

VOICES

Building a Do-Good District



#DoingGoodTogether · #一起行善

#BeramalBersama-sama

#ஒன்றிணைந்து நல்லன செய்வோம்

This Lunar New Year,
support local businesses

@ CENTRAL SINGAPORE DISTRICT

Step 1

Take a photo of yourself shopping for Lunar New Year goodies at your local businesses.

Step 2

Email the photo and name of shop/stall to Chee Kiang at PA_CentralSingapore@pa.gov.sg by 6 February 2022.

Be one of 10 lucky participants to win
\$20 NTUC FairPrice vouchers!

- Winners will be randomly selected and notified via email by 28 February 2022.
- All decisions by the organiser are final.
- The organiser reserves the right to substitute the prize for one of similar value, if needed.

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Salam sejahtera daripada CDC Tengah Singapura diiringi dengan ucapan Selamat Tahun Baru kepada semua penduduk!

Isu VOICES kali ini memberi tumpuan kepada usaha Melakukan Kebaikan Bersama di Tengah Singapura.

Saya berbesar hati kerana di sebalik cabaran yang ditimbulkan oleh COVID-19, ramai orang, perniagaan dan rakan kongsi telah tampil untuk membantu golongan yang memerlukan.

Ramai penderma yang murah hati turut hadir untuk menghadihkan barangan keperluan kepada keluarga berpendapatan rendah yang mempunyai anak-anak melalui pengedaran 'Pemberian Kasih' dan 'Pasar Beri dan Ambil' kami.

Kami amat bersyukur dengan kemurahan hati mereka ini.

Dengan Skim Baucar CDC yang baru dilancarkan, setiap isi rumah Singapura telah menerima baucar bernilai \$100. Baucar ini boleh membantu membiayai kos sara hidup dan menyokong peniaga kita. Kami harap anda dapat membantu menggalakkan lebih ramai penduduk dan peniaga untuk menyertai dan meraih manfaat daripada skim ini.

Tiada usaha yang terlalu kecil apabila kita melakukan kebaikan bersama.

Semoga 2022 membawa petanda baik dan membawa kegembiraan serta hidup lebih bermakna kepada semua!

Denise Phua
Mayor, Daerah Singapura Tengah

குடியிருப்பாளர்கள் அனைவருக்கும் மத்திய சிங்கப்பூர் சமூக மேம்பாட்டு மன்றத்தின் இனிய புத்தாண்டு வாழ்த்துகள்!

VOICES இதழின் இந்தப் பதிப்பு, மத்திய சிங்கப்பூர் மாவட்டத்தில் ஒன்றிணைந்து நல்லன செய்யும் முனைப்புகளுக்கு முக்கியத்துவம் அளிக்கிறது.

கொவிட்-19 கிருமிப் பரவலால் பற்பல சவால்கள் எழுந்த போதிலும், மக்களும், தொழில்நிறுவனங்களும், பங்காளிகளும் ஒன்றுதிரண்டு, தேவை உள்ளவர்களுக்கு உதவிக்கரம் நீட்டினார்கள்.

நாம் நடத்திய "அன்பான அன்பளிப்பு" விநியோக நடவடிக்கை, "கொடுத்துப் பெறும் சந்தை" ஆகியவற்றின் வாயிலாக, பிள்ளைகள் உள்ள குறைந்த வருமானக் குடும்பங்களுக்கு அத்தியாவசியப் பொருட்களை நன்கொடையாக வழங்க பலரும் முன்வந்தனர்.

அவர்களின் தாராளமான செய்கை நம் இதயங்களை நிறைத்தது.

புதிதாகத் தொடங்கப்பட்ட சமூக மேம்பாட்டு மன்றப் பற்றுச்சீட்டுகள் திட்டத்துடன், ஒவ்வொரு சிங்கப்பூர் குடும்பத்திற்கும் \$100 மதிப்புள்ள பற்றுச்சீட்டுகள் கிடைக்கும். இந்தப் பற்றுச்சீட்டுகள் அன்றாட வாழ்க்கைச் செலவுகளுக்கு உதவுவதோடு, குடியிருப்பு வட்டாரங்களில் உள்ள வணிகர்களுக்கும் ஆதரவளிக்கின்றன. இத்திட்டத்தில் சேர்ந்து பயனடைய இன்னும் பல குடியிருப்பாளர்களையும் வணிகர்களையும் ஊக்குவித்து உதவுங்கள்.

நாம் ஒன்றிணைந்து நல்லன செய்யும்போது எந்த முயற்சியும் அற்பமானதல்ல.

2022ஆம் ஆண்டு நல்லபடியாக அமைந்து, அனைவருக்கும் மகிழ்ச்சியும் அர்த்தமும் அளிக்கட்டும்!

டெனிஸ் புவா
மே யர், மத் திய சிங் கப் பூர் மாவட் டம்



Greetings from Central Singapore CDC and wishing all residents a Happy New Year!

This issue of VOICES focuses on **Doing Good Together** efforts in Central Singapore.

I am heartened that despite the challenges posed by COVID-19, many people, businesses, and partners rallied to help those in need.

Many passionate donors also came forward to gift essential items to lower-income families with children through our 'Gift of Love' and 'Give and Take Market'.

Our hearts are full through their generosity.

With the newly launched 'CDC Vouchers Scheme', each Singaporean household received \$100 worth of vouchers. These vouchers can help defray cost of living and support our heartland merchants. Please help urge more residents and merchants to join and benefit from the scheme.

No effort is too small when we do good together.

May 2022 bode well and bring joy and meaning to all!

Yours Sincerely,
Denise Phua
Mayor of the Central Singapore District

我谨代表中区社理会向居民们问好, 并祝福大家佳节快乐、新年进步!

这期《中区之音》(VOICES) 将重点介绍新加坡市中区的各种善行活动。

尽管冠病疫情带来种种挑战, 让我欣慰的是许多居民、企业与合作伙伴还是出钱出力, 帮助有需要的人。

善心人士也慷慨解囊, 通过“爱心礼物”派发活动和“众乐市场”, 捐助各种必需品给育有小孩的低收入家庭。

这些善心善举, 让我们倍感温暖。

最近, 我们推出“社理会邻里购物券计划”, 每户本地家庭都获得100元的电子购物券, 补贴生活开销, 同时也支持我们的邻里商家。我们吁请大家帮忙传达消息, 鼓励更多的居民及商家参与这项计划。

只要大家众志成城, 一起行善, 就能散发正能量, 让我们的社会充满着温情及爱意。

新年新气象, 我祝愿大家喜乐安康、富足美满!

潘丽萍
新加坡中区市长

People of Central Singapore



Mr Eric Teo and Mr Kelvin Chua
张克风先生和蔡政逸先生
Potong Pasir

Mr Kelvin (left) and Mr Eric (middle) with MacPherson Garden NC Chairman, Mr Kenneth (right).

When a fire broke out at his neighbour's house on a morning in November 2021, Mr Eric noticed the smoke and was first on site with a fire extinguisher in hand.

Mr Kelvin, who stays nearby, saw the fire and joined Mr Eric without hesitation. They shouted for their neighbour but were unable to get a response.

Realising that the front door was unlocked, they decided to enter and put out the fire before SCDF arrived.

For their courage and neighbourliness, the heroes received token of appreciation from MacPherson Garden NC Chairman, Mr Kenneth Tan, and Potong Pasir C2E Chairman, Mr Alan Koong.

2021年11月的某一个早晨, 张克风先生发现邻居家冒出浓烟, 在第一时间便拿着灭火器赶到现场。

住在附近的蔡政逸先生见状, 也毫不犹豫地跑去帮忙。他们大声呼喊邻居, 但无人回应。

后来, 他们发现大门没有上锁, 便决定进屋灭火。在消防车抵达之前把火患扑灭。

他们的勇气和睦邻精神令人敬佩, 因此获得麦波申花园邻里委员会主席陈金城先生和波东巴西社区紧急应策与参与委员会主席龚国安先生颁发奖状, 以资表扬。

Ask Mr Bala about any Yoga pose, and he can demonstrate it! For more than 20 years, the 59-year-old has been waking up daily at dawn to conduct free yoga classes.

An active local volunteer, Mr Bala helps maintain neighbourly relations. "It's the small things. Especially when there are language barriers, I try my best to help".

A Silver Generation (SG) Ambassador, he is also a familiar face among elderly residents. He finds time to chat with them and even recommends activities at the CCs to keep them engaged.

Grateful for the opportunities to give back to the community, Mr Bala feels it helps his personal learning and growth.



Mr Anbalagan R T (Bala)
திரு அன்பழகன் R T (பாலா)
Yio Chu Kang

Mr Bala giving free yoga classes to fellow residents (Photo was taken pre-COVID).

"I want to learn more so I know what to do after I retire!"

திரு பாலாவிடம் எந்தவொரு யோகாசனத்தைப் பற்றிக் கேட்டாலும், அவரால் அதைச் செய்து காட்டமுடியும்! அவர் 20 ஆண்டுகளுக்குமேல் தினமும் விடியற்காலையில் எழுந்து இலவச யோகா வகுப்புகளை நடத்தி வருகிறார். அவருக்கு இப்போது 59 வயதாகிறது.

ஈடுபாடுமிக்க வட்டாரத் தொண்டியரான திரு பாலா, அக்கம்பக்க உறவுகளைக் கட்டிக்காக்க உதவுகிறார். "சின்னச்சின்ன விஷயங்கள்தான். குறிப்பாக, மொழி ஒரு தடங்கலாக இருக்கும்போது, என்னால் முடிந்தவரை உதவ முயற்சி செய்வேன்".

மூத்தோர் தலைமுறை தூதரான திரு பாலா, மூத்த குடியிருப்பாளர்களுக்கு நன்கு பழக்கப்பட்டவர். அவர்களுடன் அரட்டையடிப்பதோடு, அவர்களை ஈடுபடுத்தும் நோக்கத்துடன் சமூக மன்றங்களில் நடைபெறும் நடவடிக்கைகளையும் அவர்களுக்குப் பரிந்துரைப்பார்.

சமூகத்திற்குத் தம் பங்கைச் செய்ய வாய்ப்பு கிடைப்பதைப் பாராட்டும் திரு பாலா, தனது தனிப்பட்ட அறிவுக்கும் வளர்ச்சிக்கும் இது உதவுவதாக நினைக்கிறார்.

"நான் என் அறிவை மேலும் வளர்த்துக்கொள்ள விரும்புகிறேன். அப்போதுதான், ஓய்வு பெற்ற பிறகு என்ன செய்வதென்று எனக்குத் தெரிந்திருக்கும்!"

People of Central Singapore



Ms Charlene Tan
陈萱霖
Kampong Glam

Ms Charlene with a student at an Education Awards Ceremony.

Giving back to the community has been one of Charlene's goals ever since she became a recipient of a bursary in university.

A volunteer for 4 years, Charlene finds it rewarding in many aspects. From seeing the happy faces of elderly residents that she was able to help, to the new friendships that she has forged.

Even COVID-19 could not deter her earnestness in connecting with residents! Most recently in November 2021, she helped organise a virtual award ceremony for students, to recognise their achievements and keep them motivated.

Charlene remains thankful and cherishes any opportunity to volunteer. She hopes to hear everyone's life experiences, to help herself learn and grow!

陈萱霖获得大学助学金后,就一直想要回馈社会。

四年前,她加入了义工行列。这些年来,她发现自己受益良多,结交了许多新朋友。当受助的年长居民露出灿烂笑容时,她也觉得很有成就感。

在冠病疫情期间,萱霖助人的热忱不减,继续与居民保持联系,服务社区。2021年11月,她为学生举办了一场虚拟颁奖仪式,对他们的成就给予肯定和鼓励。

萱霖非常珍惜每个做义工的机会。她希望能够聆听每个人的生活经验并在学习中成长。



Mr Shawn Abdullah
Jalan Besar

Mr Shawn Abdullah giving a haircut to a customer.

Following his passion led Shawn to leave his full-time job as a retail trainer to set up a barbershop.

Located at Beach Road, Shawn's shop sees a stream of elderly residents and children from the estate, prompting him to keep prices affordable.

Even with Chinese New Year coming up, Shawn will keep to his usual rate as he believes that his services should remain accessible to everyone.

When the pandemic is over, he hopes to go on missionary trips to provide free haircuts to the needy. For now, Shawn is contented to have his daily conversations with his regulars!

Didorong oleh minatnya yang begitu mendalam, Shawn telah meninggalkan kerja sepenuh masa beliau sebagai jurulatih runcit untuk membuka sebuah kedai gunting rambut.

Terletak di Beach Road, kedai gunting Shawn banyak dilanggani penduduk warga emas dan kanak-kanak dari estet perumahan berdekatan. Ini mendorong beliau untuk mengenakan harga yang berpatutan.

Walaupun dengan menjelangnya Tahun Baru Cina tidak lama lagi, Shawn akan tetap

mengekalkan kadar yang biasa beliau kenakan kerana beliau percaya bahawa perkhidmatannya harus termampu oleh semua orang.

Apabila pandemik berakhir kelak, beliau berharap akan dapat melakukan perjalanan kebajikan untuk memberikan potongan rambut percuma kepada golongan yang memerlukan. Buat masa ini, Shawn berpuas hati dengan perbualan harian beliau dengan para pelanggan tetapnya!

BUSINESSES Doing Good @ Central



+ Giving With a Heart +



United Overseas Bank (UOB) Limited

Lighting up Festive Cheers for our Cleaning Heroes

During Mid-Autumn Festival, UOB surprised 123 estate cleaners in Central Singapore with mooncakes and vouchers.

It was a simple but heartfelt way to show appreciation to our frontline cleaning aunties and uncles!

They play a vital role in our fight against COVID-19, by tirelessly keeping our public spaces clean. Let's do our best to lighten their workload by being responsible residents who care for our environment!



DBS Bank

Learning science the fun way!

Children from disadvantaged backgrounds under Central Singapore CDC's Nurture programme learnt to make lava lamps during the school holidays!

Staff volunteers from DBS and undergraduates from National University of Singapore's Young Educators in Science programme facilitated the workshops for the children.

Each child was also gifted with a "Science At Home" kit, comprising DIY sets and an activity booklet. Lessons were also made available on YouTube for them to continue to learn from home!

Good @ Central



YEO'S

Showing appreciation with handwritten messages

Limited edition National Day-themed Yeo's canned drinks were distributed to nearly 65,000 hospital staff in Tan Tock Seng Hospital, migrant workers living in dormitories, and residents from Central Singapore.

The cans were adorned with heart-warming and handwritten messages of support by the community.

It was a small token of appreciation for the hard work and risks that the front-liners faced while working tirelessly to keep us safe, and for the migrant workers' sacrifice to help build Singapore despite this challenging period.



GIC Pte Ltd

Nurturing musical talents with The Purple Symphony Training Award Programme (TAP)

Since 2016, GIC has supported The Purple Symphony Training Award Programme (TAP). This has enabled more than 100 persons with disabilities and those from disadvantaged backgrounds to showcase their talents and hone their music craft.

The TAP recipients are also part of Singapore's largest inclusive orchestra, The Purple Symphony.

Mr Chang Zi En (left of photo), TAP Percussionist with Autism, shares: "I am usually a little nervous to perform solo. But when I play together with The Purple Symphony, I am a lot calmer because it feels like we're playing as a big family."



Join us and Do Good Together! If you are a corporate organisation who wishes to give back to our community, write in to Jacintha at PA_CentralSingapore@pa.gov.sg.

'Gift of Love'

Generous donors providing support to residents-in-need and encouraging the spirit of giving

'Gift of Love' is a movement by Central Singapore CDC. It brings different partners together to do good for the community during tough times.

We hope that these short-term relief will encourage all to stay strong and keep going!



Eu Yan Sang

Eu Yan Sang generously sponsored 500 boxes of chicken essence!

Grassroots Adviser (GRA) Ms Nadia A. Samdin (left of photo) joined volunteers in the distribution at Chong Boon Market & Food Centre.

The care packs were also gifted to hawkers at 75 Toa Payoh Lorong 5 Food Centre, Hong Lim Market and Food Centre, and Whampoa Market.



Nunchi Marine Pte Ltd

Nunchi Marine joined hands with Central Singapore CDC to distribute 2,500 care packs to hawkers and residents affected by market closures.

Tenants at Redhill Market and Radin Mas residents received gift packs given out by **GRA Mr Melvin Yong (right of photo)** and volunteers.

Vouchers were also given out to hawkers at Chinatown Complex. These small gestures brightened the day for many folks!



OMERS

OMERS sponsored care packs containing essential items for 1,750 households. Although the staff could not personally distribute the packs due to the Safe Management Measures, their eagerness to help was undeterred!

They came together to put together the care packs, which were distributed by **GRA Mr Eric Chua (left of photo)** and volunteers to residents in Lengkok Bahru.

The gifts were also received by thankful residents in Kreta-Ayer Kim Seng.



Perennial Holdings

Hawkers from Bukit Merah View Market and needy residents in Marymount and Kampong Glam received 2,000 care packs donated by Perennial Holdings.

During the distribution in Bukit Merah by **GRA Ms Joan Pereira (right of photo)** and volunteers, the hawkers shared that they were suffering from prolonged market closures and reduced footfall due to COVID-19.

The gesture from Perennial was a welcome reassurance for the hawkers and residents that they have not been forgotten in these challenging times.



Join us and Do Good Together as a sponsor or volunteer!
Email to Jacintha at PA_CentralSingapore@pa.gov.sg.

CDC Vouchers Scheme: For Residents

\$130 million CDC Vouchers for Singaporeans to #supportlocal heartland hawkers and merchants!

**\$100 IN VOUCHERS,
NOW YOURS TO SPEND**

✓ **Claim now at
go.gov.sg/cdcv**



✓ **\$100 for each
Singaporean household**

✓ **Yours to use till end 2022**

Watch our **Step-by-Step video** on how to claim your CDC vouchers!



WONDERING WHERE TO SPEND YOUR CDC VOUCHERS?

Check out the following pages to find out more!



Months of efforts by the People's Association, the five Community Development Councils (CDCs), and partners have finally paid off!

1.3 million Singaporean households will each receive \$100 digital CDC Vouchers. These vouchers had two key objectives:

- 👍 To thank Singaporeans for their sense of solidarity during the pandemic
- 👍 To support our hawkers and heartland merchants

The CDC Vouchers also aims to serve as additional financial support for residents, along with providing an extra source of revenue for heartland merchants.

With the new digital vouchers, redemption for both merchants and residents are now more convenient and seamless.

Residents can take this opportunity to explore and get to know their neighbourhoods better!



Prime Minister Lee Hsien Loong initiating the launch of the nationwide CDC Vouchers Scheme, demonstrating its ease of use for Singaporeans.

Photo: Facebook / Lee Hsien Loong (@leehsienloong)

The vouchers are the Government's way of thanking all Singaporeans for your solidarity and support during this difficult period. We are not out of the woods yet, but we are adapting well to living with the virus.
– Prime Minister Lee Hsien Loong

Baucar in adalah sebagai tanda penghargaan Pemerintah kepada semua warga Singapura atas perpaduan dan sokongan anda semua sepanjang tempoh yang sukar ini. Kita belum lagi pulih sepenuhnya daripada pandemik, tetapi kita dapat membuat penyesuaian dengan baik untuk hidup bersama virus ini.
– Perdana Menteri Lee Hsien Loong

推出邻里购物券，是政府答谢国人在这段艰难时期展现的坚韧精神和给予的支持。我们还未完全渡过难关，但我们正在学习适应与冠病共存。
– 李显龙总理

இந்த இக்கட்டான காலகட்டத்தில் ஒற்றுமையுடன் ஆதரவளித்த சிங்கப்பூரர்கள் அனைவருக்கும் நன்றி சொல்லவே அரசாங்கம் பற்றுச்சீட்டுகளை வழங்குகிறது. இந்த இக்கட்டத்திலிருந்து நாம் இன்னும் மீளவில்லை, ஆனால் கிருமியுடன் வாழ நல்லவிதமாகப் பழகி வருகிறோம்.
– பிரதமர் லீ சியன் லூங்.



Mayor Denise Phua using her digital CDC Vouchers at a heartland shop.



Seniors or anyone who needs help claiming their CDC Vouchers can visit the nearest Community Centre/Club for assistance with printed or digital vouchers.

Where to SPEND your

CDC VOUCHERS?

@ ANG MO KIO GRC, KEBUN BARU & YIO CHU KANG SMCs



KATAOMO Hair Studio
(Hairdresser)
437 Fernvale Rd, #01- 03,
S790437
10am - 8pm daily



**Chelabela Korean Food
by Korean Chef**
(Korean Food)
603 Ang Mo Kio Avenue 5, #01-2683,
S560603
11am - 8pm daily



House of Scooter
(E-scooter Retailer)
684 Hougang Ave 8, #01-981C
S530684
Mon - Sat: 12pm - 9pm
Sunday: Closed



Desert Dessert
(Gelato Cafe)
163 Ang Mo Kio Ave 4,
#01-424A, S560163
Mon - Thu: 11am - 11pm
Fri - Sun: 11am - 12am



Willow Bikes
(Bike Retail Concept Cafe)
456 Ang Mo Kio Ave 10,
#01-1570A, S560456
Tue - Sun: 12pm - 9pm
Mon: Closed



**Yu Lee Economic
Bee Hoon**
(Economic Bee Hoon/
Nasi Lemak)
527 Ang Mo Kio Ave 10,
#01-105, S560527
Mon-Sun: 7am - 2pm
Thu: Closed



D Flaming Western
(Western Food)
546A Serangoon North
Avenue 3, #01-01,
S551546
11am - 8.30pm daily

@ BISHAN - TOA PAYOH GRC & MARYMOUNT SMC



AMK Curry Puff
(Curry Puffs)
Block 184 Toa Payoh Central,
#01-372, Super 28 Coffee Shop
S310184
10am - 8.30pm daily (or till sold out)



The Daily Catch
(Seafood Wholesaler)
22 Toa Payoh Lorong 7, Kim Keat Palm
Market and Food Centre, #01-84,
S310022
9am - 9.30pm daily



Crystal Zenith Fashion
(Clothing Alteration Services)
151A Bishan Street 11 Bishan Green,
#01-169, S570151
8am - 8pm daily



Perfect Paws
(Pet Shop)
123 Toa Payoh Lor 1/2, #01-497,
S310123
Tue - Sun: 8am - 8pm
Mon: Closed



**Creamier Handcrafted Ice
Cream and Coffee**
(Ice Cream and Coffee Cafe)
131 Lor 1 Toa Payoh, #01-02, S310131
Tue - Sun: 12pm - 10pm
Mon: Closed



The Nasi Padang by Butterscotch
(Halal Nasi Padang)
22 Sin Ming Road #01-210,
S570022
Mon - Fri: 7am - 2pm
Sat - Sun: Closed

**& MANY
MORE!**



Check out more merchants
in Ang Mo Kio GRC, Kebun Baru
and Yio Chu Kang SMCs!

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

**LOOK OUT
FOR SHOPS
WITH THIS
DECAL! ▶**



**& MANY
MORE!**



Visit more merchants in
Bishan - Toa Payoh GRC
and Marymount SMC!

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

Where to SPEND your

CDC VOUCHERS?

@ JALAN BESAR GRC & POTONG PASIR SMC

@ TANJONG PAGAR GRC & RADIN MAS SMC



Ghee Huat Provision Shop
(Provision Shop)
45 Bendemeer Rd, #01-1445
S330045

9am - 11pm daily



Friends Bakery
(Bread and Cakes)
2 Upper Aljunied Lane, #01-17,
S360002

Mon - Fri: 6.30am - 9pm
Sat - Sun: 6.30am - 9.30pm



**Mat Noh & Rose Authentic
Ginger Fried Chicken Rice**
(Chicken Rice)
91 Whampoa Drive, Whampoa Drive
Makan Place/Whampoa Market,
#01-27, S320091

Mon - Sat: 9am - 3pm | Sun: Closed



Sky Cafe
(Asian & Western Cafe)
94A Dawson Road, #01-04, Sky Parc,
S142094

10am - 11pm daily



Authentic Thai
(Thai Cuisine)
500 Clemenceau Avenue North,
Newton Food Centre, #01-58,
S229495

12.00pm - 8.30pm daily



The Better Half
(Specialty Coffee & Bakes)
1 Everton Park, #01-43A,
S081001

Tue - Sun: 10am - 4pm
Mon: Closed



Susan Batik House
(Ladies Ethnic Fashion)
32 New Market Rd, #02-1106
S050032

Mon - Fri: 10am - 6.30pm
Sat - Sun: 10am - 5pm



Basheer Graphics
(Books, Graphics Novels and Magazines)
231 Bain Street, #04-19,
S180231

Mon - Sat: 10am - 8pm
Sun: 11am - 7pm



Tan Aquarium
(Aquarium)
14 Beach Rd, #01-4671,
S190014

10am - 6pm daily



ChaPaLangDiam
(Old School Snacks and Gifts)
Blk 109 Bukit Purmei Road, #01-143C,
S090109

11am - 9pm daily



SK Spice Mart
(Indian Provision Shop)
1 Jalan Merah Brickworks Estate,
#01-4536, S150001

7am - 10.30pm daily



Visio Optical
(Optician)
43 Holland Drive, #01-67,
S270043

Mon - Sat: 9.30am - 8.00pm
Sun: 10.00am - 6.00pm

& MANY MORE!



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

Show your support for more
merchants in Jalan Besar
GRC and Potong Pasir SMC!

**LOOK OUT
FOR SHOPS
WITH THIS
DECAL! ▶**



& MANY MORE!



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

Not forgetting these other
merchants in Tanjong Pagar
GRC and Radin Mas SMC!

Calling Hawkers and Heartland Merchants



Sign up and participate in the nationwide \$130 million CDC Vouchers Scheme!

In December 2021, nearly 1.3 million Singaporean households received their \$100 CDC Vouchers. This is \$130 million of additional revenue for our heartland businesses!

The CDCs hope that these vouchers will bring in more businesses for our heartland hawkers and merchants, through the patronage of fellow residents with their \$100 CDC Vouchers.

Redemption is now **CONVENIENT** and **SEAMLESS** with the vouchers in a digital format.

We encourage all eligible merchants to join the scheme so residents can redeem their vouchers with you!



YES, I WANT TO JOIN!

Scan to register your interest and our CDC Ambassadors will reach out to you!



KEY BENEFITS FOR MERCHANTS



No Commissions or Fees



Next-Day Payout



Fuss-free Redemption & Transaction Tracking



Mr Velayutham, Mithran Trading
@ Tekka Centre

"We can get better business through the CDC Vouchers Scheme. Many can come down to use the vouchers, and the app is easy for us to use too."

"சமூக மேம்பாட்டு மன்றப் பற்றுச்சீட்டுகள் திட்டத்தின்மூலம் எங்கள் தொழில் மேம்படக்கூடும். பற்றுச்சீட்டுகளைப் பயன்படுத்த பலரும் வருவார்கள். செயலியைப் பயன்படுத்துவதும் எங்களுக்கு எளிதாக இருக்கிறது."



Mdm Siti Arwiah, Jalan Besar Nasi Lemak
@ Ci Yuan Community Club Hawker Centre

"We had to rely on delivery apps to reach customers due to COVID. I like that customers are walking-in now to use the vouchers and I see my business increasing."

"Kami terpaksa bergantung pada aplikasi penghantaran untuk sampai ke pelanggan disebabkan oleh COVID. Saya gembira bahawa kini pelanggan datang terus untuk menggunakan baucar ini dan saya melihat perniagaan saya semakin meningkat."



Mr Marco, PB Mart
@ Kebun Baru

"I strongly encourage other business to join because there's no harm in having this an additional source of revenue. I just hope that the community will be more patient when going through the digital redemption process with elderly merchants."

"有多一个收入来源也不错,所以我非常鼓励其他商家加入。我只是希望民众在与年长商家们进行数码交易时能更有耐心。"



Mr Jimmy Ng, Saviour Comsale Trading
@ Sims Place

"Times are tough now for everyone so I see the vouchers as a win-win. Even if residents do not redeem their vouchers here, it still puts my store on the map as a form of publicity."

"现在行情不好,大家生意较难做,所以我觉得邻里购物券是一个双赢的做法。即使居民没有来我的店使用购物券,这种宣传方式也能让更多人认识到我的商店。我希望今后会为店里带来更多人潮。"

'GIVE AND TAKE MARKET'

Promote the Spirit of Giving and Assist Families-in-Need



Mayor Denise Phua and GRA Dr Wan Rizal with a family of beneficiaries at Kolam Ayer CC.

The 'Give and Take Market' was launched in October 2021. It was made possible by generous sponsorships and donations from close to 20 partners and companies who wish to do good for our community!

Low-income families with children in Jalan Besar GRC can "shop" for essentials at the 'Give and Take Market'!

They are able to personally pick essential items that their household needs. Items available include pantry staples, household necessities, school essentials, personal care products, and even electrical appliances.

Gift packs from the 'Give and Take Market' can also be delivered to beneficiaries' homes.



GRA Mrs Josephine Teo with a resident at the 'Give and Take Market' held at Kim Seng CC.



Families can "shop" safely on behalf of their household, with the help of our volunteers.

WHEN & HOW TO SIGN UP

Held MONTHLY till end 2022

Families with children, living in rental units within Jalan Besar GRC, who wish to sign up can contact their respective Community Centre/Clubs for more information.

每个月举行，直至2022年底

育有孩子且住在惹兰勿刹集选区租赁单位的家庭，可向各自的民众俱乐部或民众联络所了解详情。

Diadakan setiap BULAN sehingga akhir 2022

Keluarga yang mempunyai anak, tinggal di unit sewa dalam GRC Jalan Besar, yang ingin mendaftar boleh menghubungi Balai Rakyat/Kelab Masyarakat masing-masing untuk maklumat lanjut.

2022 இறுதி வரை மாதந்தோறும்

ஜாலான் புசார் குழுத்தொகுதியில் உள்ள வாடகை வீடுகளில் பிள்ளைகளுடன் வசிக்கும் குடும்பங்கள், பதிவு செய்வதற்குத் தத்தம் சமூக நிலையத்தை/மன்றத்தைத் தொடர்பு கொண்டு மேல்விவரம் பெறலாம்.



Watch our 'Give and Take Market' video for more details & a big THANK YOU to our Sponsors!



ON THE Ground

Our Grassroots Advisers (GRAs) have been working closely with volunteers to Do Good for the community in their divisions.



Ang Mo Kio – Hougang
GRA Mr Darryl David (left): *In this season of giving, I am happy to see more partners and residents come together to serve the community.*



Bishan East – Sin Ming
GRA Mr Chong Kee Hiong (second from left): *I believe that sharing what we have with families who need them is a great way to promote neighbourliness.*



Buona Vista
GRA Mr Chan Chun Sing (penning his well wishes to residents): *Our community rose in unison for those of us recovering from COVID-19.*



Cheng San – Seletar
GRA Ms Nadia A. Samdin (middle): *We should always motivate and encourage our children in their education! Whatever the outcome, know that we are all cheering you on.*



Fernvale
GRA Mr Gan Thiam Poh (right): *I encourage residents to give back to the community. Like our free tuition programme that supports our young in their education journey.*



Henderson – Dawson
GRA Ms Joan Pereira (left): *I would like to encourage everyone to show their strong support for our local merchants in the community during this difficult time.*



Jalan Kayu
GRA Ms Ng Ling Ling (right): *It is always nice to see the happy faces and big smiles from our residents and volunteers during the monthly complimentary hair cutting initiative.*



Kampong Glam
GRA Ms Denise Phua (right): *I hope more businesses and volunteers can join us to do good together. Everyone can make a difference.*



Kebun Baru
GRA Mr Henry Kwek (left): *I dropped by 158 to thank our generous hawkers who spent their morning preparing porridge, sponsored by Moses Lim, to be distributed to residents-in-need.*



Kolam Ayer
GRA Dr Wan Rizal (left): *As we progress, we must ensure our seniors and vulnerable groups are not left behind.*



Kreta Ayer – Kim Seng
GRA Mrs Josephine Teo (right): *Small acts of kindness can make a big impact. I hope that everyone can give back to the community, in their own ways.*

Photos were taken in line with safe management measures.
Printed on environmentally-friendly paper

Photos were taken in line with safe management measures.
Printed on environmentally-friendly paper



Marymount
 GRA Ms Gan Siow Huang (right): *I hope that more families with children will visit our parks! It is a great way for our children to learn about nature and the environment.*



Moulmein – Cairnhill
 GRA Mr Alvin Tan (right): *It is important for our residents to take part in and continue the spirit of Singapore being a Garden City.*



Potong Pasir
 GRA Mr Sitoh Yih Pin (right): *I am glad to know a new resident and this is important in building good neighbourliness and a cohesive community.*



Queenstown
 GRA Mr Eric Chua (middle): *Rain or shine, we will care for our seniors and vulnerable ones in the community.*



Radin Mas
 GRA Mr Melvin Yong (left): *We started the Radin Mas 'Wheelchair Project' to provide new wheelchairs to our residents with mobility challenges.*



Tanjong Pagar – Tiong Bahru
 GRA Ms Indranee Rajah (left): *Do an act of kindness for your neighbour. Simple things like these create ripples of change and make for a stronger, happier community.*



Teck Ghee
 GRA Mr Lee Hsien Loong (left): *Young or old, let us nurture a green and sustainable Singapore for future generations.*



Toa Payoh East
 GRA Mr Saktiandi Supaat (left): *I believe that keeping our town clean is everyone's effort, including our little ones!*



Toa Payoh Central
 GRA Dr Ng Eng Hen (right): *I would like to show appreciation to our community leaders and volunteers for tirelessly organising events to help vulnerable residents.*



Toa Payoh West – Thomson
 GRA Mr Chee Hong Tat (second from right): *I applaud our volunteers who take the time to support our needy residents. I encourage everyone to join us in helping the less fortunate!*



Whampoa
 GRA Mr Heng Chee How (second from left): *I hope all residents can continue to keep our environment clean and hygienic.*



Yio Chu Kang
 GRA Mr Yip Hon Weng (left): *I hope that our youth volunteers will continue to care for the community by assisting our seniors who are in need.*

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SUPPORTING INCLUSION & CELEBRATING ABILITIES



THE PURPLE PARADE

The Purple Parade is Singapore's largest movement to support inclusion and celebrate abilities of persons with disabilities. Undaunted by COVID-19, **The Purple Parade 2021** was a roaring success with its hybrid concept of live and online performances, as well as campaigns!



The Purple Parade Working Committee Vice-Chairpersons Ms Yip Pin Xiu and Mr Alister Ong welcoming the crowd to The Purple Parade 2021 livestream concert



The Purple Symphony Ensemble with Mr Quek Ling Kiong, Artistic Director and Conductor, captivated audiences with both live and online performances



▲ Recital of The Purple Pledge at The Purple Parade 2021, held at Suntec Convention & Exhibition Centre

Scan to watch the video:



More than **20,000** joined the 'Let's All Go Purple' campaign and concert

9+ inclusive concert items

50 life stories of persons with disabilities

Immersive hybrid concert with live and online performances

'Walk In My Shoes' sessions conducted for first-hand disability experiences



Over **400** participants in the first-ever purple parade on-site social feature wall

We were overwhelmed by everyone's support for our 'Let's All Go Purple' campaign! There were so many creative Purple submissions in support of our cause. Scan to flip through our e-book compilation! ▶



"Building an inclusive nation is a whole-of-society effort where everyone must play a part. Through our joint efforts, we can then shape our society into a more resilient, caring, and inclusive home for everyone."

- Mr Masagos Zulkifli
Minister for Social and Family Development,
Second Minister for Health & Minister-in-charge of Muslim Affairs
Guest-of-Honour at The Purple Parade 2021

"We hope to build deeper AWARENESS of persons with disabilities; take ACTION to support the high-priority needs of the community; and continue to ADVOCATE for sustainable access to opportunities at school, work, and in the community."

- Ms Denise Phua
Adviser to The Purple Parade 2021
Mayor of Central Singapore District



THE SUPPORT FOR INCLUSION NEVER ENDS!



Relive the Purple Parade 2021 celebrations through our Livestream Concert video!

Catch the inclusive performances that celebrated the abilities of persons with disabilities! The line-up includes vocal and musical performances, talent showcases, and feature videos from disability groups and organisations.



A Dancer, An Illustrator, A Model and A Musician.

Hear from Jaspreet, Zi Yue, Zora and Ming Yi - four uniquely abled persons who come from different walks of life; their works, and their hopes for a more inclusive Singapore.



Up close with Paralympians Yip Pin Xiu and Maximillian Tan!

Hear from both para-athletes as they share their journey, motivations, and hobbies! *P.S. Guess which of them likes BTS?*



Digital Human Library

Read our collection of stories and journeys from 50 persons with disabilities, who come from all walks of life.



Purple Conversations: Live Chats

In our Facebook live chats series, persons with disabilities and/or their caregivers share their lived experiences with us.

Watch our past sessions here:

Hear from Ammar "Amezy", a Deaf dancer, choreographer and filmmaker!



Be moved by words and stories from editorial specialist, Jonathan!



'Walk In My Shoes' Series

In a new series of workshops, learn about major disability groups through first-hand experience and perspectives!

More workshops are upcoming so stay tuned to our Facebook page for details!



Visit <https://www.purpleparade.sg/> to read the stories and find out more about our programmes!

Facebook and Instagram icons followed by @purpleparade



THANK YOU TO OUR FOR MAKING THE PURPLE

PARTICIPATING PARTNERS, PARADE 2021 A SUCCESS!



Taking positive action for mental wellness

'MIND YOUR HEALTH' is a community outreach and educational webinar Series.

Started by Central Singapore CDC and Institute of Mental Health (IMH) to promote understanding and encourage everyone to take positive action for mental wellness.



In this segment of MIND Your Health we focus on the three prevalent types of addiction in our society - drugs and alcohol abuse and gambling.

Expert Speakers

Ms Jamie Susie Thomas and Mr Ranjit Singh, both Counsellors from National Addictions Management Service (NAMS), IMH shared insights on the warning signs of addiction and how we can help.

Highlights

Addiction results in the physical and psychological impaired ability to stop consuming a substance or activity despite its harms. These addictions if not addressed, can result in serious consequences to our loved one's physical and mental health, damage relationships and finances, create legal issues, and social costs.



(From left to right) Panelists GRA Mr Henry Kwek (Kebun Baru); Mayor of Central Singapore District, Ms Denise Phua; NAMS Counsellors Ms Jamie Susie Thomas and Mr Ranjit Singh; and GRA Ms Ng Ling Ling (Ang Mo Kio) came together to share how we can support loved ones struggling with addiction.

Practical Tips

- Rebuilding relationships is a key in recovery
- Involve a skilled person outside the family when necessary
- Maintain your friendships, interests, and hobbies
- Seek support for yourself
- Reach out to others with similar experiences
- Practise self-care



#NeedHelpJustCall

Call these 24-hour hotlines to get the emotional and psychological support you require.

IMH Mental Health Helpline: 6389 2222 | Samaritans of Singapore: 1800 221 4444

Schizophrenia, Bipolar Disorder, and other Mental Health Conditions

Expert Speakers

Dr Lee Kok Wei, Consultant, IMH and Ms Nur Izzah Binte Jamaludin Malik, Peer Support Specialist, IMH dispelled some misconceptions about schizophrenia, bipolar disorder, and other related mental health conditions and shared their insights on how to help sufferers.

Highlights

About one in 100 people develop schizophrenia or bipolar disorder, affecting late teens to young adults. One in 1,000 people develop delusional disorder. There are some common misconceptions that such mental disorders happen to those who are "weak", "that it's all in the mind", sufferers are prone to violence, and can only perform low-level jobs.



Learn more about other topics and download our Resource Materials on <https://go.gov.sg/myh> or scan the QR code!



(From left to right) Panelists GRA Mr Yip Hon Weng (Yio Chu Kang); GRA Mr Chong Kee Hiong (Bishan East-Sin Ming), Mayor of Central Singapore District, Ms Denise Phua; IMH Consultant Dr Lee Kok Wei; and IMH Peer Support Specialist Ms Nur Izzah providing insights on the various mental health conditions.

✓ DO

- Try to talk about your observable behaviours e.g. "You seem sad to me."
- Use inviting statements e.g. "I wonder if I may..."
- Be there and share your thoughts e.g. "I care about..."
- Stick with facts:
 - Attending counselling takes effort and courage
 - People who sought counselling often wish they had done it earlier

✗ DON'T

- Diagnose/interpret your friend/family/ in distress.
- Use ordering statements e.g. "We need to talk."
- Judge e.g. "You are not coping well."
- Give solutions and teach e.g. "You need to try harder."



More Learning Support for Adults with Disabilities!

SIGN UP for the 'Temasek Trust-CDC Lifelong Learning Enabling Fund'



About the Fund

A Community Fund set up by Temasek Trust and the five Community Development Councils (CDCs) to support adults with disabilities on their learning journey.

Each eligible adult with disability can apply for **up to S\$1,000 to reimburse** course fees and/or costs of learning support services/devices.

Who Can Apply?

- Singaporeans/Permanent Residents with disabilities aged 18 years old and above
- Not enrolled in mainstream or SPED schools

For more information, visit <https://go.gov.sg/temasektrust-cdc-fund>

Email learningfund@sgenable.sg to partner us and support adults with disabilities on their learning journey!

How to Apply?

Scan the QR code to find out more today!



Applications open from **Dec 2021 to Dec 2022**