Central Singapore CDC

December 2020

VOICES

Building a Do-Good District

KNOWING YOUR NEIGHBOURHOOD

认识你的邻里 • Kenali Kawasan Kejiranan Anda

உங்கள் சுற்றுப்புறத்தை தெரிந்து கொள்ளுதல்

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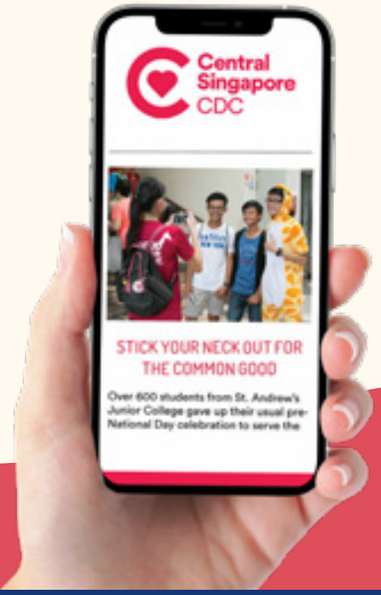

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STAND TO WIN REUSABLE CUTLERY SETS!

In this issue of VOICES, we've incorporated more video content! Simply scan the QR codes to watch them.

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@centralsgcdc

First 20 readers
with the correct answer will stand to win two reusable cutlery sets each!

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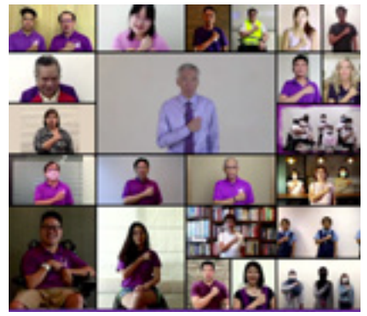

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Editorial Advisers
Denise Phua
Daren Shiau

Publishing & Design
Central Singapore CDC
NextofKin Creatives Pte Ltd

Editorial Team
Lau Siew Ching
Cher Jin Zhi
Kris Ye
Vincent Chia
Cheryl Lew
Janna Khoo

Central Singapore CDC

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அன்பார்ந்த குடியிருப்பாளர்களே,

மத்திய சிங்கப்பூர் சமூக மேம்பாட்டு மன்றம் உங்களுக்கு நல்வாழ்த்து தெரிவித்துக் கொள்கிறது! கொவிட்-19 கிருமிப்பரவலுக்கு எதிராக நாம் தொடர்ந்து போராடி வருகையில் நீங்கள் பாதுகாப்பாக இருப்பீர்கள் என நம்புகிறேன்.

எதிர்வரும் காலம் அவ்வளவு சுலபமாக இருக்காது என்றாலும், எனது குழுவினரும், எங்களது தொண்டூழியர்களும் நானும் ஒன்றுசேர்ந்து, நமது குடியிருப்பாளர்களின் வாழ்க்கையை மேம்படுத்த கூடுதல் முயற்சி எடுத்து உதவி புரிவோம்.

மாணவருக்கு இலவச உணவு வழங்கும் சேவையும், சமூக மேம்பாட்டு மன்ற சமூகப் பற்றுச்சீட்டுகள் திட்டமும் அண்மையில் தொடங்கப்பட்டன. 2021ஆம் ஆண்டுக்கான எங்கள் திட்டங்களில் சமூக வேலைவாய்ப்புத் திட்டங்கள், மனநல விழிப்புணர்வுத் திட்டம், கொவிட்-19 கிருமிப்பரவலால் பாதிப்படைந்தோருக்குக் கூடுதல் நிதி ஆதரவளிப்பு ஆகியன உள்ளடங்கும்.

நமது சமூக மேம்பாட்டு மன்றம் #EnoughTalk தொடரைத் தொடர்ந்து நடத்தி, பலவீனமான நிலையில் இருப்பவர்களுக்கு உதவி புரிய பங்காளிகளுடன் கூட்டிணைந்து செயல்படும். உதவி தேவைப்படுவோரையும், உதவ விரும்புவோரையும் சென்றடைய, "sign-posting" வளங்களை ஒருங்கிணைக்கும் தொடரையும் செயல்படுத்துவோம்.

2020 நிச்சயமாக மறக்கமுடியாத ஆண்டாக அமைந்தது. 2021ஆம் ஆண்டை நாம் ஒற்றுமையுடன் வரவேற்று, மேலும் வலிமையுடன் மீண்டெழுவோம் என நம்புகிறேன்!
உங்கள் உளமார்ந்த,

டெனிஸ் புவா
மேயர், மத்திய சிங்கப்பூர் மாவட்டம்

Scan the QR code to learn more about what the CDC does.
go.gov.sg/whatdoescdcdo

Penduduk yang dihormati,

Salam sejahtera daripada CDC Central Singapore! Saya harap anda berada dalam keadaan yang selamat sedang kita meneruskan perjuangan kita melawan wabak COVID-19.

Walaupun perjalanan di masa akan datang tidak mudah, saya, pasukan saya dan ramai sukarelawan saya akan berusaha gigih untuk melakukan lebih bagi membantu menjadikan kehidupan penduduk kita lebih baik.

Dengan adanya makanan percuma bagi pelajar dan baucar masyarakat CDC yang diperkenalkan baru-baru ini, beberapa rancangan kami bagi 2021 termasuk skim pekerjaan masyarakat, kesedaran tentang kesihatan mental, dan menyediakan lebih banyak sokongan kewangan bagi mereka yang terjejas dengan COVID-19.

CDC kita akan meneruskan Siri #EnoughTalk dan bekerjasama dengan rakan-rakan kami bagi membantu golongan yang memerlukan. Kami juga akan menghasilkan satu siri sumber penggunaan papan tanda untuk mendekati mereka yang memerlukan bantuan, dan mereka yang mahu tampil membantu.

Tahun 2020 merupakan tahun penuh memori. Semoga kita melangkah ke 2021 dengan semangat yang bersatu dan lebih teguh bersama!

Yang ikhlas,

Denise Phua
Mayor, Daerah Singapura Tengah

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Dear Residents,

Greetings from Central Singapore CDC!
I hope you are staying safe as we continue fighting the COVID-19 pandemic.

Although the road ahead will not be easy, my team, our many volunteers and I will strive to do more to help make life better for our residents.

With the CDC Student Meals and CDC Vouchers schemes recently introduced, some of our plans for 2021 include community job schemes, mental health awareness and providing further financial support for those impacted by COVID-19.

Our CDC will continue with our #EnoughTalk series and partner allies to help the vulnerable. We will also put together a series of sign-posting resources to reach out to those who need help, and want to help.

2020 is certainly a memorable year. May we take on 2021 with unity and emerge stronger together!

Yours sincerely,
Denise Phua
Mayor, Central Singapore District

亲爱的居民们，

我代表中区社理会向您问好。我们仍持续做好抗疫的工作，希望您也保持警惕、安全防疫。

虽然前路更具挑战性，但我和我的团队将与义工们携手付出更多努力，为居民带来更美好的生活。

我们最近推出了学生免费膳食和社理会生活补助券计划。迈入2021年，我们将着手进行的项目还包括社区就业计划、提高居民的心理健康意识，以及进一步为受冠病疫情影响的居民提供经济援助。

中区社理会将继续推行"多做少说"（#EnoughTalk）系列，与合作伙伴加大力度帮助弱势群体。我们也将整合一系列资源平台，让需要帮助和想要伸出援手的民众获取更多信息。

2020年无疑是难忘的一年，但愿我们在新的一年里携手同心，越战越勇！

潘丽萍
新加坡中区市长

Children from our Nurture programme meeting a rooster while exploring an urban farm.

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Business (not) As Usual

Due to COVID-19, many people have lost their jobs and are looking to find new ones. Tracy Tan, career coach from e2i, shared that "business is unusual", and will continue to be so next year. Read on to learn more about how to increase your chances of getting hired!

Tracy Tan

Principal Specialist, ICT & Media, Employment and Employability Institute (e2i)

e2i career coach, Tracy Tan sharing employment insights and tips with a job seeker.

Q: How can you put your best foot forward?

It is important to package yourself favourably for potential employers. With that, you should:

1. **Know your career interests.**
   If you are intending to do a career switch, it is useful to know your intentions for doing so.
2. **Identify transferable skills.**
   See how your existing skills are relevant to that particular industry.
3. **Hone your interview skills.**
   This is key to leaving an impression on your potential employer – good or bad!

Q: What is the difference between looking for a job and pursuing a career?

A job caters to one's personal needs, which tend to be fairly immediate. Whereas, a career involves longer-term considerations.

Most job seekers are unaware of this difference, and usually look for jobs to tide through financial difficulties amidst the pandemic.

However, employers would prefer job seekers to be career-minded instead of job-minded. These individuals are more willing to be challenged with tasks and are motivated to develop new skills.

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Want to upskill yourself, but not sure where to begin? We got you covered!

Attend a SkillsFuture Advice @ Central Singapore workshop for specially curated content, resources and tools to navigate the economy. Discover what to look out for in your skills-upgrading journey and be exposed to first-hand knowledge about the trending skills in the marketplace.

Scan the QR codes to register and find out more!

English webinars:
7 Jan (Thu), 8pm - 9pm
23 Jan (Sat), 2pm - 3pm
go.gov.sg/cscdceng

中文线上讲座：
1月16日(六), 2点 至 3点
1月28日(四), 8点 至 9点
go.gov.sg/cssfa-chi

Scan the QR code to hear more advice Tracy has for job seekers!
go.gov.sg/voicesvideos-bnau

If you're a freelance writer looking for work, write to Cheryl at pa_centralsingapore@pa.gov.sg

JOB OFFERINGS

RE&S

- Assistant Manager (Full-Time) *(Up to $2900)*
- Kitchen Staff (Full-Time/Part-Time) *(Up to $2407; up to $10/hr)*
- Service Management Trainees (Full-Time) *(Up to $2700)*
- Kitchen Management Trainees (Full-Time) *(Up to $2700)*
- Dishwashers (Full-Time/Part-Time) *(Up to $2274; up to $10/hr)*

Submit your resume to Evan at evan.ngtp@res.com.sg to apply.

Blackmagic Design Manufacturing

- Operators (Full-Time) *($1400 ~ $1800)*
- Warehouse Assistant (Full-Time) *(~$1400)*
- Material Handler (Full-Time) *($1400 ~ $1800)*
- IPQC Inspector (Full-Time) *($1500 ~ $1900)*
- Production Leader (Full-Time) *($1600 ~ $2000)*

Submit your resume to Judy at bmdmhrsgp@gmail.com to apply.

Swee Choon Tim Sum Restaurant

- Front of House (Full-Time/Part-Time) *($1500 ~ $1600)*
- Junior Chef (Full-Time) *($1800 ~ $2000)*
- Dim Sum Chef of Section (Full-Time) *($2000 ~ $2300)*

Submit your resume at careers@sweechoon.com or contact +65 9179 3971 to apply.

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How To Resolve Neighbour Disputes

Steven Lam
蓝国庆

Volunteer Lawyer with Law Society Pro Bono Services

The number of neighbour disputes has increased since people began working from home. From noisy neighbours to secondhand smoke, cluttered corridors to dustbins displaced, Steven Lam has seen them all. With over two decades of legal experience, Mr Lam provides pro bono legal services to those in need at a Community Legal Clinic (CLC).

With lesser common spaces, people become less tolerant of minor inconveniences. Steven shared that people tend to focus on their "rights" and will confront "unpleasant" neighbours, sending things downhill.

He offered two pieces of advice when encountering potential neighbourly disputes.

Pro bono legal help is available for those in need through the five CDCs' CLCs. Scan the QR code to book a 20-minute pro bono legal online consultation with the CLCs today.

go.gov.sg/lspbs-clc

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#1. DO NOT IMMEDIATELY CALL UPON "AUNTY SUE"!

Instead, consider approaching your Residents' Committee Chairman or Grassroots Leaders to mediate the matter at the Community Mediation Centre (CMC). This is a way to resolve the dispute and preserve relationships between neighbours. Legal action should always be the last resort.

#2. BE MORE TOLERANT

We need to learn how to put ourselves in others' shoes. Rather than fighting for one's rights, is there a middle ground that both parties can agree upon? Knowing your legal standing is good, but it is important that we ultimately become a more gracious society.

"I've seen people take matters into their own hands and return tit for tat when they're unhappy with their neighbours. This is not advisable as it will breakdown relationships further."

STEVEN LAM
Volunteer Lawyer with
Law Society Pro Bono Services

"我见过一些居民对邻居不满时,尝试自行处理问题,以牙还牙。我并不建议大家这么做,因为这只会进一步破坏睦邻关系。"

"Saya pernah melihat orang bertindak secara sendiri dan membalas tindakan yang mereka tidak suka pada jiran-jiran mereka. Ini tidak dinasihatkan kerana ia boleh memburukkan lagi hubungan antara jiran."

"சிலர் தங்களது அண்டைவீட்டார்களுடன் மனக்கசப்பு ஏற்படும்போது, பிரச்சனையைச் சொந்தமாகக் கையாள எண்ணி பதிலடி கொடுக்கக்கூடும். இது நல்லதல்ல. ஏனெனில், இருதரப்புக்கும் இடையிலான மனக்கசப்பு மேலும் மோசமடையும்."

什么是邻里纠纷?我们怎样去应对和邻居的不满?立即扫QR码,让蓝国庆律师向您解说!

What are neighbour disputes? How do we resolve grievances with our neighbours? Scan the QR code to hear from Lawyer Steven Lam.

go.gov.sg/voicesvideos-nd

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Jamie Ng, 37
伍佩伦, 37
Toa Payoh West-Thomson

I've been living in Toa Payoh for six years. In a bid to complete the 10,000 steps challenge, I decided to explore my neighbourhood. So I set off in the evening and walked around Toa Payoh for two hours. To my amazement, I realised there are many avid night runners in Toa Payoh! And yes, I completed my 10,000 steps.

我在大巴窑住了六年。为了完成每天走1万步的挑战，我决定探索我的邻里。于是，我从傍晚时分开始，在大巴窑一带步行两小时。让我感到惊讶的是，原来大巴窑有很多人在晚上跑步！当然，我每天也走了1万步。

William Chua, 54, Evelyn Chua, 51
Wilvan Chua, 20, Willyn Chua, 16
Marymount

Having lived in Bishan for 12 years, one memorable experience for our family was the fireworks display during the Chinese New Year celebrations a few years ago. The fireworks were launched in Bishan Park, a stone's throw away from our home. It was so close, it was as if the fireworks were right before us! The moment was made even more special because we shared it with our family and fellow neighbours.

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Sakina Bte Abdullah, 69
Buona Vista

There are so many places I enjoy hanging out in my neighbourhood – Buona Vista CC, Holland Drive Market and the nearby NTUC are just a few! I get to meet my neighbours and chat with them. It's been about four years since I've moved to Holland Village. There was once I volunteered at the Lantern Festival Celebration organised by the CC. It was a fun experience because I got to meet even more neighbours and know them better!

Terdapat banyak tempat di sekitar kejiranan saya di mana saya gemar untuk meluangkan masa – sesetengahnya seperti Kelab Masyarakat Buona Vista, Pasar Holland Drive, NTUC berdekatan! Saya berpeluang untuk bertemu jiran-jiran saya dan berbual bersama mereka. Sudah sekitar empat tahun sejak saya berpindah ke Holland Village. Pernah sekali, saya menawarkan diri sebagai sukarelawan di Sambutan Pesta Tanglung yang dianjurkan pihak Kelab Masyarakat. Ia satu pengalaman yang menarik kerana saya dapat bertemu lebih ramai jiran tetangga dan mengenali mereka dengan lebih rapat.

Pavani Chiluveru, 41
Srinivas Chilveru, 43
Whampoa

We love Whampoa because of the wonderful memories of our children growing up here. It felt like it was just yesterday when they participated in the Chingay parade for the first time in 2013. They were so excited for rehearsals at the nearby CCs and were making so many new friends. It was an amazing experience! Our family also likes to hang out at Whampoa Park connector. Although we've been staying in here for more than 11 years, this town never gets old, and there is so much to explore.

எங்கள் பிள்ளைகளின் வளரும் பருவத்தைப் பற்றிய அருமையான நினைவலைகளால் வாம்போவை நாங்கள் மிகவும் நேசிக்கிறோம். அவர்கள் 2013ல் முதல்முறையாக சிங்கே ஊர்வலத்தில் பங்கெடுத்தது நேற்று நடந்ததுபோல இருக்கிறது. புதியவர்களைச் சந்தித்ததும் அருகிலுள்ள சமூக மன்றங்களில் ஒத்திகைகளுக்குச் சென்றதும் அவர்களுக்கு மிகுந்த உற்சாகமளித்தது. அது அற்புதமானதோர் அனுபவம்! எங்களுக்குக் குடும்பமாகச் சேர்ந்து வாம்போ பூங்கா இணைப்புக்குச் செல்வதும் மிகவும் பிடிக்கும். அவ்வப்போது மற்ற பூங்காக்களும் செல்வோம்! நாங்கள் 11 ஆண்டுகளுக்கு மேலாக வாம்போவில் வசித்து வந்தாலும், இந்நகரம் பழையதாகவே இல்லை. இன்னும் ஆராய்வதற்கு ஏராளமாக இருக்கிறது.

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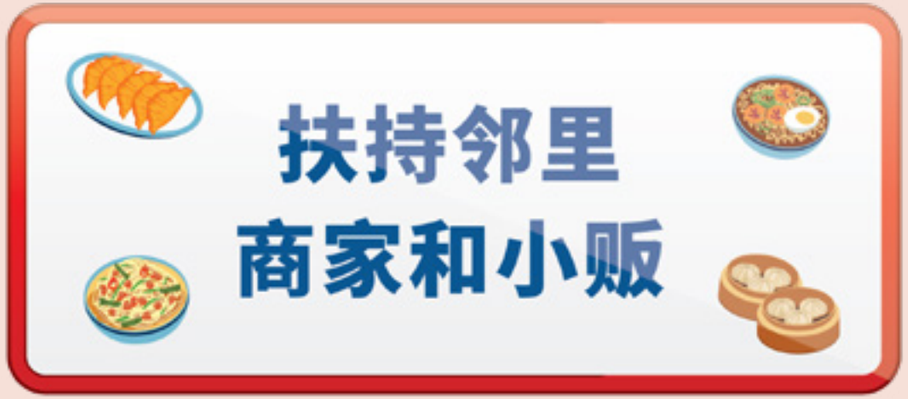
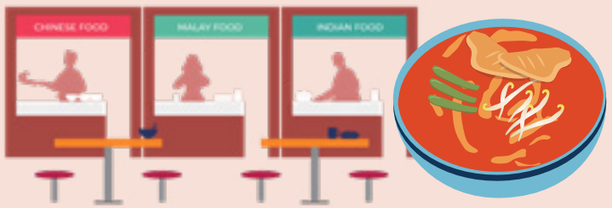


许多邻里企业都受到冠病疫情的严峻冲击。因此，社区发展理事会推出“社理会生活补助券计划”，协助参与计划的邻里商家和小贩度过艰难时期。让商联总会会长杨向明带我们了解这些邻里企业如何改善生意，同时行善助人。

杨向明一直尽心尽力，帮助商联总会旗下的商家和小贩。他知道在实行阻断措施期间，许多邻里企业都深受影响。因此，当“社理会生活补助券计划”推出时，他就立刻向这些邻里企业介绍这项计划。许多参与计划的商家都表示，生意虽然没有恢复到冠病疫情前的水平，但已改善不少。有些商家甚至询问这项计划的未来方案，并表示支持和感谢。

杨会长也透露，许多商家是因为这项计划能帮助贫困家庭才欣然参加。这类补助券计划并不是首次推出，以往也有不同的商会曾推出类似计划。但参与这么大型的全国性活动，这还是第一次。商家们都很高兴能参与计划，为改善新加坡人的生活付出绵力。



Scan the QR code to learn more about the CDC Vouchers Scheme.

go.gov.sg/cscdcvouchersscheme

Kita tahu banyak perniagaan di estet kejiranan tempatan kita yang terjejas teruk oleh COVID-19. Skim Baucar CDC kemudian diagihkan untuk menyokong penjaja dan peniaga tempatan yang menyertai skim tersebut mengharungi tempoh sukar ini. Teruskan membaca untuk mengetahui bagaimana ia telah memberi manfaat kepada perniagaan di estet kejiranan tempatan. Salah satunya ialah Restoran King Omar.

Restoran King Omar telah beroperasi selama lapan tahun dan menawarkan makanan fusion. Anda mungkin bertanya, makanan yang seperti mana? Makanan India Muslim dan makanan Thai! Meskipun begitu, usaha menawarkan gabungan unik pelbagai masakan ini tidak melepaskan mereka daripada terkena kesan COVID-19.

Pemiliknya, Encik Abu Bakar, berkongsi bahawa ini merupakan kemerosotan perniagaan yang paling teruk pernah dialami mereka. Meskipun masa ini agak mencabar, beliau bertekad untuk mengekalkan mutu makanan yang tinggi dan menjaga mata pencarian para pekerjanya.

Skim tersebut datang sebagai satu sinar harapan. Perniagaan kembali meloncat setelah para penduduk menggunakan baucar tersebut di restorannya. Encik Abu Bakar gembira melihat muka-muka yang selalu ditemuinya kembali untuk melanggan restorannya secara tetap.

“Skim ini datang tepat pada masanya untuk membantu masyarakat dan perniagaan kecil seperti kami. Kami juga berbesar hati dapat membantu keluarga berpendapatan rendah.”

Sokonglah perniagaan tempatan! Kunjungi Restoran King Omar untuk menikmati makanan fusion kegemaran anda.

Alamat: 95 Lorong 4 Toa Payoh #01-48 Singapura 310095

Waktu operasi: 6 pagi – 10 malam setiap hari

Kreta Ayer Heritage Gallery

Go back in time at the heart of Chinatown! Kreta Ayer was home to teahouses, opera theatres, and traditional arts such as calligraphy and ‘nanyin’ music. Head to Kreta Ayer CC and experience the rich cultural practices of the early Chinese immigrants!

go.gov.sg/kretaayercc

IMAGE: NATIONAL HERITAGE BOARD

Butterfly Habitat

Located within Bishan-Ang Mo Kio Park, this quaint space is great for nature lovers, curious minds and photography enthusiasts alike. Catch a glimpse of the beautiful butterflies and other local fauna that call the park their home!

go.gov.sg/bishan-amkpark

IMAGE: BISHANBUTTERFLY ON FACEBOOK

Printed on environmentally-friendly paper

COVID-19 can’t stop us from having fun — while adhering to all social-distancing rules, of course!

Here are four places to visit in our district!

The Learning Forest, Botanic Gardens

From forest ecosystems to themed collections, discover the secrets of the forests, and what sprouts in our garden city! Stand amongst some of the tallest tree species in Southeast Asia, and sniff out the intriguing tree species that inspired E J H Corner’s ‘Durian Theory’!

Opening Hours:
5am – 12 midnight daily

Free admission
Scan for more details

go.gov.sg/botanicgardens-tlf

IMAGE: WEBSITE/NPARKS

Toa Payoh Crest Playground

Did you know Toa Payoh was once a swampland? Trek through this modern, dry playground adaptation of Toa Payoh’s old swamp topography. With its winding slides and bumpy climbing structures, this would make for a great adventure!

IMAGE: PUNGGOL PLAYGROUNDS ON WORDPRESS

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迈向数码化？我有信心！

IMAGE: IMDA

你知不知道新加坡中区是年长者人口最多的地区？随着我国迈向智慧国，年长者也一步步地走向数码化。让我们来看看63岁的碧莉洁（Bridget）学用智能手机进行电子付款的心路历程。

电子付款并不是罕见新奇的服务。但对碧莉洁来说，使用无现金付款是一项艰巨的任务。她的忧虑不安是有原因的——她担心不能安全地把登录资料和密码写下来，自己会忘记这些信息。但她还是很想学习新技能，跟上数码时代的步伐。

碧莉洁说：“我对掌握电子付款不是很有信心，但无论如何我都要开始学习。”

于是，她到新加坡数码转型社区援助站参加电子付款学习之旅。如今，碧莉洁可以轻易地使用电子付款。她觉得电子付款方便实用，而且再也不须要携带现金出门。

她还找到了记住登录资料的技巧。“你可以用自己的嗜好、喜欢的东西等来创建密码。这些东西都是你熟悉的，你肯定会比较容易记得！”

Scan the QR code to learn more about digital skills.
go.gov.sg/voicesvideos-sgd

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மின்னிலக்க மயமாகிறீர்களா? அசத்துங்கள்

சிங்கப்பூரிலேயே மத்திய சிங்கப்பூர் மாவட்டத்தில்தான் மூத்தோர்களின் விகிதம் ஆக அதிகம் என்பது உங்களுக்குத் தெரியுமா? சிங்கப்பூர் அறிவார்ந்த தேசமாக உருமாறுகையில், நமது மூத்தோர்களும் மின்னிலக்கமயத்தை நோக்கிச் செல்கின்றனர்! 70 வயதில் வாட்ஸ்ஆப் பயன்படுத்தி குடும்பத்தாருக்கும் நண்பர்களுக்கும் காணொளி அழைப்பு செய்யக் கற்றுக்கொண்ட திருவாட்டி ருக்குவைச் சந்தித்திடுங்கள்.

IMAGE: IMDA

திருவாட்டி ருக்கு தன் குடும்பத்தின்மீது அளவுகடந்த பாசம் உள்ளவர். அவர் வாரத்தில் சுமார் மூன்று முறை குடும்பத்தாருக்குக் காணொளி அழைப்புகள் செய்வார். அதோடு, தனது கொள்ளுப் பேரப்பிள்ளைகளின் காணொளிகளை வாட்ஸ்ஆப் மூலம் நண்பர்களுடன் பகிர்வார்.

இந்த மின்னிலக்கத் திறன்களை சிங்கப்பூர் மின்னிலக்க சமூக நடுவத்தில் கற்றுக் கொள்வதற்கு முன்பாக, அவருக்கு இவ்வளவு சுலபமாகத் தொடர்புகொள்ளவோ காணொளிகள் எடுக்கவோ தெரியாது.

திருவாட்டி ருக்குவின் கற்றுக்கொள்ளும் ஆர்வத்தை அறிந்த அவரது நண்பர்கள், மின்னிலக்கத் திறன்களைக் கற்றுக்கொள்ளுமாறு அவரை ஊக்குவித்தனர். தொழில்நுட்பத்தைப் பழகிக்கொள்ள தனக்குக் கூடுதல் காலம் தேவைப்படும் என்பதால் நன்றாகக் கற்றுக்கொள்ள முடியுமா என்ற கவலை ஆரம்பத்தில் அவருக்கு இருந்தது. நல்ல வேளையாக, மின்னிலக்கத் தூதர்கள் மிகவும் பொறுமையுடன் அவருக்கு முழுமையாகப் புரியும் வரை கொஞ்சம் கொஞ்சமாகக் கற்றுக் கொடுத்தனர்.

தன்னைப்போன்ற சமவயதினர் ஆர்வத்துடிப்புடன் தொடர்ந்து கற்றுக்கொள்ள வேண்டுமென திருவாட்டி ருக்கு ஊக்குவிக்கிறார்.

“பயமே வேண்டாம்!” நாம் எல்லோருமே கற்றுக்கொள்வதில் ஆர்வம் காட்டவேண்டும்.”

Printed on environmentally-friendly paper

KNOW YOUR HOOD: HIDDEN GEMS

Tiong Bahru Murals

Of roadside food carts and rattan chairs, return to Singapore's 80's vibes with the murals in Tiong Bahru!

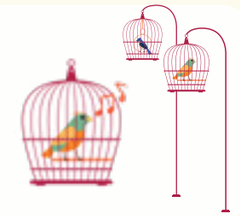
Bishan Harmony Park

Hidden among the leaves, Bishan Harmony Park is home to a beginners' skate bowl and a charming hedge maze!

IMAGE: STREETDIRECTORY, THE STRAITS TIMES

Kebun Baru Birdsinging Club

Immerse yourself in song-filled air and IG-worthy frames at this open field in Kebun Baru, where 426 bird poles stand tall!

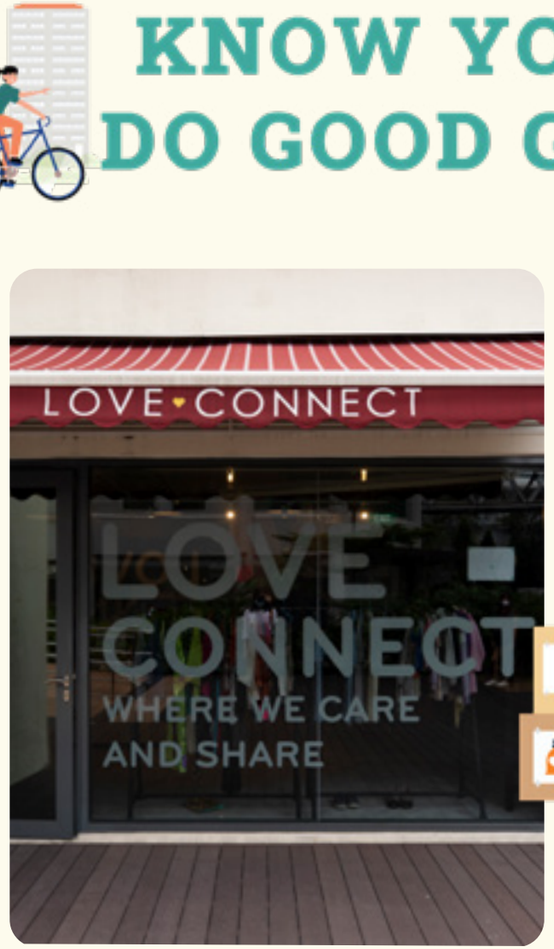


Petain Road Shophouses

Take a stroll down 1920s Singapore at Petain Road and spot stunning 'Singapore Eclectic' shophouses of old!

IMAGE: LEONEFABRE.BLOGSPOT.COM

KNOW YOUR HOOD: DO GOOD GO WHERE?



Love Connect

Love Connect @ Jalan Besar CC invites less privileged residents to receive help, and is open to those who wish to serve by donating household essentials (e.g. rice, milo, shampoo).

SEARCH FACEBOOK.COM/LOVE-CONNECT-109254850811100/

Pass-It-On

Lend a helping hand! Pass-It-On accepts pre-loved household appliances and furniture, and matches it to those who need it.

IMAGE: PASSITON.ORG

HealthServe

Support our migrant workers through these uncertain times. Match their wishlist items or simply give your time, especially if you're a medical professional able to lend your expertise!

IMAGE: HEALTHSERVE.ORG.SG

Chun Seng Noodle House

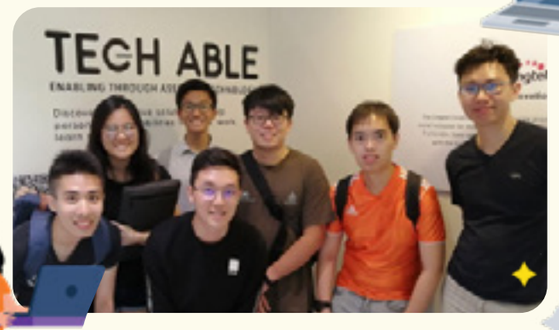
Help put food on the table for someone in need by paying-it-forward. Chun Seng Noodle House invites customers to do so, and works with Leng Kee CC to reach needy residents.

SEARCH FACEBOOK.COM/CHUNSENGMINCEDPORKNOODLE

Engineering Good

Not everyone has access to digital devices. Send in your pre-loved laptops or tablets to help those who may be struggling with Home-Based Learning/ Work From Home.

IMAGE: ENGINEERINGGOOD.ORG



Share A Cut

Be it for grooming or a much-needed confidence boost, help someone get the haircut they need. You can pay-it-forward, or volunteer your time if you're a hairstylist!

IMAGE: SHAREACUT.SG

ON THE Ground

Let's get to know more about our Grassroots Advisers (GRAs)!

Ang Mo Kio – Hougang
GRA **Mr Darryl David**: This new Halal Western stall at Ci Yuan Hawker Centre is opened by a group of "young boys". It's heartwarming to see friends coming together to start a business.

Bishan East – Sin Ming
GRA **Mr Chong Kee Hiong**: Celebrating Singapore's 55th birthday with my residents virtually was a memorable and refreshing experience!

Buona Vista
GRA **Mr Chan Chun Sing**: I enjoy regular weekend visits to the markets to find out how everyone is doing.

Cheng San – Seletar
GRA **Ms Nadia Samdin**: I love "forest-bathing"! Nature has a way of filling us with peace. I've been keeping houseplants and also picked up gardening tips from residents.

Fernvale
GRA **Mr Gan Thiam Poh**: I enjoy jogging and meeting residents from all walks of life.

Henderson – Dawson
GRA **Ms Joan Pereira**: Visiting our hawker centres and chatting with residents make these trips a uniquely #OurHendersonDawson experience!

Jalan Kayu
GRA **Ms Ng Ling Ling**: I love jogging around different parts of the estate, especially with our volunteers, to keep fit as we serve.

Kampong Glam
GRA **Ms Denise Phua**: Always a joy to speak with friendly and gracious residents during house-to-house visits!

Kebun Baru
GRA **Mr Henry Kwek**: I love cycling and exploring Kebun Baru on my bicycle!

Kolam Ayer
GRA **Dr Wan Rizal**: Be it catching up over coffee or leaning on each other for strength, my residents help to keep me grounded.

Kreta Ayer – Kim Seng
GRA **Mrs Josephine Teo**: I love Chinatown because the residents make it a very special place for me.

Selected photos were taken before circuit breaker or in line with safe-management measures
Printed on environmentally-friendly paper

Selected photos were taken before circuit breaker or in line with safe-management measures
Printed on environmentally-friendly paper

Marymount
GRA **Ms Gan Siow Huang**: I run to keep fit and healthy. Find me in Bishan Park!

Moulmein – Cairnhill
GRA **Mr Alvin Tan**: Cycling around Moulmein-Cairnhill to meet residents and friends is what I love! Say hi if you meet me around the estate.

Radin Mas
GRA **Mr Melvin Yong**: I love football and am a lifelong Everton supporter. In 2011, I started the Delta League programme to use football to keep our at-risk youths meaningfully engaged during the school holidays.

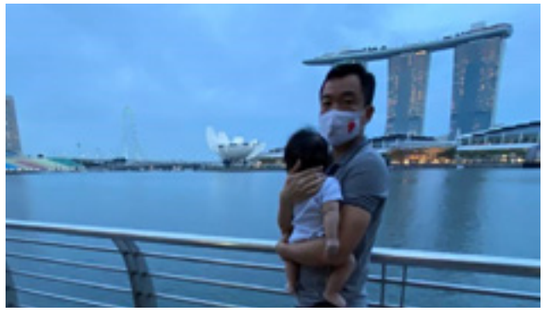
Tanjong Pagar-Tiong Bahru
GRA **Ms Indranee Rajah**: I have been visiting the upgraded Tiong Bahru Market since 2017 as there are so many delicious hawker food!

Toa Payoh Central
GRA **Dr Ng Eng Hen**: Toa Payoh is known for having many popular hawker stalls, just like this Bak Chor Mee stall – a family business for 34 years!

Toa Payoh West – Thomson
GRA **Mr Chee Hong Tat**: I will remember the cute little tokens gifted by my young residents. Their thoughtful acts warm my heart!

Selected photos were taken before circuit breaker or in line with safe-management measures
Printed on environmentally-friendly paper

Potong Pasir
GRA **Mr Sitoh Yih Pin**: I love starting my morning by grabbing a cup of Kopi-O with residents from the local coffee shop.



Queenstown
GRA **Mr Eric Chua**: Bliss is simply getting to spend time with loved ones!

Teck Ghee
GRA **Mr Lee Hsien Loong**: Bishan-Ang Mo Kio Park is a wonderful place to gather and meet friends, jalan-jalan or take photos of the interesting sights. There's always something for old and young to enjoy here!

Toa Payoh East
GRA **Mr Saktiandi Supaat**: Met resident Mr Lim and learnt useful tips on indoor farming (mozzies not invited).

Whampoa
GRA **Mr Heng Chee How**: Chatting with residents is a joy! But in this new norm, I've got a new way to greet them – fist bump!

Yio Chu Kang
GRA **Mr Yip Hon Weng**: One of my favourite places to eat is at Ang Mo Kio 628 Market and Food Centre! It has 52 stalls and three other coffeeshops nearby!

Selected photos were taken before circuit breaker or in line with safe-management measures
Printed on environmentally-friendly paper

THE PURPLE PARADE [GOES ONLINE]

Into its 8th year, The Purple Parade, Singapore's largest movement to support inclusion and celebrate abilities of People with Disabilities goes fully digital for the first time amidst COVID-19.

Purple Conversations Live Chats

The Purple Parade, in support of Look Beyond My Disability See The True Me, hosted nine insightful and engaging conversations throughout November and early December. The Live Chats featured people in the disability sector and allowed insight into their lived experiences. The programme was run in collaboration with the National Council of Social Service, and promoting building an inclusive Singapore.

Scan the QR code to watch the Live Chat replays on the Purple Conversations Facebook page.

go.gov.sg/pplivechats

Purple Stories

The Purple Stories is a Human Library featuring personal journeys of People with Disabilities. Hear from them, see what they see, and turn that understanding into action. Let's support inclusion and celebrate abilities of People with Disabilities.

Scan the QR code to read the Purple Stories.

go.gov.sg/purplestories

Know any People with Disabilities whose story needs to be shared? Write to Kenneth at

pa_centralsingapore@pa.gov.sg

Close to 10,000 Singaporeans showed their support for the cause online! Here are this year's highlights!

The Purple Pledge

Singaporeans from across the island pledged their support for inclusion!

Pledge Your Support for Inclusion!

More than 2,700 Singaporeans from all walks of life took the time to record themselves reciting the Purple Pledge to symbolise their support for People with Disabilities.

THANK YOU FOR SUPPORTING THE PURPLE PLEDGE!

Scan to see the many people who pledged their support for the community of People with Disabilities.

go.gov.sg/purplepledgeappreciationbook

RELIVE THE MAGIC

The Livestream Concert featured heartwarming performances by Singapore Fashion Runway, Rare Disorders Society (Singapore), Very Special Arts Singapore – VS Choir in collaboration with Adelyn Koh, The Purple Symphony, premiere of the 'Signing Hands" music video, Thye Hwa Kuan Moral Charities Chinese Drum Ensemble, MINDS and Dance Spectrum International, in collaboration with local artists, Joanna Dong, Tay Kewei and Vincent Ng. Friends and Faces of The Purple Parade were online to engage audiences too!

Clients from the Singapore Fashion Runway modeling their beautiful creations with pride.

Very Special Arts Singapore – VS Choir and Adelyn Koh performing their rendition of the Disney classic - 'Circle of Life'.

Heartwarming vocal rendition of 'Special Child' performed by the Rare Disorders Society (Singapore).

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Inclusive performances by The Purple Symphony and local artist, Joanna Dong, who presented three evergreen pieces - 'What A Wonderful World, 'Sing' and 'Semoga Bahagia'.

Premiere of the 'Signing Hands' music video. This original piece is a collaboration between artists, with and without disabilities, coming together to bring out the message of inclusion.

Exhilarating drum performance by Thye Hwa Kuan Moral Charities Chinese Drum Ensemble and local artiste, Vincent Ng.

Uplifting live performance by MINDS Perform and local artiste, Tay Kewei to the song 'You Raise Me Up'.

An emotional and moving dance performance to the tunes of 'The Prayer' by the Dance Spectrum International.

Rewatch the concert at The Purple Parade's Facebook page!

go.gov.sg/purpleparadefb

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THANK YOU TO OUR PARTNERS FROM THE PEOPLE, PRIVATE AND PUBLIC SECTORS!

BUSINESSES For Good

JR FOODS, ELPIS @ HIDEOUT AND THE SINGAPORE RUGBY UNION (SRU)

Do Good, Send Love

More than 6,000 frozen meals were distributed to communities in need across the Central Singapore district. This initiative is a collaboration between Central Singapore Community Development Council (CDC), JR Group, ELPIS @ Hideout and the Singapore Rugby Union (SRU) aims to spread love through food in celebration of Singapore's 55th birthday.

The meals were delivered by more than 100 volunteers from SRU and local Divisions to families in need, disadvantaged seniors and selected rough sleepers under the S3P Network.

SUNTEC CITY AND SUNTEC SINGAPORE CONVENTION & EXHIBITION CENTRE

The Purple Parade

The Purple Parade went fully online this year with the passionate support of many partners from the People, Public and Private sectors. Suntec City and Suntec Singapore Convention & Exhibition Centre have been strong venue supporters since 2016 and this year is no different. They have graciously supported the cause by hosting the Parade's Livestream Concert.

The Livestream Concert saw a turnout of more than 50,000 viewers, who tuned in to show their support for inclusion and celebrate abilities of People with Disabilities.

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FAR EAST ORGANIZATION

Ready for School Kit

The back-to-school season is a challenging time for some families who struggle to cope with the increased expenditure to prepare for their children's new school term. Ready for School Kit aims to ease this additional financial stress of low-income families by providing bookstore vouchers to support the purchase of school necessities such as textbooks and stationeries.

With generous donations by Far East Organization, more than 3,000 children and youths across the Central Singapore District are better prepared for school each year through the Ready for School Kit.

Interested residents of Central Singapore district may approach your local CCs for more information.

Scan to watch the Ready for School Kit video!
go.gov.sg/rfsk2020

Join us on our Do-Good Journey!
If you are a corporate organisation looking to do-good, write to Jin Zhi at pa_centralsingapore@pa.gov.sg.

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ECO TIPS

Did you know?

Making your own upcycled chair is as easy as 1, 2 3! Let Upcycling @ Central Singapore partner, Terra SG teach you how. Scan the QR Code below to learn!

go.gov.sg/ch8-upcycledchair

For more tips to lead a Zero Waste lifestyle, scan to visit the EcoKnight SG Facebook page

go.gov.sg/ecoknightsgfb

DID YOU KNOW

baking soda and vinegar are environmentally friendly ingredients that can be used as effective cleaning products? It is often used in the removal of stains, mold and rust. You can even use it to unclog your kitchen sinks!

HAVE

leftover broken crayons lying around? Don't dump them just yet! They are a useful tool for fixing up unsightly holes in your walls.

SAY YES

to less food wastage! Keep your bananas from turning brown too quickly with this easy trick!

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Central Singapore CDC

"SEED A LIFE" DONATION FORM

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

MY PARTICULARS

Profile ☐ Individual Donor ☐ Corporate Donor	Name (Dr / Mr / Mrs / Ms / Mdm)
Address & Six-Digit Postal Code	
Telephone / Fax	Email
NRIC/FIN No. **NRIC/Fin is required for automatic tax deduction.*	Company UEN No. **Only applicable for Corporate Donors.*

MY CONTRIBUTION

Monthly Contribution ☐ $500 ☐ $200 ☐ $100 ☐ $50 ☐ Others (please state):	One-Time Contribution ☐ $500 ☐ $200 ☐ $100 ☐ $50 ☐ Others (please state):

INTERBANK GIRO APPLICATION

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

FOR OFFICIAL USE ONLY

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

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

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

Support
FAMILIES and
INDIVIDUALS
in need with their
daily necessities

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

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

CENTRAL SINGAPORE CDC INVITES YOU TO

DONATE TO "SEED A LIFE" DONATION PROGRAMME

Donate now and change a life.
Monthly, yearly, or one-off donations are welcome.

Donations will receive tax exemption.

Please fill in the donation form on the facing page
and mail it to Central Singapore CDC.

Central Singapore CDC

For more information on the CDC's programmes,
visit **www.cdc.org.sg/centralsingapore** or
write to **pa_centralsingapore@pa.gov.sg**.