

VOICES

Building a Do-Good District



Building a Do-Good District

CENTRAL SINGAPORE CDC

WHO WE ARE

We are a **regional office partnering** volunteers, businesses, government ministries, agencies and grassroots organisations to support residents in the Central Singapore District.

HOW WE VALUE-ADD

TIER 1

Developing and Running Nation/ District-level Initiatives

(E.g. CDC Vouchers Scheme, The Purple Parade)

TIER 2

Creating and Distributing Sustainable Service Packages

(E.g. Silver Homes, School Starter Kit)

TIER 3

Curating and Supporting Standalone Community Projects

WHAT WE DO

Our programmes span **5 key focus areas** to help our residents live **The Better Life**.

FINANCIAL WELLNESS

Strengthen financial literacy and well-being

PHYSICAL WELLNESS & SUSTAINABILITY

Advocate eating well, living well and thinking well

SOCIO-EMOTIONAL WELLNESS & INCLUSIVENESS

Build and maintain positive relationships

LIFELONG LEARNING

Encourage learning regardless of age

SERVICE TO OTHERS

Inculcate a spirit of volunteerism and giving

OUR MISSION

To build a Do-Good District for our residents, the Central Singapore CDC brings together **partners and volunteers** to initiate community programmes serving **more than 1 million residents**.

Partner and Volunteer with us!

Scan to find out more!



About Central Singapore CDC



Our CS52 Programmes

Write to Lynn at PA_CentralSingapore@pa.gov.sg

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PHYSICAL WELLNESS

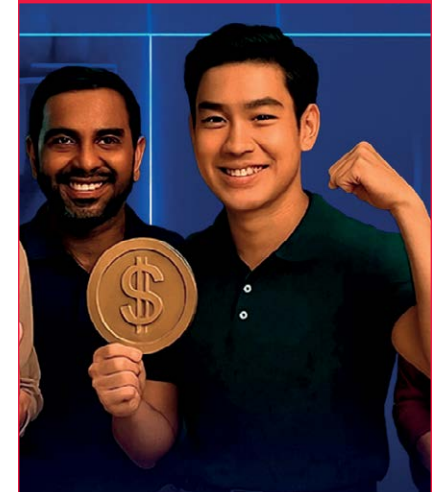


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Editorial Advisers

Denise Phua
Daren Shiau
Lim Huan Chiang

Editorial Team

Lau Siew Ching
Cher Jin Zhi
Kris Ye
Lynn Ng
Tan Chee Kiang
Danial Iqbal
Tan Jia Shin

Publishing & Design

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Penduduk yang dihormati,

Salam mesra daripada CDC Tengah Singapura! Tahun ini, Singapura menyambut hari lahirnya yang ke-60. SG60 ialah masa untuk merenungi perjalanan kita bersama — mengiktiraf sumbangan masa lalu sambil memberi inspirasi kepada setiap warga Singapura supaya membentuk masa depan kita bersama.

Saya dan pasukan saya di CDC Tengah Singapura akan terus mengembara bersama anda melalui inisiatif seperti gerakan GiraffeSG @ Central. Kami mahu menggalakkan individu dan pertubuhan agar “menghulurkan tangan demi kebaikan bersama”. Sama ada melalui perbuatan biasa yang budiman atau projek nasional, setiap tindakan membantu mewujudkan tempat tinggal yang lebih mesra dan inklusif.

Dalam isu kali ini, anda akan menemui petua praktikal untuk membantu anda menjalani kehidupan yang lebih baik. Pelajari cara mengasuh haiwan kesayangan anda dan terokai nasihat kewangan daripada rakan kongsi kami untuk menyokong kesejahteraan diri anda secara menyeluruh.

Mari kita terus maju bersama. Terus belajar dan berkembang. Saling menjaga kesejahteraan antara satu sama lain. Bersama-sama, kita boleh membina kehidupan yang lebih baik dan kejiranan yang lebih kukuh — langkah demi langkah.

Yang Benar,
DENISE PHUA
Datuk Bandar Kawasan Tengah Singapura

அன்பார்ந்த குடியிருப்பாளர்களே!

மத்திய சிங்கப்பூர் சமூக மேம்பாட்டு மன்றத்தின் வணக்கம். இந்த ஆண்டு சிங்கப்பூர் தனது 60-வது பிறந்தநாளைக் கொண்டாடுகிறது. SG60 என்பது நமது சிங்கப்பூரின் கடந்த காலப் பயணத்தை நினைத்துப் பார்க்கவும், கடந்த காலப் பங்களிப்புகளை அங்கீகரிக்கவும், எதிர்காலத்தை ஒன்றிணைந்து உருவாக்கவும் அனைத்து சிங்கப்பூரர்களுக்கும் ஊக்கமளிக்கக்கூடிய ஒரு தருணம்.

மத்திய சிங்கப்பூர் சமூக மேம்பாட்டு மன்றத்தில் உள்ள நானும் எனது குழுவும், GiraffeSG @ Central இயக்கம் போன்ற முயற்சிகள் மூலம் உங்களுடன் தொடர்ந்து பயணிப்போம். “பொதுநலனுக்காகத் தைரியமாக முன்வருமாறு” தனிநபர்களையும் அமைப்புகளையும் நாங்கள் ஊக்குவிக்க விரும்புகிறோம். அது ஒரு சிறிய அன்பான செயலாக இருந்தாலும் சரி, அல்லது தேசியத் திட்டங்களாக இருந்தாலும் சரி, ஒவ்வொரு செயலும் ஓர் அன்பான, அனைவரையும் உள்ளடக்கிய சமூகத்தை உருவாக்க உதவுகிறது.

இந்த இதழில், நீங்கள் ஒரு சிறந்த வாழ்க்கையை வாழ உதவும் நடைமுறை ஆலோசனைகளைக் காணலாம். உங்கள் செல்லப் பிராணிகளை எவ்வாறு கவனித்துக் கொள்வது என்பதைப் பற்றிய குறிப்புகளையும், உங்கள் ஒட்டுமொத்த நல்வாழ்வுக்கு உதவும் நிதி ஆலோசனைகளையும் எங்கள் ஆதரவாளர்களிடமிருந்து தெரிந்து கொள்ளுங்கள்.

நாம் அனைவரும் ஒன்றிணைந்து முன்னேறுவோம். தொடர்ந்து கற்றுக்கொண்டு, வளர்வோம். ஒருவருக்கொருவர் துணையாக இருப்போம். ஒன்றிணைந்து, ஒரு சிறந்த வாழ்க்கையையும், வலுவான அக்கம் பக்கத்தையும் படிப்படியாக உருவாக்குவோம்.

உங்களின் உண்மையுள்ள,
டென்னிஸ் புவா
மத்திய சிங்கப்பூர் வட்டார மேயர்

Dear Residents,

Greetings from Central Singapore CDC! This year, Singapore celebrates its 60th birthday. SG60 is a time to reflect on our shared journey — recognising past contributions while inspiring every Singaporean to shape our future together.

My team and I at Central Singapore CDC will continue to journey alongside you through initiatives like the GiraffeSG @ Central movement. We want to encourage individuals and organisations to “stick their necks out for the common good”. Whether through simple acts of kindness or national projects, every action helps create a kinder, more inclusive home.

In this issue, you'll find practical tips to help you lead a better life. Learn how to care for your pets and explore financial advice from our partners to support your overall wellbeing.

Let's keep moving forward together. Keep learning and growing. Look out for each other. Together, we can build a better life and a stronger neighbourhood — one step at a time.

Yours Sincerely,
DENISE PHUA
Mayor, Central Singapore District

亲爱的居民,

中区社区发展理事会向您问好! 今年我们将庆祝新加坡的60岁生日。借由SG60, 让我们回顾过去共同经历的旅程, 并且在肯定前人的贡献同时, 激励每位新加坡人共同塑造我们的未来。

我和中区社区发展理事会的同仁会继续通过诸如“新加坡长颈鹿行动@中区”的活动, 与您携手共进。我们希望鼓励各居民与组织, 积极为共同利益“伸出援‘颈’”。无论是通过简单的善举, 还是参与全国行善活动, 每份贡献都有助于创造一个更友善、更具包容性的家园。

本期季刊将与您分享更多实用小贴士, 助您提升生活品质。请您和我们一起了解如何照顾宠物, 以及向我们的合作伙伴学习理财知识, 让您过得更健康快乐。

让我们一起继续携手向前, 共同迈进。不断学习, 继续成长。守望相助, 互相帮忙。只要我们齐心协力, 一定能一步一脚印, 共同打造更美好的生活和更具凝聚力的社区。

祝您生活一切顺心。

潘丽萍
新加坡中区社区发展理事会市长



MAYOR'S

NOTE



BUILDING 'A DISTRICT OF GIRAFFES' IN CENTRAL SINGAPORE

Launched in 2015, **GiraffeSG @ Central** is a movement by Central Singapore CDC to encourage individuals and organisations to stick their necks out for the common good.

ONE OF OUR CENTRAL 'GIRAFFES'

DONATE



Singapore's largest movement to support inclusion and celebrate abilities of Persons with Disabilities (PwDs)



Provide back-to-school necessities and diverse learning opportunities for children and youth in need



Support for residents to strengthen financial literacy & well-being



Create healthy, clean and safe homes for vulnerable seniors

VOLUNTEER

Everyone deserves to live with dignity and be given opportunities to succeed. Central Singapore District is home to more than 1 million residents. That is why GiraffeSG @ Central calls on individuals and organisations to **volunteer** and/or **donate** to those who need it most.



Scan to donate or volunteer!



(Left) SAJC students and seniors team up for an art and craft session, transforming plastic bottles into new creations.



SAJC students bring the joy of childhood games to seniors.

GiraffeSG Grant: Empowering Do-Good Efforts

Central Singapore CDC supports partners in their do-good efforts through the GiraffeSG Grant for Institutes of Higher Learning (IHLs).

St Andrew's Junior College (SAJC) recently tapped on the grant for its Hearts & Harmony SG60 Carnival.

About 350 students, teachers and family members came together to spend the day with more than 150 seniors from nursing homes and family service centres. The seniors enjoyed snacks and took part in activities such as bocchia, karaoke and even TikTok dances!

Spot a Giraffe standee or photobooth? Snap a photo and share it on your socials to inspire others to stick their necks out for the community! Tag [@centralsgcdc](#) and use [#GiraffeSG](#) to be part of the movement.

... AND MORE!





5 TIPS TO KEEP YOUR FURKIDS HEALTHY AND HAPPY

Being a responsible 'pawrent' (parent of a pet) goes beyond cuddles and treats. It means making sure your furry friends are well cared for, inside and out.

PET BINGO

How many deeds have you done for animal welfare? Tick off the ones you've done. Got 4 in a row or diagonally? You're a Paw-some Hero!

Donated pet food	Adopted or fostered a pet	Fed an animal responsibly	Shared a pet adoption post
Volunteered at a shelter	Shared a lost pet post	Shared a pet care tip with a friend	Visited an animal shelter
Learnt about responsible pet ownership	Donated funds to a shelter	Reported animal abuse	Walked a shelter dog
Reused household items as pet toys	Built an animal shelter	Encouraged adoption	Attended pet talk on animal welfare

5 PETUA UNTUK MEMASTIKAN HAIWAN PELIHARAAN ANDA SENTIASA SIHAT DAN CERIA

- 1 Sesuaikan diet haiwan kesayangan anda berdasarkan jenis, umur dan keadaan kesihatannya.
- 2 Rancangkan pemeriksaan doktor haiwan yang rutin dan vaksinasi.
- 3 Sertai kegiatan fizikal harian bersamanya untuk merangsangnya dari segi fizikal dan mental.
- 4 Bersihkan bulunya dengan kerap dan pastikan tempat tinggalnya bersih.
- 5 Tunjukkan kasih sayang dan ikuti rutin yang konsisten untuk memberinya kemantapan.



1 Feed Them Right, Not Just What They Like

Make sure your pet's diet suits their breed, age and health condition. Avoid overfeeding and limit table scraps as human food can be harmful (e.g. chocolate, onions and grapes are toxic to dogs). When in doubt, check with your vet for recommendations.



2 Regular Vet Check-Ups are a Must

Plan for routine health check-ups. Annual vet visits can help detect issues early, keep vaccinations up to date and ensure the overall wellbeing of your pet. Don't wait till something's wrong to book that appointment!



3 Exercise Their Body and Mind

Daily walks, playtime and mental stimulation — like training games or toys — keep pets fit, alert and emotionally balanced. Bored pets may become stressed or anxious. A little fun each day goes a long way!



4 Keep Them Clean and Comfy

Regular grooming helps prevent skin issues, infections and excessive shedding. Bathe your pet as needed, brush their coat, clean their ears and trim their nails. Remember to clean their living quarters too. Clean spaces make for happy paws!



5 Give Them Love, Stability and Routine

Animals thrive on consistency and affection. Stick to feeding schedules, be patient during training and shower them with love. A safe, predictable home makes for a confident and happy pet.

5个小窍门, 让毛孩保持健康快乐!

- 1 根据宠物品种、年龄、健康状态调整日常饮食。
- 2 规划好例行兽医检查和疫苗接种。
- 3 每天与毛孩进行运动类活动, 刺激宠物心灵发展与健康。
- 4 定期梳洗打理宠物毛发, 并确保其生活空间保持整洁干净。
- 5 关爱毛孩, 并建立固定的生活习惯, 为宠物提供稳定的生活。

உங்கள் செல்லப் பிராணிகளை ஆரோக்கியமாகவும் மகிழ்ச்சியாகவும் வைத்திருக்க 5 குறிப்புகள்

- 1 உங்கள் செல்லப் பிராணியின் வகை, வயது மற்றும் ஆரோக்கிய நிலைக்கு ஏற்ப அதன் உணவை மாற்றி அமைக்கவும்.
- 2 வழக்கமான மருத்துவப் பரிசோதனைகள் மற்றும் தடுப்பூசிகளுக்குத் திட்டமிடவும்.
- 3 அவற்றுடன் தினமும் உடல்நீரியான நடவடிக்கைகளில் ஈடுபடுவதன் மூலம், உடல் மற்றும் மனநீரியாக அவற்றைச் சுறுசுறுப்பாக வைத்திருக்க முடியும்.
- 4 அவற்றைத் தினமும் சீர்ப்படுத்தி, அவற்றின் இருப்பிடத்தைச் சுத்தமாக வைத்திருக்கவும்.
- 5 அவற்றின் மீதான உங்கள் அன்பை வெளிப்படுத்தவும், அவற்றிற்கு நிலைத்தன்மையை அளிக்க, சீரான நடைமுறைகளைப் பின்பற்றவும்.



Share your pawrent moments on your socials — don't forget to hashtag #FURKIDS@CENTRAL!



READY, SET, POWER UP!

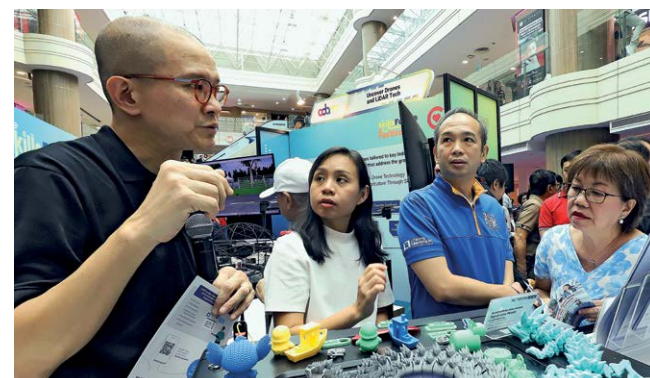
Over 4,000 residents discovered the latest career trends and upskilling opportunities in the digital economy at SkillsFuture Festival @ Central 2025!

The event spotlighted three key emerging skillsets: Artificial Intelligence (AI), Machine Learning, Cybersecurity & Cloud Computing and Data Analytics.

This annual learning festival was organised by Central Singapore CDC, in collaboration with SkillsFuture Singapore, Lifelong Learning Singapore and 18 participating partners — including institutes of higher learning, public agencies, and corporates.



Learning journey participants embarked on excursions to the Huawei Innovation & Sustainability Centre, Schneider Electric Singapore Innovation Hub, and the Maritime and Port Authority of Singapore for experiential learning. Topics covered included sustainability, digitalisation in building management, electrification technologies and more.



Attendees, including Grassroots Adviser Ms Elysa Chen (second from left) and Mayor Denise Phua (far right), explored emerging digital skills through hands-on demonstrations and activities at the Skills Marketplace.

Mid-career switchers received support through the **SkillsFuture Career Transition Programme**. It offers highly subsidised courses to help them gain industry-relevant skills and boost employability. They could also tap on the **SkillsFuture Level-Up Programme**, which provides an additional \$4,000 in SkillsFuture Credit to offset course fees.



Scan to watch event highlights!



Want to stay updated on the latest career tips and upskilling resources? Explore more SkillsFuture offerings — including FREE SkillsFuture Advice workshops and webinars at go.gov.sg/cscdcscsf.



▲ “I come to the SkillsFuture Festival every year to learn about what jobs are available, as well as courses I can attend to gain relevant knowledge and skills. This is not just for myself, but also for my three children; they are all in different stages, so I want to know what courses would be good for them; what is future-ready and future-proof.”

– Jarsel
Skills Marketplace Participant



▲ “Not everyone has the privilege of being in a role that is privy to in-demand skills from growth industries. That’s why learning journeys are so important. They provide an environment for Singaporeans to find out what these growth industries are and what these hirers are looking for.”

– Richard
Learning Journey Participant

MAXIMISE BENEFITS FOR YOUR FINANCIAL PLANNING

Make the most of your benefits with smart financial planning to stay ahead of daily costs of living.

These financial tips are brought to you by Central Singapore CDC in collaboration with UOB*. They aim to equip our residents from all life stages with financial knowledge.

For more tips, check out UOB's resources by scanning the QR code or go to go.uob.com/finlit.



go.uob.com/finlit

*Subject to disclaimers on UOB Financial Literacy.



FOR FIRST JOBBERS



Budget wisely to build an emergency fund

Automate savings digitally to continue building emergency savings, aiming for three to six months' worth of living expenses as a safety net.



Leverage government benefits for your next social outing

Keep fit or attend arts and heritage activities with SG60 ActiveSG Credits and the SG Culture Pass.

FOR WORKING ADULTS



Protect your finances against uncertainty

Spend on what you can afford on insurance premiums and avoid overpaying for duplicate coverage.



Pay down high-interest debt

Use your Assurance Package cash bonus and U-Save Rebates savings to pay down credit card debt or other high-interest loans first to minimise interest payments.

FOR FAMILIES



Maximise your CDC and SG60 Vouchers for daily savings

Use your CDC Vouchers strategically for household necessities, and consider pooling SG60 Vouchers with family members to make bulk purchases for greater savings or pay for bigger ticket items.



Use Climate Vouchers for better savings

Use your Climate Vouchers to purchase energy- and water-efficient appliances and fittings, leading to long-term savings on utility bills.

FOR PRE-RETIRES AND RETIREES



Prepare for medical and long-term care costs

Use your Assurance Package cash bonus and savings from U-Save Rebates to make cash top-ups to your MediSave accounts to enjoy the government's matched savings and boost healthcare savings.



Use SG60 Vouchers strategically

Singaporeans aged 60 and above will receive a higher amount of S\$800. Use it to offset medical bills and daily grocery expenses.

LOOKING FOR **JOBS** OR **STAFF** IN YOUR NEIGHBOURHOOD WITHIN CENTRAL DISTRICT?

Jobs Near Me @ Central

facilitates job opportunities for residents within the Central Singapore District. It supports residents such as homemakers and caregivers who may require flexible working options.

It also helps businesses publicise jobs in the neighbourhood for residents.

மத்திய வட்டாரத்தில் எனக்கருகில் வேலைகள்

எனக்கு அருகிலுள்ள வேலைகள் @ சென்ட்ரல் என்ற திட்டம் மத்திய சிங்கப்பூர் வட்டாரத்தில் வசிப்பவர்களுக்கு வேலை வாய்ப்புகளை வழங்க உதவுகிறது. நெகிழ்வான வேலை நேரத்தை எதிர்பார்க்கும் இல்லத்தரசிகள் மற்றும் பராமரிப்பாளர்களுக்கு ஆதரவு அளிக்கும் வகையில் வேலை வாய்ப்புகள் அமைந்துள்ளன.

மேலும் குடியிருப்பாளர்களுக்கு தங்கள் அருகிலுள்ள வேலைகளை வணிக நிறுவனங்கள் விளம்பரப்படுத்தவும் இது உதவுகிறது.

Jobs Near Me @ Central

memudahkan penduduk Daerah Central mencari peluang pekerjaan. Inisiatif ini juga menyokong penduduk seperti suri rumah dan penjaga yang mungkin memerlukan pilihan pekerjaan yang fleksibel.

Ia juga membantu perniagaan menghebahkan pekerjaan di kejiranan untuk penduduk.

中区就业计划

为居民提供本区域的就业机会。这项措施也为家庭主妇和看护者等需要灵活工作安排的居民提供就业机会。

它也帮助企业向居民宣传附近的工作机会。



LOOKING FOR JOBS?

வேலை தேடுகிறீர்களா?

SEDANG Mencari KERJA?

在找工作吗?



Scan here!

இங்கே வருடுங்கள்!

Imbas di sini!

扫码!

LOOKING TO HIRE STAFF?

வேலைக்கு ஊழியர்களைத் தேடுகிறீர்களா?

SEDANG Mencari PEKERJA?

在招聘员工吗?



Scan here!

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Imbas di sini!

扫码!

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Untuk mengetahui lebih lanjut, hubungi:

欲了解详情, 请联系:

☎ 6983 8879

✉ jobsnearme@fastjobs.sg

✉ pa_centralingsapore@pa.gov.sg

JOBS NEAR YOU!

ADMIN

istudio

FULL-TIME **MERCHANDISING EXECUTIVE**
Orchard

Responsibilities

- Manage product merchandising

Requirements

- Minimum diploma in related discipline/relevant certificate

greensafe

FULL-TIME **SALES EXECUTIVE**
Central

Responsibilities

- Identify and pursue new business opportunities

Requirements

- Proven experience in sales and business development

HR CONSULTANTS

FULL-TIME **RECRUITMENT & ADMINISTRATION EXECUTIVE**
Downtown Core

Responsibilities

- Oversee recruitment processes

Requirements

- Degree or diploma in Administration, Human Resource Management or related disciplines

DREAMUS EDUTAINMENT

FULL-TIME **EXECUTIVE/SENIOR EXECUTIVE, MERCHANDISING**
Downtown Core

Responsibilities

- Perform merchandise operations (retail and events)

Brain and Mind The Shichida Method

FULL-TIME/PART-TIME **CUSTOMER SERVICE EXECUTIVE**
Central Region

Responsibilities

- Handle enquiries and registration of courses

Requirements

- Confident in customer relations management

RETAIL

7 ELEVEN

FULL-TIME/PART-TIME **SALES ASSOCIATE**
Kallang

Responsibilities

- Perform cashier duties

Requirements

- Able to work 3 rotating shifts, 4 days a week

FairPrice

FULL-TIME **BARTENDER / BAR ASSISTANT**
Bishan

Responsibilities

- Responsible for preparing alcoholic or non-alcoholic beverages for bar patrons

Requirements

- Diploma in any discipline with at least 2 years of relevant work experience in service/retail industry

YONG JAR 永发

FULL-TIME **RETAIL ASSISTANT**
Various locations

Responsibilities

- Attend to customers' enquiries and optimise sales

Requirements

- Minimum GCE 'N'/'O' Level
- Customer service oriented

SUNSHINE HEALTH & WELLNESS

FULL-TIME **HEALTHCARE SALES CONSULTANT**
Upper Cross Street

Responsibilities

- Promote and sell health products

Requirements

- Experience in healthcare sales or related

Raffles Place

FULL-TIME **LUXURY RETAIL ASSOCIATE**
Raffles Place

Responsibilities

- Act as a brand ambassador, ensuring the store meets high presentation standards

Requirements

- Previous experience in luxury watch retail is an advantage

guardian

FULL-TIME **RETAIL ASSISTANT**
Various locations

Responsibilities

- Promote and provide excellent customer service

Requirements

- Pleasant and customer service oriented

my CK DEPT STORE

FULL-TIME/PART-TIME **RETAIL ASSISTANT/ CASHIER**
Bukit Merah

Responsibilities

- Perform sales duties

COFFEE BEANS

PART-TIME **FOR STORES**
Downtown Core

Responsibilities

- Attend to customers
- Top up tickets and tokens at machines

Requirements

- Must commit 5 days a week including weekend

PLAYDRESS

FULL-TIME/CONTRACT **RETAIL ASSOCIATE**
Orchard

Responsibilities

- Provide customer service and handle retail operations

Requirements

- Minimum GCE 'N' Level/ 'O' Level/ITE/Higher Nitec in any field

To find out more, contact:

மேலும் அறிந்துகொள்ள, தொடர்பு கொள்ளவும்:

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LOVET

PART-TIME **FASHION RETAIL EXECUTIVE**
HarbourFront/Orchard

Responsibilities

- Manage day-to-day store operations

Requirements

- Maintain excellent customer service standards

Giant

FULL-TIME **CASHIER**
Toa Payoh

Responsibilities

- Perform cashier duties

Requirements

- Good team player

Cold Storage The fresh food people

FULL-TIME **SENIOR CASHIER (TEAM LEADER)**
River Valley

Responsibilities

- Support onboarding and HR/payroll processes for team members

CLEANING

LS2 SERVICES Pte Ltd

PART-TIME **CLEANER**
Central Region

Responsibilities

- Perform cleaning duties

Requirements

- Singaporean and PR only

CTM

FULL-TIME **CLEANER/ FLOATER/ STEWARDING**
Orchard

Responsibilities

- Perform cleaning duties

Abba

FULL-TIME/PART-TIME **CLEANER**
CBD Area

Responsibilities

- Perform cleaning duties

Requirements

- Singaporean, PR and LTVP only

HEALTHCARE

FULL-TIME PARAMEDIC
Central

Responsibilities
- Provide care and transportation for emergency and non-emergency cases

Requirements
- Recognised Paramedic Certificate from SMTI/Civil Defense Academy, Higher NITEC in Paramedicine, Diploma/Advanced Diploma in Paramedicine, or other recognised qualifications

FULL-TIME EMERGENCY MEDICAL TECHNICIAN (EMT)

Responsibilities
- Respond promptly to emergency calls and provide immediate medical assistance at the scene

Requirements
- Certified Emergency Medical Technician (EMT) by SAF or SCDF Certification of BCLS and AED

FULL-TIME HEALTHCARE SUPPORT ASSOCIATE
Queenstown

Responsibilities
- Clean and prepare hospital beds

FULL-TIME CUSTOMER SERVICE OFFICER
Central Region

Responsibilities
- Manage dental clinic operations

F&B

FULL-TIME OPERATION STAFF
Suntec City

Responsibilities
- Oversee outlets' manpower, schedule and allocation

FULL-TIME COOK
Orchard

Responsibilities
- Perform cooking duties

FULL-TIME/PART-TIME KITCHEN HELPER
Kallang

Responsibilities
- Food preparation, ordering duties, other ad hoc duties

Requirements
- A valid Basic Food Hygiene Certificate is preferred

FULL-TIME BARTENDER
Newton

Responsibilities
- Prepare and serve a wide range of beverages

Requirements
- Previous bartending experience in a high-volume environment

PART-TIME KITCHEN CREWS
Hougang, Bishan

Responsibilities
- Cook and prepare food timely according to SOPs

Requirements
- Self-motivated and disciplined, with good interpersonal and organisational skills
- Able to work in a fast-paced environment

FULL-TIME DIGITAL MARKETING MANAGER

Responsibilities
- Develop and implement digital marketing strategies

Requirements
- Bachelor's degree in Marketing, Digital Media or related field

FULL-TIME/PART-TIME BARTENDER
Central Region

Responsibilities
- Perform bartending duties

Requirements
- Able to work under pressure and in a fast-paced environment

FULL-TIME CHEF DE PARTIE
Outram

Responsibilities
- Oversee the preparation, cooking and presentation of various dishes

Requirements
- Previous experience in a kitchen role
- 5-day work week

PART-TIME JAPANESE RAMEN SERVICE/KITCHEN CREW
Central Region

Responsibilities
- Serve customers and handle restaurant operations

Requirements
- Must be able to handle non-halal food preparation

FULL-TIME MANAGEMENT TRAINEE/ ASSISTANT MANAGER
Suntec City

Responsibilities
- Perform daily operation tasks (including kitchen operations)
- Manage a team of full-time and part-time crew members

Requirements
- 1 year full-time experience in F&B industry

FULL-TIME ACCOUNTS ADMIN
Kallang

Responsibilities
- Accounts payable, accounts receivable, admin and support tasks

Requirements
- Minimum 2 years of experience in an accounts/admin-related role

JOBS NEAR YOU!

PART-TIME BARISTA
Downtown Core

Responsibilities
- Perform barista duties

Requirements
- No previous experience required. Training will be provided

FULL-TIME KITCHEN ASSISTANT (KOREAN CHICKEN)
Hougang, Bishan

Responsibilities
- Perform kitchen duties including preparation of food ingredients

FULL-TIME BARISTA CUM MIXOLOGIST
Raffles Place MRT

Responsibilities
- Prepare and serve a variety of beverages

Requirements
- Possibility of working outside regular business hours

FULL-TIME AREA MANAGER (F&B)
Central

Responsibilities
- Manage F&B outlets' operations and lead teams to deliver service excellence

Requirements
- Minimum GCE 'O' Level/ Higher NITEC/Diploma

To find out more, contact:
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QUICK BITES, BIG VIBES

These 15-minute **GEN Z RECIPES** are big on flavour, low on effort and perfect for your next chill night or feed post.



ICED DIRTY MATCHA OAT LATTE

Work stress? School tired? Treat yourself to the ultimate pick-me-up because matcha + espresso = boss-level boost.

- Time:** 5 mins
- Ingredients:**
- 1 tsp matcha powder
 - 2 tsp hot water
 - 1 tsp honey or maple syrup (optional)
 - ¾ cup oat milk (or any milk)
 - 1 shot espresso (or 1 tsp instant coffee + 2 tsp hot water)
 - Ice cubes
 - Oat or soy whipped cream (optional)
- Steps:**
1. Whisk matcha with hot water + honey until smooth and frothy.
 2. Fill a cup with ice cubes.
 3. Pour in oat milk.
 4. Add your espresso shot
 5. Top it off with your matcha mix slowly.
 6. Optional: Add a little whipped cream or sprinkle cinnamon/edible flowers for that final glow-up.



'MAIN CHARACTER ENERGY' CLEAN CRUNCH RAMEN SALAD

No sad salads. Just crunchy, colourful fuel for your wellness era.

- Time:** 10-12 mins
- Ingredients:** (2 servings)
- 1 pack wholegrain or brown rice instant noodles (any air-dried, low-sodium option)
 - 1 cup shredded purple cabbage
 - ½ cup carrot ribbons (use a veggie peeler)
 - ½ cup baby spinach or kale, shredded
 - ½ avocado, cubed
 - Protein of choice:
 - 1 hard-boiled egg,
 - or baked tofu,
 - or chickpeas
 - 1 tbsp roasted sunflower seeds or pumpkin seeds
 - Optional: Mango cubes or cherry tomatoes for extra vibe
- Lighter Dressing:**
- 1 tbsp low-sodium soy sauce
 - 1 tbsp apple cider vinegar or lemon juice
 - ½ tsp sesame oil
 - 1 tsp honey or date syrup
 - Dash of chilli flakes or sriracha (optional heat)
 - Add a little grated ginger for immune-boosting zing
- Steps:**
1. Crush and toast the instant noodles in a dry pan for ~2-3 mins OR air-fry for 1 min (optional but adds texture).
 2. Mix all veggies, protein and toppings in a bowl.
 3. Shake up your dressing and pour, and toss the salad.

Discover more healthy eats at Central Singapore Market — part of our Physical Wellness and Sustainability Pillar.

Scan the QR code or visit:
centralsingapore.cdc.gov.sg/
central-singapore-market



‘PERHAPS, IT’S LOVE’ BY THE PURPLE SYMPHONY

Singapore’s largest inclusive orchestra, The Purple Symphony, held its 11th annual concert at the Singapore Conference Hall on 14 and 15 June 2025. Themed “Perhaps, It’s Love”, the concert wove together music and emotion to celebrate love in its many forms — from self-discovery and artistic passion, to friendship, community bonds and national pride.



From left: Marcus Emmanuel Koh Jun Wee and Nur Anisah Daaniys, both talented musicians who are visually impaired.

It was a powerful showcase of unity through music, where differently-abled individuals performed side by side, proving how love and music can bridge differences.

The orchestra has been performing regularly at community events — and there’s more to come! Look out for upcoming shows in Q3 and Q4.



Scan the QR code to stay updated on where we’ll be next!



Scan the QR code to watch the event highlights!

From left: Ms Liong Kit Yeng, Assistant Conductor and Composer-in-Residence; Ms Chang Hwee Nee, Chief Executive Officer, National Heritage Board; Mr Heng Swee Keat, Former Deputy Prime Minister; Mr David Neo, Acting Minister for Culture, Community and Youth, and Senior Minister of State for Education; Ms Denise Phua, Mayor of Central Singapore District and Adviser to The Purple Symphony; and Mr Quek Ling Kiong, Artistic Director.

“The effort by The Purple Symphony over the last 11 years shows the importance of believing in people and supporting them. We support each individual to be able to maximise his or her potential. They will be able to create magic, realise their dreams and go as far as possible. That is the kind of inclusive society that we want to create together.”

– Minister of National Development, Mr Chee Hong Tat



From left: Mrs Josephine Teo, Minister for Digital Development and Information; Mr Chee Hong Tat, Minister for National Development; Ms Denise Phua, Mayor of Central Singapore District and Adviser to The Purple Symphony; and Mr Quek Ling Kiong, Artistic Director.

“The story of The Purple Symphony was written because of our strong belief in the cause of inclusion. This year’s concert is a reminder that love is a collective effort to care for and uplift one another, regardless of ability. In the spirit of SG60, The Purple Symphony hopes to ‘play’ it forward, and further share the message of love and inclusion through our music in the coming year.”

– Mayor Denise Phua

“Over the years, I’ve watched our musicians work hard to hone their skills. I am incredibly proud of how far they’ve come. They spent countless hours practicing, overcoming challenges, and achieving growth through determination and purpose. Their dedication to perfecting every note shows their love for music. Inclusivity is also reflected in our music, where Eastern and Western instruments and cultures blend to create something uniquely Singaporean.”

– Artistic Director, Mr Quek Ling Kiong



Follow us on social media for the latest updates. If you’re a budding musician keen to join us, or if you’re interested in sponsoring our journey towards becoming a national orchestra, contact Lynn at PA_CentralSingapore@pa.gov.sg.

UPLIFTING COMMUNITIES WITH OUR PARTNERS

Big thanks to Unilever and Si Chuan Dou Hua Restaurant for doing good with us!



In celebration of the SG60 spirit, Central Singapore CDC collaborated with Unilever to support seniors and youths through a series of community initiatives.

The collaboration was rolled out in three phases:

1. Distribution of 60,000 SG60 care packs to households in the Central District, under the **Gift of Love** initiative.
2. Home cleaning for disadvantaged seniors by Unilever staff volunteers, as part of the **Silver Homes** initiative.
3. An upcoming learning journey to the Unilever Campus for youths, under the **DOTS Academy @ Central** initiative.



“Unilever is proud to bring the power of our products and purpose to this meaningful SG60 initiative. Through our partnership with Central Singapore CDC, we’re not just delivering care packs — we’re delivering dignity, safety, and a cleaner tomorrow to 60,000 homes.”

MR ASEEM PURI
CEO, Unilever International



Scan to watch event highlights!

Central Singapore CDC and Si Chuan Dou Hua Restaurant are bringing festive cheer directly to heartland communities through the new **Kitchen of Love @ Central** initiative. This is the latest in their ongoing partnership spanning over 14 years to support meaningful community causes.

The mobile kitchen will serve **Si Chuan Dou Hua’s signature dishes** to households in need across the Central District.

Families with lower incomes will also receive **care packs** containing kitchen appliances and ready-to-eat meals, allowing them to continue the celebration at home.

Selected beneficiaries will have the opportunity to undergo **culinary training** with the restaurant’s chefs — equipping them with skills to give back to the community through cooking.



“At Si Chuan Dou Hua Restaurant, we believe that food is most meaningful when it’s rooted in love. With Kitchen of Love @ Central, we are honoured to serve beneficiaries not just nourishing meals, but also to bring joy and comfort. This initiative is deeply aligned with the values I share that food carries the power to connect, heal and move hearts.”

MS WEE WEI LING
Executive Director,
Si Chuan Dou Hua Restaurant



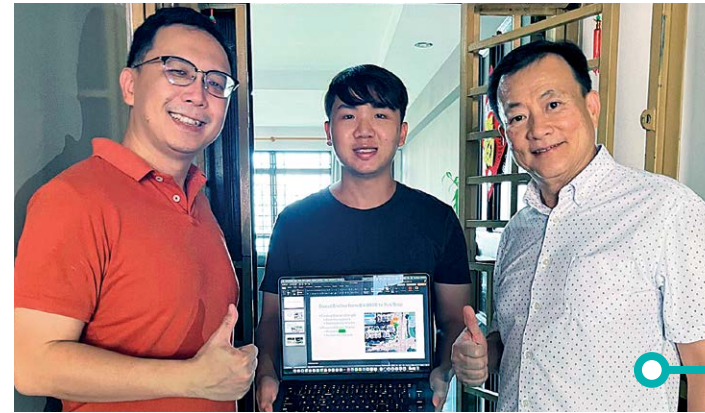
Scan to watch event highlights!

Join us and let’s do good together! If you are a corporate organisation that wishes to give back to our community, write in to **Ysabela** at PA_CentralSingapore@pa.gov.sg.



ON THE GROUND

Central Singapore CDC works with community partners such as **Grassroots Organisations (GROs)** and volunteers to serve our residents.



Buangkok-Fernvale South

“House visits often feel like a treasure hunt, revealing unexpected gems in the community. During a recent visit, we met a resident who took the initiative to create a detailed PowerPoint with map and diagram to suggest estate improvements.”

GRA Mr Victor Lye
Buangkok-Fernvale South



GET IN TOUCH



Ang Mo Kio-Hougang

“Our SG60 marketplace brought local merchants and brands together, while making essential items more affordable, spreading joy to our residents.”

GRA Mr Darryl David
Ang Mo Kio-Hougang



GET IN TOUCH



Cheng San

“Our team appreciated the superhero dads in our community for Father’s Day — thank you for all that you do for your families!”

GRA Ms Nadia Ahmad Samdin
Cheng San



GET IN TOUCH



Buona Vista

“At Celebrate SG60 @ Buona Vista, neighbours came together through festive gatherings, shared stories and joyful moments that reflect our spirit, unity and pride as one community.”

GRA Mr Chan Chun Sing
Buona Vista



GET IN TOUCH



Henderson-Dawson

“Our residents enjoyed a fun-filled evening at our eco-festival, nurturing green habits through workshops and fun activities. All of us want to play our part in keeping Singapore clean and green!”

GRA Ms Joan Pereira
Henderson-Dawson



GET IN TOUCH



Bishan East-Sin Ming

“The Keep Singapore Clean 2025 campaign may have wrapped, but the effort to ensure our neighbourhoods remain clean is an ongoing journey — one we take together.”

GRA Ms Elysa Chen
Bishan East-Sin Ming




GET IN TOUCH



Jalan Kayu

“Spending time with Parc Botannia residents at their first water carnival, laughing and enjoying water games together, truly warmed my heart and reminded me of how close-knit our Jalan Kayu community is.”

GRA Mr Ng Chee Meng
Jalan Kayu



GET IN TOUCH



Kampong Glam

"Residents and I at one of our signature 'Walks Around The Island' — loving our amazing Singapore!"

GRA Ms Denise Phua
Kampong Glam



GET IN TOUCH



Marymount

"Having a splashing time with our young residents!"

GRA Ms Gan Siow Huang
Marymount



GET IN TOUCH



Kebun Baru

"Glad to celebrate with residents at the annual Kebun Baru Spring RN Parents' Day Dinner — a heartfelt tribute to the love and sacrifices of parents."

GRA Mr Henry Kwek
Kebun Baru



GET IN TOUCH



Moulmein-Cairnhill

"Our MoCa Well-Being Circle provides mental wellbeing workshops, creating a safe and supportive environment for residents to pause, reflect and strengthen their inner resilience."

GRA Mr Alvin Tan
Moulmein Cairnhill



GET IN TOUCH



Kolam Ayer

"Our Kolam Ayer SG60 celebration was a heartfelt reminder that, together, we create a community where everyone belongs and matters."

GRA Dr Wan Rizal
Kolam Ayer



GET IN TOUCH



Potong Pasir

"Had a great time co-creating Singapore's Largest Sand Art Wall Mural with our residents to mark SG60 as a community in Potong Pasir!"

GRA Mr Alex Yeo
Potong Pasir



GET IN TOUCH



Kreta Ayer-Kim Seng

"Happy to have brought our residents to Rainforest Wild Asia. We had such a great time together spotting many cute animals and enjoying the day out as a community!"

GRA Mrs Josephine Teo
Kreta Ayer-Kim Seng



GET IN TOUCH



Queenstown

"Empowering change one haircut at a time in support of children battling cancer."

GRA Mr Eric Chua
Queenstown



GET IN TOUCH



📍 Radin Mas

“Promoting green living through rooftop gardening — join us in cultivating a more sustainable and connected community!”

GRA Mr Melvin Yong
Radin Mas



GET IN TOUCH



📍 Seletar-Serangoon

“Seletar Hills residents savoured durians and local snacks while enjoying carnival games at the community Fruit Fiesta.”

GRA Ms Jasmin Lau
Seletar-Serangoon



GET IN TOUCH



📍 Tanjong Pagar-Tiong Bahru

“At 112 Jalan Bukit Merah Market and Food Centre’s Market Fiesta, generations united through food and festivities, breathing new life into our cherished hawker centre legacy.”

GRA Mr Foo Cexiang
Tanjong Pagar-Tiong Bahru



GET IN TOUCH



📍 Teck Ghee

“Happy to meet our little ones and present their families with the #SG60 Baby Gift!”

GRA Mr Lee Hsien Loong
Teck Ghee



GET IN TOUCH



📍 Telok Blangah

“Pizza-and-games night with our youths during the June holidays! I love them so much and hope each of them find their niche and lane.”

GRA Ms Rachel Ong
Telok Blangah



GET IN TOUCH



📍 Toa Payoh Central

“Seeing smiles and heartfelt moments as we joined volunteers to distribute flowers around Toa Payoh Central was a meaningful way to honour the care and strength of mothers this Mother’s Day.”

GRA Mr Cai Yinzhou
Toa Payoh Central



GET IN TOUCH



📍 Toa Payoh East

“Together with residents, we built more than just a new playground — we built stronger bonds in our Toa Payoh East community.”

GRA Mr Saktiandi Supaat
Toa Payoh East



GET IN TOUCH



📍 Toa Payoh West-Thomson

“Joined 370 residents to set a Singapore record for the largest mass chair yoga. We’re happy to see our residents taking active steps to stay healthy.”

GRA Mr Chee Hong Tat
Toa Payoh West-Thomson



GET IN TOUCH



📍 Whampoa

“Let’s continue to enjoy the conversations and the connections we have with one another in our community.”

GRA Mr Shawn Loh
Whampoa



GET IN TOUCH



📍 Yio Chu Kang

“Laughter, stories and shared traditions filled Yio Chu Kang as we celebrated Racial Harmony Day and SG60 together. Here’s to our vibrant community spirit and Singapore’s 60th birthday!”

GRA Mr Yip Hon Weng
Yio Chu Kang



GET IN TOUCH

JOIN US @ CENTRAL

Walking Trails @ CDC



Explore Central Singapore's hidden gems while staying active!

Join our exciting 5km walking trail that combines fitness with fun digital challenges.

Bring your family and friends along as you discover your neighbourhood, complete interactive tasks and earn vouchers!*

Start your adventure today at CrowdTaskSG (www.crowdtask.gov.sg).
*Terms and conditions apply.

ArtsEverywhere @ CDC



13 Sep 2025
ArtsEverywhere @ CDC at SkyTerrace @ Dawson
5pm - 8pm

11 Oct 2025
ArtsEverywhere @ CDC at Kreta Ayer Square (Near Chinatown Complex)
5pm - 9pm

The Purple Symphony



11 Sep 2025
SMU Arts Festival (The Purple Symphony Performance with SMU Chinese Orchestra) at Singapore Management University
8pm

2 Nov 2025
The Purple Symphony at Beautiful Sunday at Esplanade
2pm - 3pm

SkillsFuture Advice Workshops



13 Sep 2025
Digital Manufacturing & Industrial Automation and SkillsFuture Advice
Zoom Webinar
10am - 11.30am

8 Nov 2025
Intellectual Property and SkillsFuture Advice
Zoom Webinar
10am - 11.30am

Central Singapore Market



17 Aug 2025
Central Singapore Market at Radin Mas at Block 114
Bukit Purmei Road Basketball Court
9am - 1pm

16 Nov 2025
Central Singapore Market at Fernvale CC
1pm - 4pm

AND MORE!



Scan to stay updated on our upcoming SkillsFuture Advice workshops!



Scan to stay updated on our upcoming events!

Event details are correct at the time of printing and may be subject to change.



**SIP, SHOP
AND SUPPORT
SOCIAL
ENTERPRISES
@ CENTRAL
SINGAPORE
DISTRICT**

Social enterprises serve more than products — they uplift marginalised communities. From JOJOMAMA's handcrafted gifts to The Social Space's warm cups and Crossings Café's heartwarming meals, every visit empowers special needs artisans, ex-offenders, single mums and more. Choose purpose — your purchase can change lives.

JOJOMAMA

A homegrown social enterprise, JOJOMAMA empowers young adults with special needs through meaningful employment. They upcycle real flowers and leaves into beautiful resin creations — from coasters and trays to art pieces and more — all customisable with names and messages. Bring home a one-of-a-kind gift that celebrates the beauty of nature and inclusion.



go.gov.sg/voices-aug-25-jojomama-ig

Re-Store

Re-store is a design-forward brand that transforms overlooked textiles into stylish, purposeful accessories. Their inclusive, impact-driven model supports artisans, including persons with disabilities. Through intentional craft and storytelling, they reimagine fashion as a force for connection, creativity, and change — championing sustainability, community, and conscious design in every piece they make.



go.gov.sg/voices-aug-25-re-store-ig



Crossings Café

Crossings Café trains and employs youths with disabilities, serving up comforting dishes like chilli crab pasta and sticky buns. Run by Assumption Pathway School, the café channels its profits into educational programmes for marginalised youth — turning every meal into a meaningful contribution.



go.gov.sg/voices-aug-25-crossingscafe-fb



The Social Space

A lifestyle hub with heart, The Social Space brings together a café, fair-trade retail area and nail salon — all under one roof. The space provides training and employment opportunities for individuals from underprivileged backgrounds. Every purchase and visit supports ethical living and inclusive hiring.



go.gov.sg/voices-aug-25-the-socialspace-fb



The Nail Social

A chic salon in Haji Lane and Chinatown staffed by underprivileged women who gain vocational training and flexible employment. They offer manicures and pedicures with a friendly, relaxed vibe — plus, free movie screenings while you pamper yourself.



go.gov.sg/voices-aug-25-the-nailsocial-fb



Know of other inspiring social enterprises in Central Singapore? We'd love to hear from you! Your support helps grow an inclusive and caring community. Email us at PA_CentralSingapore@pa.gov.sg



SOLE MAKER FOR SINGAPORE'S STATESMEN

For Mr Lee Kean Siong, shoemaking is more than a craft — it's a lifelong calling that has quietly supported Singapore's leaders.

Tucked away in Jalan Kukoh, the humble shopfront of Lee Hoi Wah Shoe Maker holds a piece of Singapore's history. Among the tools and materials sits a pair of wooden foot moulds — handcrafted shoe lasts made for the late Mr Lee Kuan Yew.

The tradition began with Mr Lee Kean Siong's father, who was first commissioned to make shoes for Singapore's first Prime Minister. After his father's passing in 1991, Mr Lee continued the honour, meticulously crafting black leather dress shoes for Mr Lee Kuan Yew and later, for other national leaders including former President S R Nathan.

"It takes one to two months to complete a pair of custom shoes," said Mr Lee, who began learning the trade in 1973. "You have to measure carefully and think through every step. Even the two feet of the same person can be different."

But beyond technique, he believes, the craft requires heart. "You can't just learn how to make shoes. You have to observe, understand how people live and walk. Shoemaking is a passion — not just a job."

His precision and care have made him a trusted name among doctors, who often refer patients with foot conditions for bespoke shoes. The late founding Prime Minister, however, came on the recommendation of his wife, Madam Kwa Geok Choo, a customer of the shop.

"They liked my shoes because they could wear them for a long time," said Mr Lee. "With the right shoes, you can stand tall, stay comfortable, and not feel tired."

Now in their 70s, Mr Lee and his sister, Madam Christine Lee, plan to retire and wind down the business. While it marks the end of an era, Mr Lee remains proud of his legacy.



Mr Lee Kean Siong

சிங்கப்பூர்த் தலைவர்களுக்கான ஒரே காலணித் தயாரிப்பாளர்

திரு லீ கியான் சியோங் அவர்களுக்கு, காலணி தயாரிப்பது என்பது ஒரு கைவினைத் தொழில் மட்டுமல்ல. இது சிங்கப்பூர்த் தலைவர்களுக்கு அமைதியாகச் செய்த ஒரு வாழ்நாள் சேவையாகும்.

ஜாலான் குக்கோவில் ஒதுக்குப்பறமாக இருக்கும், லீ ஹோய் வா காலணி தயாரிப்பாளரின் எளிமையான கடைக்குள் சிங்கப்பூர் வரலாற்றின் ஒரு பகுதி உள்ளது. கருவிகள் மற்றும் பொருட்களுக்கு மத்தியில் ஓர் இணை அரத்தாலான பாத அச்சுகள் உள்ளன. இவை காலஞ்சென்ற திரு லீ குவான் யூ அவர்களுக்காகக் கையால் செய்யப்பட்ட காலணி அச்சுகள்.

இந்த மரபு திரு லீ கியான் சியோங்கின் தந்தையால் தொடங்கப்பட்டது. சிங்கப்பூரின் முதல் பிரதமருக்குக் காலணிகள் செய்ய முதலில் அவர்தான் நியமிக்கப்பட்டார். 1991ஆம் ஆண்டில் அவரது தந்தை காலமான பிறகு, திரு லீ அந்த கௌரவத்தை தக்கவைத்துக்கொண்டு, திரு லீ குவான் யூவிற்கும், பின்னர் முன்னாள் அதிபர் எஸ் ஆர் நாதன் உட்பட மற்ற தேசியத் தலைவர்களுக்கும் கருப்பு நிறத் தோல் காலணிகளை மிக நுணுக்கமாக வடிவமைத்தார்.

"ஓர் இணை பிரத்தியேகக் காலணிகளைத் தயாரிக்க ஒன்று முதல் இரண்டு மாதங்கள் வரை ஆகும்," என்று 1973ஆம் ஆண்டில் இத்தொழிலைக் கற்கத் தொடங்கிய திரு லீ கூறினார். "நீங்கள் கவனமாக அளவெடுத்து ஒவ்வொரு அடியையும் பற்றி யோசிக்க வேண்டும். ஒரே நபரின் இரண்டு கால்கள் கூட வித்தியாசமாக இருக்கலாம்."

ஆனால், இந்த நுட்பத்தைத் தாண்டி, இந்தக் கைவினைக்கு மனம் என்பது அவசியம் என்று அவர் நம்புகிறார். "நீங்கள் காலணிகள் செய்வது எப்படி என்பதை மட்டும் கற்றுக்கொள்ள முடியாது. மக்கள் எப்படி வாழுகிறார்கள், நடக்கிறார்கள் என்பதை நீங்கள் கவனிக்க வேண்டும், புரிந்துகொள்ள வேண்டும். காலணி தயாரிப்பது ஒரு வேட்கை - வெறும் வேலை அல்ல."

அவரது துல்லியமும் கவனமும், கால் பிரச்சினைகள் உள்ள நோயாளிகளுக்கான சிறப்புக் காலணிகளுக்காக, அவரைப் பரிந்துரைக்கும்விதமாக மருத்துவர்கள் மத்தியில் அவரை ஒரு நம்பிக்கைக்குரியவராக மாற்றியுள்ளன. காலஞ்சென்ற தேசத்தை நிறுவிய பிரதமருக்கு, அவரது மனைவி திருமதி குவா கியோக் தூ, அந்தக் கடையின் ஒரு வாடிக்கையாளர் என்ற முறையில் பரிந்துரைத்தார்.

"அவர்கள் என் காலணிகளை விரும்பினார்கள், ஏனெனில் அவற்றை நீண்ட காலம் அணியலாம்," என்று திரு லீ கூறினார். "சரியான காலணிகளுடன், நீங்கள் கம்பீரமாக நிற்கலாம், வசதியாக இருக்கலாம், சேர்வாக உணர்மாட்டீர்கள்."

தற்போது 70 வயதுகளில் இருக்கும் திரு லீ மற்றும் அவருடைய சகோதரி திருமதி கிறிஸ்டின் லீ, ஓய்வு பெற்று விவாபாரத்தை முடித்துக்கொள்ளத் திட்டமிட்டுள்ளனர். இது ஒரு சகாப்தத்தின் முடிவைக் குறித்தாலும், திரு லீ தனது பாரம்பரியத்திற்காகப் பெருமைப்படுகிறார்.

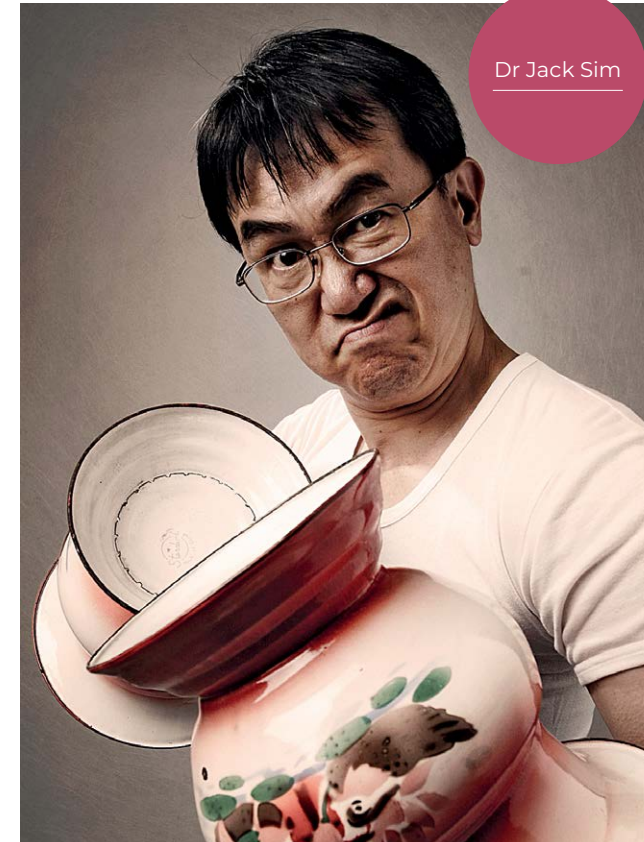
CHAMPIONING CHANGE FROM THE BOTTOM UP

From clean toilets to ending poverty, Dr Jack Sim believes joy comes from serving others.

At 68, Dr Jack Sim shows no signs of slowing down. Best known as the founder of the World Toilet Organisation and the official UN World Toilet Day, he recently released *The Gumption of Mr Toilet*, a book that traces his journey from troubled student to successful entrepreneur and global changemaker.

"I probably had ADHD (attention deficit hyperactivity disorder) – I couldn't sit still in school," he says. "But when I started selling building materials, I found my stride." After launching 16 businesses, Dr Sim achieved financial independence by 40 – and pivoted to public service.

"Once your time becomes more valuable than money, why keep chasing wealth?" he says. "I wanted to do social work, and I picked sanitation because no one wanted to talk about it. But if we don't talk about an issue, we can't fix it."



Dr Jack Sim

Today, the World Toilet Summit is in its 25th year, and Dr Sim is also championing the Bottom of the Pyramid (BoP) Hub, a platform to empower communities in poverty. "Some ask, why aim to help four billion people? But it's not about one person – it's about sparking a movement. As Singaporeans, we're respected for our problem-solving skills. Why not use them for good?"

To Dr Sim, service is the most rewarding pursuit. "Love is giving without expecting anything back," he says. "When you do that, you realise you're already living in abundance."

改变世界, 由我开始

对沈锐华博士来说, 只要服务他人, 无论是小至确保厕所清洁或大至助人摆脱贫困, 都可以为他带来快乐。

现年68岁的沈锐华博士丝毫没有放慢脚步, 仍继续为理想闯荡。沈锐华博士最广为流传的事迹, 就是创立了世界厕所组织, 并与联合国合办了世界厕所日。最近, 他出版了一本名为《The Gumption of Mr Toilet》(直译为《厕所先生的魄力》)的书籍, 分享他的人生故事, 叙述他从问题学生到成功企业家, 再到国际创变者的心路历程。

他说: "我应该是有多动症(ADHD), 在学校上课时总是坐不住。但在我开始售卖建材后, 就找到属于自己的轨道。" 沈锐华博士创办了16家公司, 在40岁取得了财务自由后, 决定转换跑道, 投入公共服务。

他分享道: "时间一旦变得比金钱更珍贵, 就何必继续追逐财富呢? 我想从事社会工作, 而之所以选择为公共卫生努力, 是因为没人想谈这个问题。但是, 如果避而不谈, 就永远无法解决。"

如今, 世界厕所峰会已迈入第25个年头, 而沈锐华博士也在为金字塔底层中心(BoP Hub)努力。此中心为一个帮助贫困人士的平台, 为提升社会底层人民的生活素质而设。"有人问, 为什么要设下帮助40亿人的目标? 我觉得, 这些工作不是一个人的事, 其作用是要让整个社会动起来。国际上许多人都十分佩服新加坡人解决问题的能力。既然如此, 那我们为何不善加利用, 为社会带来正面改变?"

对沈博士来说, 没有什么比服务他人更具意义。他说: "爱是无私奉献, 不求回报。能够做到的话, 你就会发现自己有多富有。"

CARING BEYOND HER YEARS

She may be only 18, but Ms Garina Peck is already making a difference in the lives of seniors – and inspiring her peers to do the same.

A second-year student at St Andrew's Junior College, Ms Garina Peck has already led two social projects supporting seniors and organised a Renal Rally mini-carnival to raise awareness of kidney disease. She shares what drives her.

What inspired you to come up with Mission Reminiscence, a project centred on seniors at Viriya Family Service Centre (FSC)?
One in 10 seniors in Singapore have dementia – and that number is growing. I was inspired by how reminiscence activities can improve well-being by helping seniors recall past experiences.

With support from my service learning teacher, we collaborated with Viriya FSC and designed fun ways for seniors to reflect on their memories. In one activity, coloured sticks led to questions about childhood games or favourite snacks. We also introduced Canva to teach basic digital skills – which was a first for many of them!

What about your befriending project at the National Kidney Foundation (NKF) Centres – what gap were you looking to fill?
Dialysis can be lonely. I gathered eight friends to spend time with seniors at NKF centres in Toa Payoh and Boon Keng. We talked for about two hours each visit, and learned to be more empathetic and present.

Once, I approached an uncle who looked downcast. He started with short replies but ended up sharing about his family. That moment really touched me.

What have you learnt from your volunteering work so far?
Not to fear ageing. Seeing seniors stay active and engaged has made me look forward to ageing too. And I've learnt that just showing up matters. I still visit Viriya FSC weekly for Rummy O sessions – and we're planning a fish soup outing soon!

Ms Garina Peck



PENYAYANG WALAUPUN USIA MUDA
Beliau mungkin hanya berusia 18 tahun, tetapi Cik Garina Peck sudah pun mula memperbaiki kehidupan warga emas – dan memberi inspirasi kepada rakan-rakan sebaya untuk mengikuti langkahnya.

Beliau seorang pelajar tahun kedua di Maktab Rendah St Andrew, namun telah pun mengetuai dua projek sosial menyokong warga emas dan menganjurkan karnival mini Rali Ginjal untuk meningkatkan kesedaran tentang penyakit buah pinggang. Beliau berkongsi apa yang mendorongnya.

Apakah yang memberi inspirasi kepada anda untuk menghasilkan Misi Kenang Kembali, sebuah projek yang tertumpu kepada warga emas di Pusat Khidmat Keluarga (FSC) Viriya? Seorang daripada 10 warga emas di Singapura mengalami demensia – dan jumlah itu semakin meningkat. Saya terdorong apabila saya melihat bagaimana kegiatan merenungi masa lalu boleh meningkatkan kesejahteraan dengan membantu warga emas mengingati pengalaman masa lampau masing-masing.

Dengan sokongan daripada guru pembelajaran perkhidmatan saya, kami bekerjasama dengan FSC Viriya dan melakarkan cara-cara yang menyeronokkan untuk warga emas mengimbas semula kenangan mereka. Dalam satu aktiviti, kayu yang berwarna mencetuskan soalan tentang permainan zaman kanak-kanak atau makanan ringan kegemaran mereka. Kami juga memperkenalkan Canva untuk mengajar mereka kemahiran digital asas – yang kebanyakan mereka pelajari buat julung-julung kali!

Bagaimana pula dengan projek pendampingan anda di Pusat Yayasan Buah Pinggang Kebangsaan (NKF) – apakah jurang yang ingin anda penuhi?
Dialisis boleh menjadi pengalaman yang sepi. Saya mengumpulkan lapan rakan untuk meluangkan masa bersama warga emas di pusat NKF di Toa Payoh dan Boon Keng. Kami berbual dengan mereka selama kira-kira dua jam dalam setiap lawatan, dan belajar untuk menunjukkan empati dan prihatin.

Pernah sekali, saya mendekati seorang pakcik yang kelihatan murung. Mula-mula, dia menjawab secara ringkas, tetapi akhirnya berkongsi tentang keluarganya. Detik itu benar-benar menyentuh hati saya.

Apa yang anda pelajari daripada kegiatan sukarelawan anda setakat ini? Usah gerun pada penuaan. Melihatkan warga emas kekal aktif dan terus terlibat membuatkan saya berasa lapang hati untuk meniti masa tua nanti. Dan saya telah belajar bahawa hanya dengan menghadirkan diri, saya boleh membuat perbezaan. Saya masih mengunjungi FSC Viriya setiap minggu untuk sesi Rummy O – dan kami merancang untuk keluar makan sup ikan tidak lama lagi!



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