Tien Welfare Services Society to receive the award. We would like to dedicate the award to all the people who have supported us." *B*



Putting together and distributing food packs for beneficiaries is a monthly affair at Bo Tien Welfare Services Society.



Singapore Association for Mental Health receiving South West Relief Food Packs on behalf of its beneficiaries.



Staff from Bo Tien Welfare Services Society packing food items donated by South West CDC's partners under Food Connect @ South West.

Celebrating by doing good

NTU PARTNERED SOUTH WEST CDC TO LAUNCH A SERIES OF SOCIAL WELFARE PROJECTS AS PART OF ITS 30TH ANNIVERSARY CELEBRATION.

SUPPORT FROM THE COMMUNITY HAS PLAYED AN IMPORTANT ROLE IN NANYANG TECHNOLOGICAL UNIVERSITY'S (NTU) transformation from a teaching university to an internationally renowned research-intensive university today. To pay it forward as it celebrated its 30th anniversary, NTU rallied hundreds of students, faculty, staff and alumni to give back to the community as part of the NTU Service Week, which ran from 22 to 29 January 2022.

"Community engagement and support have been defining features of NTU's rich heritage and phenomenal growth since its inception," said NTU President Professor Subra Suresh. "Over the past two years, the OneNTU family has come together to support those in need in response to the global pandemic. The NTU Service Week is another expression of the community spirit that connects us all together through shared values."

Launched by Mayor of South West District Ms Low Yen Ling on 22 January, NTU Service Week is the first of three initiatives under NTU's new "We Belong" campaign that aims to encourage students, faculty, staff and alumni to help those in need through volunteering and fundraising. Close to 600 members of the NTU community volunteered over 3,300 hours in over 60 service projects supporting various causes. Some 6,000 beneficiaries in Singapore, Cambodia, and Malaysia received help in various forms through this inaugural initiative.

JOINING FORCES FOR GREATER IMPACT

As a key partner of NTU Service Week, the South West Development Council (CDC) supported NTU in the execution of projects in the areas of social welfare and sustainability. One such project is a tele-befriending initiative under Adopt-A-Senior @ South West in which 40 students from the NTU Welfare Services Club – Regular Service Project (Elders) provided socio-emotional support and assistance to 30 seniors from NTUC Health SAC (Taman Jurong). Efforts to ensure the health of seniors in the district also saw a group of NTU Graduate College and Lee Kong Chian School of Medicine students initiating telehealth services for residents above 50 years old. This has enabled them to have their blood glucose level, body mass index, heart and eyes checked at a designated booth in Bukit Gombak.

In addition, NTU volunteers helped vulnerable residents through two programmes under the CDC's Adopt @ South West. On top of packing and distributing Festive Cheers Packs to 3,200 vulnerable households as part of this year's Festive Cheers @ South West, students from NTU's School of Humanities



Left to right: Mr V Dhanraj, NTU Students' Union President; Mr Lo Kien Foh, NTU Board Trustee and Chairman of NTU Alumni & Development Committee; Mayor Low; Professor Subra Suresh, NTU President; and Ms Lien Siau-Sze, Vice President (University Advancement), at the launch of NTU Service Week.



Prof Subra Suresh showing Mayor Low NTU's milestones that were on display at the university as part of its 30th anniversary celebrations.

Student Club and School of Mechanical and Aerospace Engineering also taught hip-hop dance and STEM concepts (robotics, aerodynamics, 3D printing) to students from Chua Chu Kang Primary School and Boon Lay Garden Primary School respectively as part of an after-school intervention programme.

On the sustainability front, South West CDC's partnership with NTU for its district-wide trash-for-groceries recycling drive saw the set-up of seven recycling points across the NTU campus to collect recyclables such as clothes, paper, newspaper and non-regulated e-waste.

ENABLING DIGITAL INCLUSION

Another 300 residents benefitted from NTU's laptop donation drive. Among them was Mrs Nursafawati Binte Kamaruz'zani, who received a refurbished laptop that her son used for e-learning. "It was difficult for him to look at the videos and PowerPoint slides through the small phone screen," said the 34-year-old. "We're thankful to receive the laptop as we would not have been able to afford one as my husband who works as a technician is the sole breadwinner."

Thanking the NTU community for their contributions, Mayor Low said, "NTU Service Week sees the entire NTU family extending their time, expertise and support across a variety of projects to uplift vulnerable residents in the South West District. This strong spirit of giving back distinguishes NTU as a university with a heart to care. We look forward to continuing and deepening our partnership to build a more caring and inclusive South West community." *B*



Prof Subra Suresh handing Mayor Low a laptop to mark NTU's partnership with South West CDC to donate refurbished laptops to the district's vulnerable residents.

Rallying youth to shape the future of elderly care

YOUTH TEAMS FROM THE SUSS IMPACT STARTUP CHALLENGE 2022 DEVELOPED INNOVATIVE SOLUTIONS FOR SENIORS.

AT TIMES, SOCIAL SERVICE AGENCIES ARE UNABLE TO TELL WHETHER BENEFICIARIES HAVE COLLECTED OR CONSUMED MEALS PREPARED FOR THEM. To address this issue, four tertiary students came up with an innovative solution — using QR code technology to track if beneficiaries have consumed meals delivered to them.

Named QRCare, the idea was mooted at the Singapore University of Social Sciences (SUSS) Impact Startup Challenge (ISC) 2022, an online entrepreneurship bootcamp organised by the school. Comprising two students from SUSS and two students from SUSS' partner ASEAN universities, the team joined two other teams to bag the opportunity to bring their ideas to life through the South West Youth Fund — a fund by the South West Community Development Council (CDC) to support ground-up initiatives by youth groups. The fund gives the QRCare team a head start in the Alibaba Cloud - SUSS Entrepreneurship Programme, of which securing funding or achieving an annual revenue for their start-ups is a criterion for successful completion.

CREATING A POSITIVE IMPACT

The theme for ISC 2022 is gerontology, with problem statements positioned to improve the quality of life for the elderly in the areas of digital literacy, senior engagement and volunteer facilitation. Mayor of South West District Ms Low Yen Ling, who graced the pitching session shared that this theme was picked in response to the issues Singapore is facing as a rapidly-ageing society.

"Amid these challenging times, South West CDC continues to strengthen our role as an aggregator, builder and connector — our ABC Mission," said Mayor Low of South West CDC's partnership with SUSS. "This period of social distancing and disruptions due to the COVID-19 pandemic has heightened the sense of isolation and the level of stress for everyone, especially our elderly."

ISC 2022, which ran from 17 to 22 January 2022, was started by SUSS in 2017. Since then, the programme has seen more than 17 runs and incubated more than 50 start-ups. Of these, 30 per cent received pre-seed or seed stage funding amounting to \$9 million in total. More than 600 students have built impact-driven businesses in areas such as social entrepreneurship, early childhood and sustainability.

EMPOWERING BUDDING ENTREPRENEURS

This year, South West CDC invited industry experts and representatives from its corporate and community partners to share their insights and provide coaching for the six-day bootcamp, which was taught by Dr Kelvin Tan, Senior Lecturer (Minor/Master/PhD in Gerontology Programmes) and Mentor (Venture Builder Programme) of SUSS. The modules were designed such that the students learn new lean methodology tools they could use to test, validate and build their business



Left to right: Ms Janice Chia from Ageing Asia, Mr Ng Wei Xuan from Apex Harmony Lodge, Mr Oliver Tian from Oliver Tian Associates, Mr Terence Quek, BBM, from South West CDC and Dr Vivian Lou from Hong Kong University evaluated the ideas presented at the entrepreneurship bootcamp.



UR Box was one of six teams that participated in the SUSS Impact Startup Challenge 2022.

SUSS IMPACT CHALLENGE

➤ 17 runs in the past 3.5 years

➤ 600+ participants including local and overseas students

➤ 100+ ideas generated

➤ 16% of SUSS students continue building companies and successfully entered Alibaba Cloud - SUSS Entrepreneurship Programme

ideas rapidly and confidently.

"There is not a single day that lacks diversity of ideas from the teams and their mentors," said Dr Tan "The potential benefits these innovative ideas could bring to ageing families and their caregivers are boundless."

Six participating teams presented an innovative solution each, as part of this year's ISC, with the top team selected by an independent panel of representatives from Ageing Asia, Apex Harmony Lodge, Oliver Tian Associates, South West CDC and The University of Hong Kong.

At the heart of this successful start-up challenge was a positive experience that not only cultivated a sense of community among the youth but also inspired empathy and open-mindedness. "This whole experience has been very enriching. Going through the bootcamp and working with students from other countries has helped me learn more about the ageing issues in their cities, which really inspired me," shared Lucas Lim, SUSS Year 2 student and member of the QRCare team. **B**

FOR 50 YEARS, THE CHINGAY PARADE HAS BEEN A MAJOR HIGHLIGHT OF SINGAPORE'S CALENDAR, CELEBRATING AND SHOWCASING OUR MULTIRACIAL AND MULTICULTURAL FABRIC. In light of COVID-19, this colourful extravaganza has shifted online since 2021. But that has not dampened residents' enthusiasm for the yearly event where many tuned in to watch the Chingay50 at Jewel Changi webcast on 12 February 2022. These included some 300 nursing home residents and clientele of senior day care centres, who caught the parade at a watch party organised by the Singapore University of Social Sciences (SUSS), with the support of the South West Community Development Council (CDC). This is the second consecutive year that South West CDC has partnered SUSS for the Chingay Watch Party.

"Even though it was held virtually, we could still see the smiles on their faces," shared Dr Kelvin Tan, a Senior Lecturer from SUSS who spearheaded the Chingay Watch Party. Dr Tan is familiar with the parade, having been involved in the programme as a sponsor and a multimedia partner for 15 years. He knew how best to bring the festive mood online and did so with a lively pre-event segment that included student performances, a singalong of Chinese New Year songs and fun facts about Chingay. "Seniors were

Chingay50: bringing people together

SENIORS FROM NURSING HOMES AND SENIOR DAY CARE CENTRES SOAKED UP THE EXUBERANCE OF THE PARADE THROUGH A VIRTUAL WATCH PARTY.



Participants picked up exercise tips and learnt how to make simple paper decorations.



Seniors sang along to familiar Chinese New Year songs at the watch party.

CHINGAY FUN FACTS

- "Chingay" is derived from the Chinese word *zhuangyi*, which refers to the art of costume and masquerade.
- The first Chingay Parade was held between Jalan Besar and Outram Park. This year, it was telecast live from Jewel Changi Airport.



Chingay Watch Party participants enjoyed pre-recorded performances before the parade started.



Mayor Low sending Lunar New Year greetings to seniors at the watch party.

President of SUSS Professor Cheong Hee Kiat addressing participants of the watch party.

happily swinging their light sticks and clapping along. It was wonderful to see them engaged and enjoying themselves so much," said Dr Tan about the nursing home residents' reaction at the virtual watch party.

SUSS alumnus Mr Ang Hock Pho had attended the event in person with some residents from Adventist Active Centre @ Golden Peony. He said that the seniors were overjoyed to be able to reminisce about Chingay parades of the past. This was precisely the kind of mood that the Chingay virtual watch party hoped to create. Throughout the evening, participants of the watch party also used the opportunity to send well-wishes to one another by speaking via Zoom and by using the chat function.

Mayor of South West District Ms Low Yen Ling was heartened by such interactions. "This year's Chingay theme, 'Ignite our Dreams', commemorates the parade's 50th year in celebrating Singapore's rich culture in a very unique way. Through 50 stories, Chingay 2022 brings together people from all walks of life to share their fond memories and experiences over a much-loved parade," she said in her opening address.

For watch party participant Mdm Goh Beng Sim from Adventist Home for the Elders, the music and dance at Chingay parades have always been enjoyable. "What I like the most about Chingay is the colourful costumes. I am glad that I was able to soak in the atmosphere through the virtual party," said the 79-year-old. Mr Freddy Lim from the same home had a similarly pleasant experience. "I enjoyed the performances very much and am happy to watch the parade online with my friends," said the 74-year-old.

"We want to thank all our partners for making this event memorable," Dr Tan said. Mayor Low also thanked the staff of the nursing homes and the caregivers of beneficiaries, who have shown "unwavering care, patience and perseverance" during the COVID-19 pandemic. **B**

Making time for what matters

SETTling INTO A COUCH FOR OUR INTERVIEW, MINISTER FOR TRADE AND INDUSTRY MR GAN KIM YONG DISPLAYS AN UNASSUMING MANNER, and it is easy to see why he is well-liked by residents of Chua Chu Kang – where he has served for 16 years. Life has come full circle for the former Minister for Health as he finds himself back in the Ministry of Trade and Industry where he started his career in the Singapore Civil Service. Besides identifying new opportunities for Singapore’s economic growth and negotiating free trade agreements with other countries, the Adviser to Chua Chu Kang GRC GROs (Chua Chu Kang) is still very much focused on connecting with residents under his care.

With most group activities suspended over the past two years, Mr Gan is keen to restart activities for the Chua Chu Kang (CCK) community and appreciated the chance to go on a trip to Gardens by the Bay with residents in February 2022. “We caught the beautiful Chinese New Year-themed display at the Flower Dome. It has been a while since we last went out together, and I was really happy to see many familiar faces and know that residents are healthy,” shares Mr Gan.



ADVISER TO CHUA CHU KANG GRC GROs (CHUA CHU KANG) MR GAN KIM YONG SHARES WHAT HE HOPES TO DO MORE IN 2022.

Before the pandemic, his team used to organise overseas trips to neighbouring countries for residents once a year, and he recalls one trip to Malaysia where there was a power failure halfway through their dinner. “Our food couldn’t be cooked. One of our grassroots leaders who is an electrical engineer managed to



WHAT MR GAN ENJOYS

HE DRINKS KOPI-O KOSONG (BLACK COFFEE WITHOUT SUGAR & MILK) TWICE A DAY.

HE LOVES “SIMPLE ICE-CREAM”- RED BEAN POTONG IS HIS FAVOURITE.

HE AGREES WITH HIS COLLEAGUE WHO SAID HE IS CURIOUS AND KEEN TO LEARN. “I TRY ALL KINDS OF NEW THINGS. IT MAY SEEM IMPOSSIBLE SOMETIMES, BUT WE PUSH FOR IT. I’M STILL YOUNG AT HEART,” MR GAN GUFFAWS.



diagnose the problem and reactivate the power,” recounts Mr Gan. Whether overseas or in Singapore, such outings are excellent avenues for him to engage residents and for them to know one another. “The idea is to bring residents together. This is a very good way to strengthen community bonding as well as family bonding because residents would usually bring their whole family along,” he adds.

MAKING CHUA CHU KANG GREENER

Mr Gan is also keen on engaging residents through nature, citing instances of outings with them at Choa Chu Kang Park and the spaces allocated for community gardeners to plant fruits and vegetables in the park. “I like Choa Chu Kang Park, which was expanded to almost double its original size. Last year, we showcased art pieces done by Chua Chu Kang Secondary School students in the park. We used to have “Sundays at the Park” organised by the Health Promotion Board, but that has stopped because of COVID-19,” he says.

Despite challenges posed by the pandemic, efforts to build green communities have not ceased. An eco-town HaCCKathon was held virtually in 2021 whereby residents brainstormed ideas to make Chua Chu Kang more eco-friendly over several online sessions. “They came up with many ideas on energy conservation, sustainability habits

and so on. The ideas were compiled and applied where applicable. We also shared them with various agencies like NParks as part of our awareness-building efforts,” explains Mr Gan.

The Corridor Gardening initiative that sees residents planting vegetables at their doorsteps is another initiative that the Chua Chu Kang division has embarked on. “Since we pride ourselves as a city in a garden, why not make every home a garden,” Mr Gan quips. Under this initiative, Chua Chu Kang residents can purchase a gardening starter kit (including a planter box, soil, gardening tools, vegetable seeds, and a frame to hold the planter box) for just \$8. “We want to create a community. We created a Facebook group and encouraged participants to share their successes and solutions there. We also involve students and NParks to teach seniors how to plant the edible vegetables,” he shares enthusiastically, adding that these lessons were previously held physically but switched to being conducted virtually now. The initiative has proven to be a good way to de-stress and connect with other residents as COVID-19 hit shortly after it was introduced. “Residents continue to show strong interest, and we have over 800 people waiting to get their kits,” reveals Mr Gan. When asked if he is into gardening, the 63-year-old says with a laugh, “I don’t have green fingers, but I keep some plants at home and keep trying.”



Chua Chu Kang residents who visited Gardens by the Bay with Mr Gan during Chinese New Year this year each brought home a potted plant souvenir prepared by the CCK GROs.

Can you share how your wife has influenced your life?

She is part of my life, and she is my life. When I entered politics, I had a long discussion with her, because at that time, my children were very young. I knew I would be spending less time with my family. She was very supportive, and that gave me the confidence to take up my political duties. She has done very well; she took charge of all the family affairs including those pertaining to finance, maintenance and our children’s education — while working full-time. We have a strong partnership. Without her dedication and support, I won’t be able to spend time with the community.

What would you like to do more of this year?

Spend more time with my extended family and residents so we can maintain the connection – we have lost a lot of time because of the pandemic. I hope COVID-19 will be over soon, and we can organise more outdoor activities especially for our seniors as they have been staying at home a lot. It’s important for them to go outdoors and get sunlight and social interaction. We are working with the People’s Association to organise more activities with safe management measures in place now that most of them are vaccinated. We also want to continue reaching out to vulnerable residents – seniors and those with lower income – through programmes such as Project 1659 and Festive Cheers @ South West.

You wrote a Facebook post about a walk along Yishun Dam on New Year’s Day. Do you usually take such walks with your family?

I visited quite a number of parks at the end of last year. It’s hard to come together to do things because my children are grown up and have their own activities. We all took leave and spent some time exploring Singapore instead of travelling overseas. Going to Yishun Dam was my wife’s idea. It was an enjoyable walk. We also went to the Botanic Gardens, Windsor Park and National Gallery. I also took an evening walk along Marina Bay with my family, and we enjoyed the view. I hope to take residents there as the area looks beautiful at night.



Before COVID-19 started, Chua Chu Kang residents who participated in the Corridor Gardening initiative learnt how to plant vegetables with the guidance of grassroots volunteers, and volunteers from NParks and Jurong-Pioneer JC.

抽出时间做有意义的事情



Under Project 1659, void decks of rental blocks are adorned with colourful murals to liven up the living spaces of vulnerable households. Project 1659 is an initiative that aims to uplift the lives of less-privileged residents through different outreach engagements.

蔡厝港集选区基层组织顾问
颜金勇先生分享了自己在
哪些方面希望做得更多。

接 受采访当天，贸工部长颜金勇先生以和蔼的态度坐在沙发上与我们交谈，一下子便拉近了我们的距离。这也许是在他在蔡厝港区服务的16年中，始终深受居民爱戴的原因之一。这位前卫生部长的政治生涯就像是一个闭环，因为他目前所任职的贸工部正是他开启公务员职业生涯的地方。身为蔡厝港集选区基层组织顾问，颜部长除了为新加坡的经济增长寻找新机会以及与其他国家谈判自由贸易协定，也十分注重与本区居民建立良好的联系。

由于在过去两年里，大部分的团体活动都因为疫情而暂停，颜部长目前正在致力于重启蔡厝港的社区活动，并表示很庆幸能有机会在今年2月份与居民一起参观滨海湾花园。他分享道：“我们在花穹欣赏了美轮美奂的农历新年主题花展。我和居民们已经很长时间没有一起参加活动了。



Mr Gan joined residents for a morning walk at Teck Whye Garden.

我很高兴能看到许多熟悉的面孔，知道大家很健康也让我感到安心不少。”

在疫情之前，他的团队每年都会组织居民到邻国旅游。他回忆起一次在马来西亚旅游时，大家在享用晚餐到一半就突然停电了。颜部长叙述道：“我们根本没办法继续煮食物。幸好团队里有一名基层领袖是电气工程师，他顺利找出问题根源，并成功恢复了电源。”无论是在国内还是国外，这样的出游活动是他与蔡厝港区居民接触并相互了解的绝佳机会。“我们希望与居民保持良好的联系，而这些活动能加强社区与家庭凝聚力，因为居民通常会和家人一起参与。”

进一步绿化蔡厝港

颜部长也热衷于邀请居民一起亲近大自然。他会和居民们一起前往蔡厝港公园郊游，也在公园里为社区园丁们划分了一些空地，让他们种植花果蔬菜。他说：“新的蔡厝港公园面积比原来扩大了几倍，而我们去年在园里展示了蔡厝港

中学的学生们所制作的手工艺品。我们以前也会联合保健促进局举办星期天公园日（Sundays at the Park）活动，但因为冠病疫情而暂停了。”

尽管疫情带来了许多挑战，建设绿色社区的脚步却从未停下。蔡厝港团队在2021年举行了一场虚拟“编程马拉松”活动。居民们通过一系列线上会议集思广益，提出了很多让蔡厝港更环保的建议。颜部长受访时解释：“他们提出了许多与节能和可持续发展相关的想法。这些想法经过整理后，在适当的情况下加以应用。我们还与国家公园局等机构分享这些想法，作为我们提升环保意识举措的一部分。”

蔡厝港基层组织也另外发起走廊园艺（Corridor Gardening）的活动，让居民能够在自家门口种植蔬菜。颜部长打趣道：“既然我们为新加坡拥有‘花园城市’的美称而感到自豪，那何不将每个家庭打造成一个小花园呢？”在这次倡议下，蔡厝港的居民只需花8元就能购买一份园艺入门套件（包括花盆盒、土壤、园艺工具、蔬菜种子和放置花盆盒的架子）。“我们想要构建一个园艺社区。于是，我们创建了一个面簿群组，鼓励居民们在那里分享他们的成功经验和技巧。我们还邀请了学生和国家公园局的工作人员，教导乐龄人士如何种植可食用的蔬菜。”颜部长补充说，这些课程以往都是线下教学，现在都改成了线上。走廊园艺活动推出后不久便爆发了冠病疫情，居民的生活受到限制。但也正因为如此，这类活动成了减压和维持居民社交关系的好方法。颜部长透露：“居民们对这活动的兴趣不断增加，目前等待领取套件的人数已超过800人。”当被问及自己是否也喜欢园艺时，这位63岁的部长笑着说：“我不擅长园艺，但还是在家中尝试种了一些植物。”

元旦当天，您在面簿上发表了一篇关于与家人在义顺水坝散步的贴文。您经常和家人这样散步吗？

我在去年年底去了很多公园。我们全家很难一起外出，因为孩子们都已经长大，各自有自己的社交活动。这次我们一起请假，花时间探索新加坡，而不是出国旅游。去义顺水坝是我妻子的主意，而那次的出游的确让我们感觉愉快。我们也去了植物园、温莎自然公园和国家美术馆，晚上还沿着滨海湾散步，欣赏那里的风景。我希望能够组织居民们去那里看看，因为那儿的夜景真的很美。

您能分享妻子对您的人生有何影响吗？

她是我生命中重要的一部分，也是我生活的全部。我在刚开始从政时跟她讨论了很长时间，因为那时孩子们还很小，而我知道陪伴家人的时间将会大大减少。当时她就非常支持我，让我能安心将重心放在工作上。我很欣赏也感激她，因为她不仅负责所有的家庭事务，包括财务、

顾家和孩子们的教育，还要兼顾自己的全职工作。我们之间情比金坚。没有她的奉献和支持，我就没办法花时间在社区工作上。

您今年希望能更侧重于什么？

我希望能拥有更多的时间陪伴家人、亲戚以及我的居民。这样一来，我们就能保持良好的联系——因为疫情的关系，我们失去了很多与彼此相处的时间。我希望冠病疫情能尽快结束，这样我们就能为居民组织更多户外活动，尤其是年长居民——因为他们大部分时间只能待在家中，而对他们来说，到户外去享受阳光和与居民社交也是很重要的。我们正在与人民协会合作，计划在保证安全管理措施的前提下举办更多活动，毕竟现在大部分人已接种疫苗。与此同时，我们也希望能够通过“Project 1659”和“欢庆佳节在西南”这类活动继续向区内的弱势群体伸出援手，尤其是乐龄人士与低收入家庭。B

颜部长的爱好

他每天都会喝两杯无糖咖啡乌。

他喜欢吃“简单的冰淇淋”——红豆冰棒是他的最爱。

他的同事说他具有好奇心，喜欢学习新事物，而他对此也表示赞同。颜部长笑着说：“我会尝试各种新事物。有时候即使看起来不可能，我还是会努力坚持。我的内心还是很年轻的。”



Mr Gan distributed items that children from vulnerable households wished for under Project 1659 - Grant-a-Wish Programme.

Charting our new way forward together

ANNOUNCED ON 18 FEBRUARY 2022, the focus of this year’s Budget has shifted from financial resilience during the COVID-19 pandemic to recovery. The Budget’s theme “Charting Our New Way Forward Together” centres around measures that strengthen Singapore’s economy and workforce post-pandemic so as to realise the country’s vision of a fairer, greener and more inclusive society. *B*



SUPPORT FOR HOUSEHOLDS

A \$560 million Household Support Package helps Singaporeans defray the costs of living

GSTV – U-Save Rebates

Double U-Save rebates (up to \$285 more) for eligible households for Apr to Dec 2022.

Top-ups to Education-Related Accounts

\$200 top-up for Singaporean children aged 20 and below in 2022

Community Development Council (CDC) Vouchers

\$100 vouchers per Singaporean household, to be used at participating heartland merchants and hawkers in 2022

Invest in our Children

- Enhance Fresh Start Housing Scheme to help families move towards home ownership
- Expand KidSTART programme nationwide to benefit more children
- Expand UPLIFT Community Network to benefit more students

Prepare for Future Healthcare Needs

Healthier SG — Bring care closer to the community

家庭援助

总值5.6亿元的家庭援助配套，帮助新加坡人应付日常开销

消费税补助券 — 水电费回扣

2022年4月至12月 — 符合条件的家庭将获得双倍水电费回扣，回扣额高达285元

填补与教育相关的户头

2022年 — 20岁及以下的国人将获得200元填补

社理会邻里购物券

2022年 — 每一户新加坡家庭可获得100元购物券，供他们在光顾参与计划的邻里商店和小贩摊位时使用

培育下一代

- 加强重新拥屋计划，协助家庭拥有自己的房子
- 进一步在全国推行幼儿培育辅助计划，让更多孩童受惠
- 扩大“提升”（UPLIFT）计划社区网络，让更多学生受惠

为未来医疗保健需求做准备 “强健SG”

让人们能够就近获得以病人为本的医疗照顾



BAGI KELUARGA

Pakej Bantuan Keluarga Tambahan bernilai \$560 juta untuk membantu rakyat Singapura dengan perbelanjaan harian mereka

Rebat Baucar GST – U-Save

Rebat U-Save berganda (tambahan hingga \$285) untuk keluarga yang layak dari Apr hingga Dis 2022

Tokokan ke dalam Akaun-akaun Berkaitan Pendidikan

Tokokan sebanyak \$200 untuk anak-anak rakyat Singapura berusia 20 tahun dan ke bawah pada 2022

Baucar Majlis Pembangunan Masyarakat (CDC)

Baucar \$100 bagi setiap keluarga rakyat Singapura, untuk digunakan di kedai-kedai dan pusat-pusat penjaja yang terlibat di kawasan perumahan awam pada 2022

Melabur dalam Anak-anak kita

- Mempertingkatkan Skim Perumahan Permulaan Baharu untuk membantu keluarga memiliki rumah sendiri
- Memperluas program KidSTART di seluruh negara untuk memberikan manfaat kepada lebih ramai anak-anak
- Memperluas Rangkaian Masyarakat UPLIFT untuk memberikan manfaat kepada lebih ramai pelajar

Mempersiapkan Keperluan Penjagaan Kesihatan Masa Hadapan

SG yang lebih sihat — Membawa khidmat penjagaan lebih dekat kepada masyarakat, tertumpu kepada pesakit

குடும்பங்கள்

சிங்கப்பூர்களுக்கு அன்றாடச் செலவுகளில் உதவு, \$560 மில்லியன் குடும்பங்களுக்கான ஆதரவுத் தொகுப்புத்திட்டம்

பொருள், சேவை வரிப் பற்றுச்சீட்டு - யு-சேவ் தள்ளுபடிகள்

ஏப்ரல் 2022 முதல் டிசம்பர் 2022 வரை தகுதிபெறும் குடும்பங்களுக்கு யு-சேவ் தள்ளுபடிகள் இரட்டிப்பு (கூடுதலாக \$285 வரை)

கல்வி சார்ந்த கணக்கு களில்

2022-இல் 20 வயதுக்கும் குறைவான சிங்கப்பூர்ப் பிள்ளைகளுக்கு \$200 நிரப்பத்தொகை

சமூக மேம்பாட்டு மன்றப் பற்றுச்சீட்டுகள்

2022-இல் ஒவ்வொரு தகுதிபெறும் சிங்கப்பூர்க் குடும்பத்திற்குள்ளும், பங்கேற்கும் குடியிருப்பு வட்டார வர்த்தகங்களிலும் உணவங்காடக் கடைகளிலும் பயன்படுத்துவதற்கு \$100 பற்றுச்சீட்டுகள்

நம் பிள்ளைகளில் முதலீடு செய்தல்

- வீட்டு உரிமத்து வத்தை நோக்கி நகரின் தி ல் குடும்பங்களுக்கு உதவ ஆதரவளிக்க புதுத்தொடக்க வீட்டுத் திட்டத்தை மேம்படுத்துதல்
- அதிகமான பிள்ளைகள் பயன்பெற, KidSTART திட்டம் நடைமுறை விரிவாக்கம்
- அதிகமான மாணவர்களுக்கு ஆதரவளிக்க UPLIFT சமூகக் கட்டமைப்பு விரிவாக்கம்

எதிர்காலக் கா தாரப் ப ரா ம ரி ப்பு த்த தேவைகளுக்கு ஆயத்தமாக மேலும் ஆரோக்கியமான சிங்கப்பூர்-புராமரிப்பை சமூகத்திற்கு அருகில் கொண்டு செல்லுதல், நோயாளிகள் மீது கவனம் செலுத்துதல்



SUPPORT FOR WORKERS

For mid-career workers

SkillsFuture Career Transition Programme

- Highly-subsidised, high-quality and industry-oriented training courses with employment facilitation

SGUnited Mid-Career Pathways Programme

- Company Attachment Permanent programme for mature individuals: 4 - 6 months full-time attachment, with allowances of up to \$3,800/month co-funded by the Government

For lower-wage workers

Workfare Income Supplement Enhancements (from Jan 2023)

- Higher maximum annual payouts of \$2,100 - \$4,200
- Qualifying income cap raised to \$2,500/month
- Workfare extended to workers aged 30 to 34

Progressive Wage and Local Qualifying Salary Moves

- Extend Progressive Wage Model to more sectors and occupations
- Companies hiring foreigners need to pay all locals at least the Local Qualifying Salary (\$1,400 currently)
- Eligible Government suppliers to attain Progressive Wage Mark from Mar 2023

Progressive Wage Credit Scheme

- Government to co-fund wage increases of lower wage workers from 2022 to 2026

For senior workers

Higher CPF Contribution Rates

- Further increase of 1.5 - 2 percentage points to total contribution rates (employer and employee)
- CPF Transition Offset to cover half of the increase in employer contributions in 2023

CPF Basic Retirement Sum (BRS) Adjustments

- Raise by 3.5% per year for each CPF member turning 55 in the years 2023 to 2027
- 8 in 10 active CPF members turning 55 in 2027 expected to have BRS or more
- No requirement to top up CPF to meet BRS

给予员工的援助

中途转业者

技能创前程职业转换计划

- 提供高度津贴、高质量且针对行业需求的培训课程，并协助转业者找到工作

“新心相连” 中途转业人士见习计划 — 企业实习

- 为熟龄员工而设的永久计划: 全职实习4至6个月，每月可获得高达3800元补贴，政府将承担部分补贴

低薪工友

(从2023年1月起) 改善就业补助计划

- 每年可领取的最高补助额度调高到2100元至4200元
- 合格月入上限调高到25000元
- 30至34岁的低薪工友也能领取就业补助

帮助低薪工友自我提升

- 渐进式薪金模式将涵盖更多领域和行业
- 聘用外籍员工的企业在支付所有本地员工薪金时，必须达到本地员工薪金门槛（目前为1400元）
- 从2023年3月起，符合条件的政府供应商必须获得渐进式薪金标志认证

渐进式加薪补贴计划

- 从2022年至2026年，政府将与雇主分担低薪员工的加薪额

年长工友

从调高公积金缴交率

- (雇主与员工的) 总缴交率将进一步上调1.5至2个百分点
- 在2023年，过渡性公积金抵消计划将为雇主抵消一半的额外支出

调整公积金基本存款额

- 在2023年至2027年间满55岁的公积金会员，基本存款额将每年调高3.5%
- 在2027年满55岁的活跃会员当中，预计有约80%至少会达到基本存款
- 会员无需为达到基本存款而填补公积金户头

MEMBANTU PEKERJA

Untuk Pekerja Pertengahan Kerjaya

Program Peralihan Kerjaya SkillsFuture

- Kursus latihan bersubsidi tinggi, bermutu tinggi dan berorientasi industri yang memudahkan pengambilan pekerja

Program Laluan Pertengahan Kerjaya SGUnited – Penempatan di Syarikat

- Program tetap untuk individu lebih berusia: 4 - 6 bulan penempatan sepenuh masa, dengan elaun hingga \$3,800/bulan yang dibiayai bersama oleh Pemerintah

Untuk Pekerja Bergaji Rendah

Skim Tambahan Pendapatan Daya Kerja yang dipertingkatkan (mulai Jan 2023)

- Diberikan bayaran tahunan maksimum yang lebih tinggi sebanyak \$2,100 - \$4,200
- Had kelayakan pendapatan dinaikkan menjadi \$2,500/bulan
- Skim Daya Kerja diperluas kepada pekerja berusia antara 30 hingga 34 tahun

Membantu Pekerja Bergaji Rendah

- Memperluas Model Gaji Progresif kepada lebih banyak sektor dan pekerjaan
- Syarikat yang mengambil pekerja asing perlu membayar semua pekerja tempatan sekurang-kurangnya kadar Gaji Kelayakan Tempatan (\$1,400 sekarang ini)
- Para pembekal Pemerintah yang layak perlu memperoleh Tanda Gaji Progresif mulai Mac 2023

Skim Kredit Gaji Progresif

- Pemerintah akan membiayai bersama kenaikan gaji pekerja bergaji rendah dari 2022 hingga 2026

Bagi Pekerja Warga Emas

Kadar Sumbangan Tabung Simpanan Pekerja (CPF) Lebih Tinggi

- Kenaikan tambahan sebanyak 1.5 - 2 mata peratusan pada jumlah kadar caruman (majikan dan pekerja)
- Imbangan Peralihan CPF akan menampung separuh daripada kenaikan caruman majikan pada 2023

Pelarasan Jumlah Persaraan Asas CPF (BRS)

- Kenaikan sebanyak 3.5% setahun untuk setiap anggota CPF yang mencapai usia 55 tahun pada tahun 2023 hingga 2027
- Kira-kira 8 dalam 10 anggota aktif CPF yang mencapai usia 55 tahun pada 2027 dijangka mempunyai BRS atau lebih
- Tiada keperluan untuk menokok CPF bagi memenuhi BRS

ஊழியர்களுக்கு ஆதரவளித்தல்

பணியிடைக்கால ஊழியர்கள்

ஸ்கில்ஸ்:பியூச்சர் பணிநிலைமாற்றத் திட்டம்

- வேலவாய்ப்பிற்குத் துணைபுரியும் அதிக நிதிததவியும் தரமும் கொண்ட, தொழில்துறைக்கு உகந்த, பயிற்சி வகுப்புகள்

எஸ்டி ஒற்றுமை இயக்கத்தின் பணியிடைக்கால வாழ்கைத்தொடர்

- நிறுவன இணைப்புத் திட்டம்
- அரசாங்கத்தின் இணைநிதியுடன் கூடிய, மாதம் \$3,800 வரையிலான படித்தொகையுடைய 4 - 6 மாதம் வரையிலான முழுநேர இணைப்புத் திட்டம்

குறைந்த வருமான ஊழியர்கள்

மேம்படுத்தப்பட்ட வேலநலன் துணை வருமானத் திட்டம் (ஜனவரி 2023 முதல்)

- \$2,100 முதல் \$4,200 வரையிலான உயர்த்தப்பட்ட அதிகபட்ச வருடாந்திர வழங்குதொகைகள்
- தகுதிபெறும் வருமான வரம்பு மாதத்திற்கு 2,500 வெள்ளிக்கு உயர்த்தப்படும்
- 30 முதல் 34 வயது வரையிலான ஊழியர்களுக்கு வேலநலன் நீட்டிய

குறைந்த சம்பள ஊழியர்களை ஊக்கப்படுத்துதல்

- படிப்படியான சம்பள உயர்வு முறை மேலும் பல துறைகளுக்கும் தொழில்களுக்கும் விரிவாக்கம்
- வெளிநாட்டவரை வேலைக்கு அமர்த்தும் நிறுவனங்கள் உள்ளூர் ஊழியர்கள் அனைவருக்கும் குறைந்தபட்ச உள்ளூர்த் தகுதிபெறும் சம்பளத்தை அளிக்கவேண்டும் (தற்போது \$1,400)
- மார்ச் 2023 முதல், தகுதிபெறும் அரசாங்க விநியோகர்கள் படிப்படியான சம்பள உயர்வுக்கான முத்திரையைப் பெறவேண்டும்

படிப்படியான சம்பள உதவித்தொகை திட்டம்

- 2022 முதல் 2026 வரை, குறைந்த சம்பளம் ஈட்டும் ஊழியர்களின் சம்பள உயர்வுக்கு அரசாங்கம் இணைநிதி வழங்கும்

முத்த ஊழியர்கள்

கூடுதலான மத்திய சேமநிதிப் பங்களிப்பு விகிதங்கள்

- மொத்தப் பங்களிப்பு விகிதத்தில் 1.5 முதல் 2 விழுக்காட்டுப் புள்ளிகள் வரையிலான கூடுதல் அதிகரிப்பு (முதலாளிகளும் ஊழியர்களும்)
- 2023-இல் முதலாளிகளின் பங்களிப்புகளில் பாதிபயனவ ஈடுகட்ட மத்திய சேமநிதிச் சந்தா தொகை அதிகரிப்பிற்கான கழிவு

பணி ஒய்வுக்காலத்திற்கான அடிப்படைத் தொகையில் மாற்றங்கள்

- 2023 முதல் 2027 வரை, 55 வயதை அடையும் மத்திய சேமநிதி உறுப்பினர் ஒவ்வொருவருக்கும், ஒவ்வோர் ஆண்டும் 3.5 விழுக்காட்டு உயர்வு
- 2027இல் 55 வயதை அடையும் தற்போதைய மத்திய சேமநிதி உறுப்பினர்களில், 10-இல் சுமார் 8 பேர் அடிப்படைத் தொகை அல்லது அதற்கும் அதிகமாக வைத்திருப்பர் என்று எதிர்பார்க்கப்படுகிறது
- அடிப்படைத் தொகையை எட்ட மத்திய சேமநிதிக் கணக்கில் கூடுதல் தொகை நிரப்பத் தேவையில்



FOR SUSTAINABILITY

Towards achieving net zero emissions by or around mid-century

Carbon Tax to Accelerate Decarbonisation

- Transition framework to help emissions-intensive, trade-exposed sectors manage impact
- Allow use of carbon credits for up to 5% of taxable emissions from 2024
- Transitional support for households, e.g. additional U-Save rebates

Develop Green Economy

- Emerging green sectors, e.g. green finance, carbon services
- Up to \$35 billion of public sector green bonds to be issued by 2030
- Publication of Singapore Green Bond Framework and issuance of inaugural green bond later this year

Accelerate Electric Vehicle Adoption

- Infrastructure upgrades to provide more charging points closer to homes

打造永续家园

争取在本世纪中前后实现净零排放

征收碳税以加速低碳转型进程

- 制定转型框架，帮助排放量且须保持国际竞争力的领域应付碳税调高的影响
- 从2024年起，允许以碳信用抵消高达5%的应税碳排放量
- 为家庭提供过渡性援助，例如额外的水电费回扣

发展绿色经济

- 促进新兴绿色行业发展，例如绿色金融和碳服务
- 最近在2030年发行总值达350亿元的公共领域绿色债券
- 于今年较迟时候公布新加坡绿色债券框架，并发行首批绿色债

鼓励车主改用电动车

- 提升基础设施建设，在住家附近增设充电桩

Bagi Kemampanan

Ke arah mencapai pelepasan sifar bersih selewat-lewatnya atau kira-kira pada pertengahan abad ini

Cukai Karbon untuk Mempercepat Penyahkarbonan

- Rangka kerja peralihan bagi membantu sektor-sektor dengan kadar pelepasan intensif dan terdedah kepada perdagangan untuk menangani kesan
- Membenarkan penggunaan kredit karbon hingga 5% daripada pelepasan yang boleh dikenakan cukai mulai 2024
- Bantuan peralihan untuk keluarga, contohnya, rebat U-Save tambahan

Membangunkan Ekonomi Hijau

- Sektor-sektor hijau baharu, contohnya, kewangan hijau, perkhidmatan karbon
- Hingga \$35 bilion bon hijau sektor awam akan dikeluarkan menjelang 2030
- Penerbitan Rangka Kerja Bon Hijau Singapura dan pengeluaran bon hijau sulung akhir tahun ini

Mempercepat Penggunaan Kenderaan Elektrik

- Peningkatan prasarana untuk menyediakan lebih banyak tempat mengecas yang berdekatan dengan kawasan perumahan

நீடித்த நிலைத்தன

நூற்றாண்டின் நடுப்பகுதி வாக்கில் புகை உமிழ்வற்ற இலக்கை அடைதல்

கரியமில வாயு வெயேற்றத்தைத் துரிதமாக்கக் குறைக்க கரியமில வாயு வர

- புகை உமிழ்வை அதிகமாக வெளியாக்கக்கூடிய வர்த்தகம் சார்ந்த துறைகள், பாதிப்புகளைச் சமாளிக்க உதவும் இடைநிலைக் கட்டமைப்பு
- 2024 முதல் வரி செலுத்தக்கூடிய புகை உமிழ்வு அளவில் 5 விழுக்காடு வரை கரியமில வாயு வரிக்கான உதவித்தொகையைப் பயன்படுத்த அனுமதித்தல்
- குடும்பங்களுக்கு இடைக்கால ஆதரவு, எ.கா. கூடுதல் யு-சேவ் கழிவுகள்

பசுமைப் பொரு-யைல மேம்படுத்துதல்

- வளர்ந்துவரும் பசுமைத் துறைகள், எ.கா. பசுமை நிதி, கரியமில வாயுச் சேவைகள்
- 2030க்குள் 35 பில்லியன் வெள்ளி வரை பெறுமான பொதுத் துறை பசுமைப் பத்திரங்கள் வழங்கப்படும்
- பசுமைப் பத்திரங்கள், சிங்கப்பூர்ப் பசுமைப் பத்திரக் கட்டமைப்பு ஆகியவை இவ்வாண்டின் பிற்பகுதியில் வெளியிட

மின்சார வாகனங்கள்-ன் பயன்பாட்டைத் துரிதப்படுத்தல்

- இல்லங்களுக்கு அருகே கூடுதல் மின்னூட்ட வசதிகளை வழங்கும் உள்கட்டமைப்பு மேம்பாடுகள்



GST SUPPORT

Enhanced \$6.6 billion Assurance Package for GST to cushion impact of GST increase for all Singaporeans

Cash Payout

\$700 to \$1,600 for every adult Singaporean aged 21 and above over the next 5 years

GSTV – U-Save Rebates

\$330 to \$570 additional U-Save rebates for eligible households over the next 4 years

GST Voucher (GSTV) – Seniors’ Bonus

\$600 to \$900 cash payout for eligible seniors aged 55 and above over the next 3 years

MediSave Top-up

\$450 top-up over next 3 years for Singaporean children aged 20 and below and seniors aged 55 and above

Community Development Council (CDC) Vouchers Scheme

Each Singaporean household to receive two rounds of CDC vouchers in 2023 and 2024, worth \$400 in total

Top-up to Citizens’ Consultative Committee ComCare Fund

Top up of \$5 million over five years to support vulnerable households with urgent needs

Grants to Self-Help Groups

\$12 million over four years to Self-Help Groups, including the Chinese Development Assistance Council, Eurasian Association, Yayasan MENDAKI, and the Singapore Indian Development Association

消费税援助计划

总值超过66亿元的加强版“定心与援助配套”将减轻消费税上调对所有新加坡人的影响

现金入息

在未来5年内，所有21岁及以上的新加坡成人将获得介于700元至1600元的现金津贴

消费税补助券 – 水电费回扣

在未来4年内，符合条件的家庭可额外获得介于330元至570元的水电费回扣

消费税补助券 – 乐龄花红

在未来3年内，55岁及以上且符合条件的乐龄人士将获得介于600元至900元的现金补助

保健储蓄填补

在未来3年内，所有20岁及以下的新加坡孩童以及55岁及以上的乐龄人士将获得450元的保健储蓄填补

社区发展理事会邻里购物券计划

每户新加坡家庭将在2023年和2024年分别收到一次社区发展理事会邻里购物券的发放，总价值为400元。

填补公民咨询委员会社区关怀基金

在未来5年内填补500万元以支援有紧急需求的弱势家庭。

向自助团体拨款

在未来4年里向自助团体拨款1200万元，这些团体包括华社自助理事会、欧亚裔人士协会、回教社会发展理事会与新加坡印度人发展协会。

SOKONGAN GST

Pakej Jaminan \$6.6 bilion yang dipertingkatkan untuk GST bagi mengurangkan kesan kenaikan GST untuk semua rakyat Singapura

Bayaran Tunai

\$700 hingga \$1,600 untuk setiap warga Singapura dewasa berumur 21 tahun ke atas sepanjang 5 tahun akan datang

Rebat Jimat Perbekalan (U-Save) GSTV

\$330 hingga \$570 rebat U-Save tambahan untuk isi rumah yang layak sepanjang 4 tahun akan datang

Baucar GST (GSTV) – Bonus Warga Emas

Bayaran tunai \$600 hingga \$900 untuk warga emas yang layak berumur 55 tahun ke atas sepanjang 3 tahun akan datang

Tokokan MediSave

Tokokan \$450 sepanjang 3 tahun akan datang untuk kanak-kanak Singapura berumur 20 tahun ke bawah dan warga emas berumur 55 tahun ke atas

Skim Baucar Majlis Pembangunan Masyarakat (CDC)

Setiap keluarga rakyat Singapura akan menerima dua pusingan baucar CDC pada 2023 dan 2024, bernilai \$400 secara keseluruhan

Tokokan kepada Dana ComCare Jawatankuasa Perundingan Rakyat

Tokokan sebanyak \$5 juta sepanjang tempoh lima tahun untuk menyokong keluarga kurang bernasib baik yang mempunyai keperluan mendesak.

Geran kepada Badan Bantu Diri

\$12 juta sepanjang tempoh empat tahun kepada Badan-badan Bantu Diri, termasuk Majlis Bantuan Pembangunan Masyarakat Cina, Persatuan Serani, Yayasan MENDAKI dan Persatuan Pembangunan Masyarakat India Singapura.

பொருள், சேவை வரி (GST) ஆதரவு

அனைத்து சிங்கப்பூர்களுக்கும் ஜிஎஸ்டி உயர்வின் தாக்கத்தைக் குறைப்பதன் பொருட்டு ஜிஎஸ்டி-க்கான \$6.6 பில்லியன் உத்தரவாதத் தொகுப்ப்திட்டம் மேம்படுத்தப்பட்டுள்ளது

ரொக்க வழங்குதொகை தொகை

அடுத்த 5 ஆண்டுகளில் 21 மற்றும் அதற்கு மேற்பட்ட வயதுடைய ஒவ்வொரு சிங்கப்பூரருக்கும் \$700 முதல் \$1,600 வரை

பொருள், சேவை வரிப் பற்றுச்சீட்டு (GSTV) - யு-சேவ் கழிவு

அடுத்த 4 ஆண்டுகளில் தகுதிபெறும் குடும்பங்களுக்கு \$330 முதல் \$570 வரை கூடுதல் யு-சேவ் கழிவு

பொருள், சேவை வரிப் பற்றுச்சீட்டு (GSTV) - மூத்தோருக்கான உடக்கத்தொகை

அடுத்த 3 ஆண்டுகளில் 55 மற்றும் அதற்கு மேற்பட்ட வயதுடைய தகுதியுள்ள மூத்தோருக்கு \$600 முதல் \$900 வரை ரொக்க வழங்கீட்டுத் தொகை

மெடிசேவ் பண நிரப்புதல்(கள்)

20 வயது மற்றும் அதற்குக் குறைவான சிங்கப்பூரர் பிள்ளைகளுக்கும் 55 வயதுக்கு மேற்பட்ட மூத்தோர்களுக்கும் அடுத்த 3 ஆண்டுகளில் \$450 நிரப்புத்தொகை

சமூக மேம்பாட்டு மன்றத்தின் (CDC) பற்றுச்சீட்டுகள் திட்டம்

ஒவ்வொரு சிங்கப்பூரர் குடும்பமும் 2023 மற்றும் 2024 -இல் இரண்டு சுற்று CDC பற்றுச்சீட்டுகளைப் பெறுவார்கள், இதன் மதிப்பு ஆகமொத்தம் \$400 ஆகும்.

குடிமக்கள் ஆலோசனைக் குழுவின் சமூகநல நிதிக்கான நிரப்புத்தொகை

அவசரத் தேவைகளைக் கொண்டிருக்கும் பாதிப்படையக்கூடிய குடும்பங்களை ஆதரிக்க, ஐந்து ஆண்டுகளில் \$5 பில்லியன் நிரப்புத்தொகை

சுய உதவிக் குழுக்களுக்கான மானியங்கள்

சீனர் மேம்பாட்டு உதவி மன்றம், யுரேசியர் சங்கம், யாயாசன் மெண்டாக்கி மற்றும் சிங்கப்பூர் இந்தியர் மேம்பாட்டுச் சங்கம் உள்ளிட்ட சுய உதவிக் குழுக்களுக்கு நான்கு ஆண்டுகளில் \$12 பில்லியன் மானியங்கள்

EVERY MONDAY, A VAN ARRIVES AT NANYANG COMMUNITY CLUB (CC), offering Traditional Chinese Medicine (TCM) consultations from 10am to 4.30pm. Started in January 2021, this mobile TCM clinic is a joint partnership between Nanyang Grassroots Organisations, Loving Heart Multi-Service Centre (Jurong) and Cheng Hong Welfare Service Society.

Open to all Nanyang residents, the mobile TCM clinic is easily accessible and provides medical consultation, acupuncture and herbal medication free of charge. Dr Tan Tian Seng, who is the mobile clinic's doctor, sees many elderly patients, whom he treats mostly for joint pains.

One of his patients is Ms Penny Teo, who lives near Nanyang CC. The 65-year-old related

Traditional chinese medicine at your doorstep

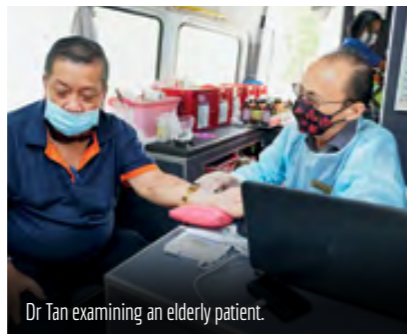
NANYANG RESIDENTS ENJOY FREE CONSULTATIONS AND TREATMENTS FROM A MOBILE TCM CLINIC.



Ms Penny Teo regularly receives acupuncture treatment from Dr Tan Tian Seng at the mobile clinic.



Nanyang residents can visit the mobile clinic every Monday at Nanyang CC.



Dr Tan examining an elderly patient.

HOW TO BOOK A CONSULTATION AT THE MOBILE TCM CLINIC

The mobile TCM clinic at Nanyang CC runs every Monday from 10am to 4.30pm. Nanyang residents can book an appointment a week in advance with the clinic's volunteers at Nanyang CC.



Volunteers help to run the mobile clinic.

her experience of being introduced to the mobile TCM clinic, "I found out about this clinic through the poster in my HDB lift noticeboard. My friend had visited it before, and she told me that the doctor is reliable and good." She attested to Dr Tan's effective treatment after visiting him for pain around her kneecaps and has undergone acupuncture regularly for the past four months. She added that one would need to "catch hold of booking slots" due to the limited number of appointment timeslots and the popularity of the mobile TCM clinic.

Ms Jennifer Goh, another patient of Dr Tan, expressed similar sentiments about his services, stating two main reasons for her regular visits. "First of all, it is near to my house. Secondly, the services are free," shared the 56-year-old. She added that retirees and the needy will be able to get TCM treatments without worrying about the cost.

Alongside Dr Tan, there are volunteers who assist him in the registration and appointment booking of his patients. Though the mobile TCM clinic is largely aimed at serving seniors, Nanyang residents from other age groups have also visited and benefitted from its services. The mobile TCM clinic is a charity initiative and will maintain its services free of charge. **B**



The well-equipped mobile clinic is stocked with various herbal medications and tools for treatment.

MR SOVIN IS ONE OF ABOUT 250 PARTICIPANTS WHO HAD PRE-REGISTERED ONLINE FOR THE SGUNITED-E2I JOBS & SKILLS DISCOVERY HELD AT JURONG GREEN COMMUNITY CLUB ON 31 MARCH 2022. Jointly organised by the South West Community Development Council (CDC) and the Employment & Employability Institute (e2i), the job fair offered over 700 job vacancies from more than 12 different companies. Mr Sovin was eager to find opportunities for growth in warehouse operations, which he currently works in, and was awed by the wide selection of jobs available. "Since there are many companies and vacancies listed here, there is bound to be lots of opportunities. So I'll give my best shot," the 42-year-old shared.



SGUnited-e2i Jobs & Skills attracted job seekers across different age groups.

SUPPORTING WITH SPECIALISED SERVICES

Apart from offering a vast array of jobs, SGUnited-e2i Jobs & Skills Discovery focused on improving the employability of job seekers and helping them search

Helping residents land jobs that suit them

JOB SEEKERS AT THE SGUNITED-E2I JOBS & SKILLS DISCOVERY ACCESSED SERVICES TO INCREASE THEIR CHANCES OF EMPLOYMENT.



Mr Mohamed Fazil gained a better understanding of his personality and skills at e2i's employability stations.

for opportunities in a more targeted manner. For this purpose, e2i set up three stations to provide personality testing and skills analysis to help job seekers identify gaps as well as elevator pitch coaching to help them position themselves well to the employers. A team of on-site advisers guided the job seekers on the use of these stations. Participants **BRIDGE** spoke to found the personality test and skills analysis stations most useful. At the former, attendees identified their dominant personality traits by picking "fruits" (that correspond to a given characteristic) from a Profiling Tree. They then had their resumes examined and received a comprehensive skills analysis report at the skills analysis station.

e2i shared that these services helped job seekers understand themselves better before they identify options that suit them. Hence, the job fair attendees could take a more targeted approach to share how they can value-add to prospective employers.

MEETING DIVERSE NEEDS

Other than helping job seekers improve their employability, the job fair offered a variety of positions that catered to different skill sets and academic qualifications. Jobs ranged from logistical roles to doctors and teachers. Apart from on-the-spot interviews, the event referred suitable participants to employers who were not on-site.

To enable residents to work closer to home, e2i had partnered with various companies to provide job opportunities within the district through job fairs (particularly Jurong West for this event).

First-time fair participant Mr Mohamed Fazil was one of the job seekers who found a job near his home. "Working near home would definitely reduce my travelling time and expenses. Spending lesser time commuting would help me be punctual and allow more time for work planning," said the Jurong resident, who was hired as a Procurement Manager by Big Foot Logistics (BFL).

The 51-year-old, who used to work in the marine industry, shared that SGUnited-e2i Jobs & Skills Discovery helped him land the job in the supply chain industry. "The fair brought many companies together and allowed me to go for more than one interview in a single location. The job listing booklet was also very useful," he said. Mr Guna Jaganathan, General Manager of BFL, shared that participating in the job fair was fruitful. "BFL also recruited a Senior Human Resource Manager, a Warehouse Supervisor and a Fleet Coordinator through the fair. It's an excellent platform for companies to reach potential employees." **B**



On-the-spot interviews were conducted for job seekers.





The refurbished laptops were tested before they were given out to beneficiaries.



Left to right: Keat Hong Citizens' Consultative Committee Welfare Taskforce Chairman Mr Yeo Koon Teck, Johnny, PBM; Adviser to Chua Chu Kang GRC GROs (Keat Hong) Mr Zhulkarnain Abdul Rahim; NTU's Alumni Engagement and Annual Giving Executive Director Ms Yap Su-Yin; and Chairperson of the NTU Alumni Council's Community Engagement Sub-Committee Mr Mohamed Abdul Akbar.

Meeting learning needs

THE KEAT HONG BACK-TO-SCHOOL PROGRAMME HELPS STUDENTS FROM LOW-INCOME FAMILIES DEFRAY THE COSTS OF PREPARING FOR A NEW ACADEMIC YEAR.

ON 19 DECEMBER 2021, 70 students from 43 vulnerable families received timely relief in the form of book vouchers, goodie bags, printers and refurbished laptops through the Keat Hong Back-to-School Programme (BSP).

Started by the Keat Hong Citizens' Consultative Committee (CCC) Welfare Taskforce in 2020, the Keat Hong BSP aims to lessen the financial burden of vulnerable households. An annual book voucher distribution event is held at Keat Hong Community Club (CC), with eligible needy students from Primary One to Secondary Five receiving \$100 worth of vouchers each. These can be used to purchase books and stationery that the students need for the new school year.

Madam Lee Kim Tow, whose two school-going grandchildren were beneficiaries, said, "I'm so thankful for the Back-to-School programme. These vouchers really help lessen my burden for the new school year."

The joint effort by the NTU Alumni Council's Community Engagement Sub-Committee and M3@CCK — a partnership between MUIS, Mendaki and MESRA — also saw each of the underprivileged families receiving a refurbished laptop.

"Education is the most powerful tool for social mobility. The Back-to-School distribution is our way of helping Keat Hong families in their children's education, and we are here for them in these difficult times," said Keat Hong CCC Chairman, Dr Kwoh Chee Keong, PBM.



A Keat Hong family receiving the books vouchers, goodie bags, printer and refurbished laptop from Grassroots Adviser Mr Zhulkarnain and Mr Johnny Yeo, PBM.

For Madam Rafe'ah Binte Abdul Karim, whose four grandchildren also received the book vouchers, Keat Hong BSP has made a big difference to her family. "Thank you so much Keat Hong CC and Adviser Zhulkarnain for organising this distribution. It has helped me so much with the rising living expenses of taking care of my seven grandchildren," she said.

In view of the higher cost of learning materials for secondary school children, the organising committee will be increasing the value of the book vouchers given to secondary school students, from \$100 to \$150 from this year onwards to help more needy families.

How to Join

>> The Keat Hong BSP aims to support vulnerable residents in Keat Hong division. For more information, please approach Keat Hong CC or call 6769 4194.

Here to help

RESOURCES AT YOUR FINGERTIPS



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

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.

Knowing my district

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

1. Name three GST Support measures announced in Budget 2022.

A: _____

2. Seniors from REACH Senior Centre @ Bukit Gombak Vista received gifts they wished for under this programme by South West CDC and Landscape Industry Association of Singapore (LIAS). Name the programme and give two examples of the gifts they received.

A: _____

3. How many schools were recognised for their efforts in promoting environmental awareness and care at Green Schools @ South West Award Ceremony 2022?

A: _____

4. Name one way Nanyang Technological University (NTU) helped South West District residents through its partnership with South West CDC for NTU Service Week.

A: _____

5. What did the stations set up at SGUnited-ezi Jobs & Skills Discovery help attendees with?

A: _____

Complete the quiz and Sudoku puzzle, take a picture of the page and upload to: <https://go.gov.sg/swcdcbridge>



Or

Send your entries to us at: **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 June 2022



Name: _____

Age: _____ Gender: _____

Address: _____

Tel: _____ Email: _____

SUDOKU FUN

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!

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