

ISSUE FOUR 2018

redcross⁺

A MAGAZINE BY SINGAPORE RED CROSS

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Grateful Hearts Day 24.2.19

Your attitude of gratitude can put nutritious food on the table, for vulnerable families. Volunteer to raise funds, or make a donation at redcross.sg.



Volunteer as a tin bearer!

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Errata

This photo was omitted in the last issue, for the story on community engagement in Pulau Ubin. We apologise for the error.



EDITORIAL COMMITTEE

Tang Chun Tuck	Vivien Cai
Eileen Cher	Alina Tee
Sondra Foo	Ace Woo
Patricia Ler	Grace Wong

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World First Aid Day Fiesta

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President visits Red Cross House



As the year draws to a close, it is opportune that we take stock of our progress. On reflection, it has been a challenging but fulfilling year. From floods in Laos, Myanmar and South India, to earthquakes in Lombok and Sulawesi, the multiple disasters have stunned experts, and affected millions in the region. With our donors' support, we brought humanitarian aid to survivors, and will press on with recovery and rebuilding efforts.

While the response to overseas disasters has been challenging, we remain steadfast in our mission to serve the most vulnerable in Singapore. Just this year, we launched the Community Health on Wheels (CHoW), the Home Monitoring and Eldercare (HoME+) and the state-of-the-art ceiling hoist at Red Cross Home for the Disabled (RCHD). This was only possible with the support of our dedicated partners, including SMRT Corporation, AVIVA Singapore and the Portcullis Group. We want to welcome more organisations to forge *Partnerships for Humanity*!

Our youth leaders continue to make us proud - organising innovative fundraisers, thematic blood drives and community fiestas that advocate first aid learning. To nurture the next generation of humanitarians, we launched the Red Cross Junior in pre-schools, and the interest has been overwhelming. Certainly bodes well for the future we are building.

We have more exciting activities coming up - a *Humanitarian Education Xperience*, an inspiring Humanitarian Lecture, and the annual get-together for Grateful Hearts Day (early next year). See the back page for details, and be sure to mark your calendars!

Singapore Red Cross turns 70 in 2019

To kick-start our 70th Anniversary celebrations, we have unveiled a commemorative wall mural at the Red Cross House. Jointly hand-painted by Singapore Red Cross volunteers and Singapore Polytechnic's Diploma in Experience

& Communication Design School students, the mural enhances the visibility of our headquarters to citizens - amplifying the work we do for the country's vulnerable, as well as, engages the youth - the future hope of humanity. Come visit us when you are in town!

As the Christmas season draws near and the year draws to an end, please consider making impactful donations as thoughtful gifts for friends and family, or in honour of someone close to you. Your gifts to the Singapore Red Cross can change lives.

Here's wishing you Happy International Volunteer Day, Merry Christmas and a Happy New Year!

Benjamin William
Secretary General / CEO

Our Community Health on Wheels volunteers provided **free health checks** and practical advice to attendees at the Community Fest organised by The Islamic Religious Council of Singapore (MUIS) from 7 to 9 August.



Photo by Boey Kae Rene, Volunteer

Sri Muneeswaran Temple Society donated S\$10,001 in support of relief efforts for the **South India floods**.



Photo by Patricia Ler, Corporate Communications and Marketing

Singapore Airlines donated S\$50,000 to help communities affected by the **Lombok earthquake and South Indian floods**.



Photo by Patricia Ler, Corporate Communications and Marketing

At our annual **Members Conversation** at James Cook University on 20 August, speakers shared their insights on "Tapping on Technology". Participants were also engaged on the Personal Data Protection Act and Singapore Red Cross' efforts in leveraging technology.



Photo by Chen Zheng Wei, Volunteer

Rahmatan Lil 'Alamin Foundation (RLAF) donated S\$121,042 to SRC in aid of **Laos floods relief**.



Photo by Rahmatan Lil 'Alamin Foundation

Teachers and parents and Red Cross Juniors of PCF Sparkletots @ Ang Mo Kio - Hougang raised S\$1,540 for **Singapore Red Cross' local humanitarian services**. They visited Red Cross House on 12 October to present the cheque, and were treated to a tour of the building and a lesson on first aid.



Photo by Chua Lay Teng, Membership and Volunteer Development

We engaged educators, parents and children in **Red Cross Junior** at the Early Childhood Conference at Suntec Convention Hall on 5 October. Children, on the other hand, learnt about safety, and caring for the elderly and the differently-abled through fun-filled games and activities.



Photo by Chua Lay Teng, Membership and Volunteer Development

SRC Secretary General and CEO Benjamin William gave an insightful talk on **community resilience** and its impact on Singapore's ageing population to over 300 JC2 students at Pioneer Junior College, as part of SRC's annual General Paper outreach.



Photo by Alina Tee, Corporate Communications and Marketing

COMMUNITY ENGAGEMENT

Photos by volunteers from North East, South East and South West Districts

South East District

Sharing disaster preparedness strategies at Pulau Ubin Safety and Security Day on 1 July



Psychological first aid training on 6 October



Outing to Sentosa, in celebration of the International Day of Older Persons on 20 October



North East District

Eldercare training on 30 June and 1 July



EastEats Food distribution project on 27 October



Outing to the Peranakan Museum on 21 July



Befriending cum networking session for North East District volunteers on 6 October



South West District

First aid demonstration by Red Cross Club at Southwest on Pioneer Residents' Day on 21 July



Providing first aid coverage at Tampines West Community Club's Pre-School Safari Day on 22 September



Recruitment drive for community responders and befrienders at Red Cross Club at Southwest on 21 September



First aid coverage by Red Cross Club at Southwest during the monthly West Coast on Wheels Cycling activity, held on 21 October



First aid coverage at West Coast Rocks! 2018 on 11 August



A FIESTA ON WORLD FIRST AID DAY

By Bala Gowtham and Tay Li Ying, Volunteers
Photo by Chen Zheng Wei, Volunteer

In conjunction with World First Aid Day, the Red Cross Youth organised the North East First Aid Fiesta to spread word about the importance of first aid.

Themed "Everyone, A First Aider", the fiesta garnered the support of partners, including venue sponsor Tampines West Community Club and Care To Go Beyond.

At the fiesta, participants went around various information and games booths, picking up basic first aid skills and knowledge along the way. A hot favourite was the 'Fisherman's Remedy' game, which saw participants fishing for correct treatments to a selected injury. Stage programmes, such as the First Aid Quiz, saw an enthusiastic audience putting

their first aid knowledge to the test. Our CPR-AED team also impressed the crowd with the latest equipment, equipped with cutting-edge software that guided participants on the effectiveness of their compressions and gave real-time feedback on improvements needed. The GO Bag team also gave a public demonstration on how to pack a GO Bag, an emergency preparedness kit that contained necessities required in the event of an emergency.

"It was an enriching experience. I learnt how to help effectively in case of medical emergencies," said Sumaiyah Zafar, an event helper.

"The elders and children's efforts in learning and practising CPR and bandaging impressed me. Moving ahead, I would like to get involved in such activities on a bigger scale, to reach out to more people."

Aishwarya Deshmukh,
organising committee member



The Singapore Red Cross Academy marked World First Aid Day by training and certifying 114 youth in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) or Basic Cardiac Life Support (BCLS) and AED!

In September, we cast the spotlight on our Singapore Red Cross Academy Trainers Ambrose Lee, Muhamad Haikel Mohamed, Stephen de Souza, Steven Tan and Tracy Koh in a social series "Hello, Trainer!" Scan the QR code to watch!



RECOGNISING OUR EVERYDAY HEROES

Photos by Ethan Kuan and Robert Luk, Volunteers

Thirty-one individuals and corporate groups received top accolades at the Singapore Red Cross (SRC) Awards 2018 at Red Cross House on 11 October. The prestigious awards were presented by Guest-of-Honour and Patron of SRC, President Halimah Yacob, and SRC Chairman Mr Tee Tua Ba.

The sixth annual awards recognise and honour the contributions of volunteers and partners who have all given selflessly of their time, expertise and resources, in their own unique ways, to further SRC's mission.

"Over the years, Singapore Red Cross' volunteers and partners have contributed significantly to the spirit of community service in Singapore. As we build a caring and compassionate society, we should encourage those who are better-off to contribute their time, skills and resources to help the vulnerable. I am very heartened by SRC's enduring efforts in promoting philanthropy and volunteerism in Singapore."

President Halimah Yacob,
Patron of the Singapore Red Cross



Outstanding Service Award

"Beyond the international work by the Singapore Red Cross, the focus on addressing the multi-dimensional causes of urban poverty in Singapore touches me deeply, as a development economist."

Assistant Professor Dr Caroline Brassard, an active and dedicated volunteer of SRC for more than 10 years, Caroline has made significant contributions as a Council Member from 2011 to 2017, and in different capacities on various oversight committees.



"Involvement with the Singapore Red Cross opens a whole new world of opportunities for me to give back to society, and to be in a position to serve people with varied needs in disasters."

Wong Leong Jeam has photographed multiple high-profile SRC events, including fundraisers and community outreach, as well as disasters missions and rebuilding projects for over a decade.



Singapore Red Cross President's Youth Award

"Seeing cadets whom I have met in my six years' Volunteer Instructor (VI) journey eventually becoming a VI, keeps me going. I hope to impart my knowledge and skills to them to inspire the next generation to continue the Red Cross Youth Spirit!"

Daryl Ee began his Red Cross journey as a Red Cross Youth cadet in 2008, moving on to a Training Head, a mentor and a VI. He proudly took on the role of Contingent Commander of the National Day Parade in 2018.



Friend of Singapore Red Cross Award

Aviva Singapore generously contributed S\$91,020 to our FoodAid service and roped in 377 employees in voluntary service. Its employees organised an in-kind donation drive for residents of the Red Cross Home for the Disabled. As an extension of the partnership, Aviva UK pledged to donate S\$135,000 to SRC's Home Monitoring and Eldercare (HoME+) service through its Aviva Resilience Cup in 2018. Pictured above, Nishit Majmudar, CEO, Aviva Singapore.



Commendation Award

"I always believe in doing what I can for society - especially those who are less fortunate."

Kim Boo spearheaded Portcullis Group's volunteering and fundraising efforts for the Red Cross Home for the Disabled.

Scan to view
photos of the
Awards Ceremony.



Scan to view photos
of our engagement
with Patron.



Congratulations!

Outstanding Service Award

Dr Caroline Brassard
Mr Wong Leong Jeam

President's Youth Award

Ms Amanda Sim Shan Mei
Mr Liu Chun Yi
Mr Daryl Ee
Ms Destya Kusuma Roem
Mr Jason Wo Kwok Fai
Mr Mohammad Zaidi Bin Ariffin

Outstanding Employee Award

Donald Ho
Elsie Tan

Friend of Singapore Red Cross

Aviva Singapore
AVS Printing Pte Ltd
Cartrack Technologies South East Asia Pte Ltd
Outward Bound Singapore
Republic Polytechnic (RP), School of Management and Communication
Sri Lanka Red Cross Society
Tampines West Community Club (TWCC)
Zalora Southeast Asia Pte Ltd

Commendation Award

Doreen Ong Guek Im
Elizabeth Wong
Jennifer Tan Poey Cheng
Kalpana Chhetry
Karunanithi s/o Letchumanan
Kim Boo
Mary Chia
Nelson Castano
Noel N. Dass
Paul Keen
Rajni Gupta
Sally Ho
Zaiton Mohd Tahir



President's visit to Red Cross House

After the awards ceremony, President Halimah Yacob was given a tour around Red Cross House - her first visit as Patron of the SRC.

The tour included a showcase of SRC's efforts in enhancing community resilience, such as Singapore Red Cross Academy and Blood Donor Recruitment Programme.

President also met with beneficiaries, volunteers and caregivers of Red Cross Home for the Disabled, Family LifeAid, ElderAid and Medical Chaperone and Transportation programmes.



Red Cross Youth and International Services volunteers also briefed her on their community engagement



efforts and post-disaster missions respectively.

President met with young employees, who run the Community Health on Wheels and TransportAid services.

BANGON. ARISE.

STORIES OF HOPE AND RESILIENCE

Inspired by the survivors' strength and resilience, the Singapore Red Cross (SRC) launched a commemorative photo exhibition, Bangon. Arise. Stories of Hope & Resilience, at The Cathay, from 2 - 4 November 2018. The exhibition shared the impact of rebuilding projects on survivors, five years after the widespread devastation caused by Typhoon Haiyan (known as Super Typhoon Yolanda in the Philippines).

The photo exhibition featured previously untold survivors' stories from 12 rebuilding projects funded and rebuilt by the Singapore Red Cross, in Aklan, Capiz, Cebu, Eastern Samar, Iloilo, Leyte, Palawan, and Samar, as well as rehabilitation projects in other regions affected by Typhoon Ketsana and Typhoon Bopha in 2009 and 2012 respectively.

A collaborative effort by seven photojournalists and six youth film-makers, "Bangon. Arise." showcases the power of humanity, the early recovery efforts, and the thoughtful efforts to 'build back better,' across projects in 87 affected communities, positively impacting 1.5 million lives.



Scan for videos.

LITTLE ONES, BIG DREAMS



Children often possess the most resilient spirits. Bouncing back from the traumatic experience, these brave little girls share their tales and hopes for the future.

"Now, we have a new and beautiful school and I can wash my hands properly! I want to finish studying soon so I can help my family."

Karem Gayle A. Belo (extreme left)

"I am very happy to have computers in school now. My results have improved because I can use the computer to help with my schoolwork."

Lovely Grace Bofill (second from left)

"Now we don't have to share the toilets with the boys anymore. I want to study hard, earn a lot of money and donate it to the school to build a gym."

Charmei D Orola (third from left)

HEALTHCARE



With seven kids in tow living in squalid conditions in the Philippines, it is not surprising that at least one child of Maricris Tolones, 36, will be ill every month. Developed by the Singapore Red Cross, the Abaca Health Centre brought much relief for her family. Her family receives free consultations, medications and checkups. All Maricris's children are immunised at the centre. During her pregnancy, Maricris went to the health centre for check-ups regularly.

"The health centre is so close to our house, that the Red Cross volunteers at the health centre will come to my house to let me know whenever there is a check-up or an immunisation session."

Maricris Tolones, Beneficiary

Story by **Cindy Kartika**

Photo by **Lee Siew Yian**

EDUCATION



Following Typhoon Haiyan which ripped through Busuanga in the Philippines on 8 November, old school buildings were torn apart and disintegrated by the wrath of the winds and rain, leaving piles of rubble and rivers of mud. Singapore Red Cross was the only initial foreign aid agency to provide humanitarian aid to Busuanga in the aftermath of the disaster.

"It was very challenging before the Singapore Red Cross came and gave us our new school building. Each day, I had to teach either under the mango tree, or in a tent. There was little or no shelter from the weather. Now, we have beautiful new buildings, and the students learn better."

Arcelie C. Libarra, Teacher,
Salvacion National High School (SNHS)

Story by **Doreen Tan**

Photo by **July de Leon**

HOUSING



Gaurana, Ma. Denia N., a housewife, feels blessed to be living in GK Laura Drive Residences in Taguig City. Her home gives her family an inexplicable sense of ownership, assurance and security of a permanent home. This is in stark contrast to the times when they were living in poverty along the streets.

Her home is now equipped with proper facilities and household appliances. Now, mosquito and insect bites are no longer a concern for the family.

Story by **Selene Ong**

Photo by **Wong Leong Jeam**

COMMUNITY



Singapore Red Cross helped to build TESDA as a dual-purpose emergency evacuation centre and Technical Trades College in Bantayan. In addition to training the disabled and single-parents, it is used as an inventory for relief distribution and an evacuation centre in the event of a calamity.

The centre has benefited the people tremendously. In the past, the local government had planned programmes to be carried out but there were no premises to run those programmes. Since training programmes were carried

out in TESDA since 2016, the centre has helped to reduce the unemployment rates in Santa Fe, Bantayan.

Alphamina Saagundo, a Santa Fe Municipal Social Welfare and Development Officer hopes to continue the training in the long run — focusing on the programmes that benefit the elderly, people with disabilities, single-parents, and women.

Story by **Cindy Kartika**

Photo by **Lee Siew Yian**

BEHIND THE LENS OF BANGON. ARISE.

Photos by Billy Wong, Wong Leong Jeam, Peter Getzler, Ohnn Ohnn Khin Maung Soe, Nguyen Phi Yen, Francis Gripal, Chen Zheng Wei, Volunteers



SRC Council Member, Emily Tan (extreme right), commended the team of photojournalists (from left); Doreen Tan, July de Leon, Selene Ong, Wong Leong Jeam, Karunanithi s/o Letchumanan, Cindy Kartika, Lee Siew Yan and Alina Tee.



Cultural performances "Pasadoble" by Kultura Performing Group and "Kahimanawari" by Choreo Ethnic Tribal Team, at the launch.



Seven heartwarming short films were produced by students from ITE College East, School of Electronics & Info-Comm Technology, pictured here with their lecturers.



Special Guest, Victorio Mario M Dimagiba, Jr, Minister and Consul General at the Philippine Embassy in Singapore, opened the public exhibition.



Over the weekend, visitors to the exhibition were entertained by impassioned performances by VocaBlends, Filipino Dance Club Singapore, Nasser Amparna, Pamela Wildheart, Obet Rivera and Terry Tan.



HUMANITARIAN AID FOR SULAWESI

Photos by Ibrahim Hasan, Volunteer

In response to the devastating earthquake and tsunami that struck Sulawesi, Indonesia on 28 September, we launched a public fundraising appeal and pledged S\$50,000 in humanitarian aid in the first instance to support affected communities. The Singapore Government committed US\$100,000 (S\$138,000) to kickstart our public fundraising appeal.

All donations funded the purchase of relief items, such as first aid supplies, hygiene kits, water systems, jerry cans, tarpaulins, mosquito nets, blankets and sleeping mats for displaced survivors; and the longer-term recovery and rebuilding efforts.

"Singaporeans are generally very giving when it comes to communities affected by disasters. Even before we officially launched our public appeal, we had already received numerous calls, emails and messages via social platforms from concerned members of the public. We raised close to \$10,000 just from online donations within 5 hours of the launch of the appeal. We are heartened by the

display of support and solidarity," said Singapore Red Cross (SRC) Secretary General Benjamin William.

Deployment of an Advance Team

We deployed a three-person advance response team to Palu, the Philippines for needs assessment and relief distribution. Comprising SRC Director of Services Sahari Ani, volunteers Karunanithi Letchumanan and Ibrahim Hasan, the team worked in close collaboration with the International Federation of Red Cross and Red Crescent Societies (IFRC) and Palang Merah Indonesia (PMI - Indonesian Red Cross).

They saw many survivors suffering from broken limbs. Karunanithi also

saw a man who was in much pain as he had a broken leg while his other was swollen with pus. They helped to carry the man to the medical centre.

"I saw a little boy whose mother and siblings were killed by the liquefaction. After the trip, I appreciated the things around me more," said Ibrahim, who was on his first relief mission.

Diverse communities were affected differently in the disaster. While some were devastated by the earthquake or the tsunami, others were grappling with the liquefaction and/or landslide. Damaged roads and remoteness of some affected communities posed tremendous accessibility challenges.

"Yet, the resilience of the rural communities was evident from the way they rallied together to tide through this difficult period. Humanitarian efforts to reach out to the affected communities rapidly gained momentum. Such efforts addressed not only the immediate needs but also the medium and long-term needs of the communities. PMI mobilised hundreds volunteers from various provinces, both within and outside Sulawesi, to support their fellow counterparts in the affected communities. The Red Cross Movement provided additional resources and technical support," shared Sahari.





SWINGING THE CLUB FOR AN ALTRUISTIC CAUSE

Photos by Billy Wong, Ethan Kuan, Robert Luk, Volunteers



144 golfers swung the club for humanity, raising more than S\$330,000 at the Singapore Red Cross - RHT Rajan Menon Foundation Charity Golf 2018. The event was at Singapore Island Country Club (SICC)'s Island Course on 5 October.

An appreciation dinner, graced by Guest-of-Honour, Ang Hin Kee, MP for Ang Mo Kio GRC, and Member of MSF Government Parliamentary Committee, was held in the evening for all golfers and sponsors.



MUSIC FOR HUMANITY

Photos by Billy Wong, Ethan Kuan, Wong Leong Jeam, Zeng Shichang

Music transcends backgrounds and connects people. True to its theme "Music for Humanity", the Singapore Red Cross (SRC) Charity Gala Dinner, held at Grand Hyatt Singapore on 31 August, brought people together for humanity.

The Methodist Girls' School String Ensemble, father-daughter guitar duo Mel and Gabrielle Ferdinands, and crooner Alexandra Hsieh regaled the guests with their impassioned performances.

This year's Red Cross Charity Gala stood out as our inaugural event attended by Her Excellency, President Halimah Yacob since she became our Patron.

The gala dinner raised more than S\$400,000 for SRC's local humanitarian causes.

"You inspire our many helping hands approach, and your donation has the power to reunite families, help an elderly poor live with dignity and support the vulnerable and the less fortunate in our community," said SRC Chairman Tee Tua Ba in his speech.





SENTIMENTS OF THE HEART

Photo by J.Thian Photography

Singapore Red Cross' (SRC) Charity Concert "Black Cat Theatre - Sentiments of the Heart", held at the School of the Arts (SOTA) on 3 November, raised S\$200,000 for the local humanitarian services of the Singapore Red Cross.

In the first act, the audience was transported back in time to the early days where our forefathers

eked a living in Singapore. Despite their cultural differences, they forged friendships and cultivated the 'kampung spirit' along the way. The act stood out with its vibrant costumes, intricately designed backdrops, and well choreographed dance moves.

The second act portrayed the lives of three sisters and a mother in the

1960s. One of the sisters weathered through trials and tribulations whilst holding onto a promise to stay true to a loved one, despite the ravages of time and physical distance. It was a light-hearted performance rich with a "Singaporean" flavour.

The concert was the brainchild of Terene Seow, former Red Cross Youth cadet and Red Cross Glow member. As the Organising Chairperson and Producer and she rallied the support of many to bring the show to fruition, thereby fundraising for our lifesaving cause.

We thank the Dance Ensemble Singapore and its Founder and Artistic Director, Yan Choong Lian, DES Dance Director Sharon Low, DES Creative Director Cai Shiji, DES Resident Choreographer Goh Yan Dan, and performers Terene Seow, Raymond Teo, Tallin Ang, Jack Ye Zheng Wen, Kwan Seck Mui, Sharne Sulaiman, Absolute Glamour, Alvin Oon, Rozalynn Lim, Abdul Rahim, Raphael Seow, Cynthia Wong, Dominic Koh and the rest of the talented cast and crew members for dedicating their time to this production.

FUNDRAISING AMONG THE GIANTS



Singapore Red Cross Goodwill Ambassador Richard Giam has published his book "Fundraising among the Giants, documenting his thoughts and experiences raising funds from high networth individuals.

"I want to share with people how I do fundraising because at the end of the day, I want the charity sector and the fundraising sector to benefit from this."

Book sale proceeds will go towards the Singapore Red Cross' local causes. Scan the QR code to reserve a copy.



"If you really want to make an impact, it needs to be sustainable," says Dr Collin Ang, Managing Director of Decision Science.

In 2018, the agency made a corporate donation of S\$50,000 to Singapore Red Cross, with S\$30,000 dedicated to the Red Cross Home for the Disabled (RCHD). Dr Ang also made a personal donation to fund televisions at RCHD.

Having embarked on his volunteering journey more than 20 years ago at

CHAMPIONING SUSTAINABLE IMPACT

Story and Photo by Patricia Ler, Corporate Communications and Marketing

a hospice, he understood that the residents of RCHD need specialised care that family members may not be able to give at home.

Since the beginning of 2018, Dr Ang has rallied his team to visit the RCHD every month to help with feeding and meals. Decision Science's employees also organised outings to bring RCHD residents to a goat farm and to River Safari. The latter was co-sponsored by Singapore Wildlife Reserves.

Dr Ang encourages his team to volunteer regularly, as that serves a

constant reminder to be contented and not to take things for granted.

"At the end of the session, it makes you see things in a different light," shared Evone Han, a designer at the firm.

Not only did Evone learn the technique of feeding the residents, she quickly forged a bond with one of our residents, Bee Lian. Evone observed that Bee Lian enjoyed feeding the goats and watching the aquatic animals. It was heartwarming to see that Bee Lian enjoyed her company during meal times as well.

FORGING COMMUNITY BONDS THROUGH BLOOD DONATION

Story and photos by Blood Donor Recruitment Programme

In a bid to do good while gathering their residents for a community-bonding activity, Tzu Chi, Darul Makmur, Nee Soon East YEC and MAEC jointly organised two blood drives this year. This is the first year the organisations collaborated to organise blood drives.

Nee Soon GRC MP, Louis Ng has been supporting donation drives held at Nee Soon East CC. Besides meeting the residents, he made his first blood donation in October, alongside residents and friends of Nee Soon.

Rally your community to engage in something meaningful during the festive periods when our blood stock levels tend to dip. We encourage organisations, both big or small, to hold blood donation drives to support the patients in need. Email at donate.blood@redcross.sg to hold a group donation at the blood bank or organise a blood donation drive for your community.



Tzu Chi Foundation (Singapore), Darul Makmur Mosque, Nee Soon East Youth Executive Committee and Malay Activity Executive Committee came together for a meaningful blood donation drive for their residents.



MOBILITY SHAPES HUMANITARIAN AID

By Ng Hui Ling, Volunteer

Photo by Charis Chan, International Services

Movement is the hallmark of our time. Populations all over the world have never been so mobile in both voluntary and coerced manners: targeted humans are displaced by trafficking and modern slavery; races and entire villages are fleeing across countries to escape their war-torn homelands; and the world watches the departure of United Kingdom (UK) from the European Union (EU). Insecurity plagues the modern life, not just in the form of natural disasters.

As crises evolve in nature, humanitarian societies that pledged to protect the sick and the suffering must progress to do just that. Oliver Behn, Head of Region (Asia) of the British Red Cross (BRC), introduced the society's efforts in local and global scenes in an insightful talk at Red Cross House on 23 September 2018.

In times of crises, BRC primarily provides support and empowerment, while maintaining respect for the sovereignty of other

people. Emergency Response Units (ERUs) are despatched to build water points, clinics, and shelters. Increasingly, cash and knowledge-based assistance, instead of in-kind aid, is rendered to spur local economies. Communities are empowered to rebuild affected areas according to their needs. The BRC believes in future mitigation; it trains the locals in first aid and disaster management so they can be better prepared in future crises.

Within the UK, BRC provides psychosocial support to survivors in Modern Slavery Human Trafficking Units (MSHTU). Similar to their response to the refugee crisis, BRC arranges vocational trainings to facilitate their social reintegration. BRC also advocates to raise awareness of these issues. In doing so, they improve local sentiments towards asylum seekers, which shift political decisions that affect their well-being.

As global issues become fraught with socio-political challenges,

these ventures come with constraints. The impending Brexit foresees BRC losing a major funder, the EU. When responding to international crises, BRC must work closely with foreign humanitarian organisations and military groups. It has to uphold impartiality, forge good relations, while coordinating and negotiating humanitarian efforts. Such a balance can be difficult to strike, and it does not help when bureaucratic processes hinder efficiencies.

Socio-political tensions also mean less secure environments for aid workers. Many humanitarian operations had to be scaled down or removed as assault on aid workers rises. For safety concerns, the BRC is compelled to be more exclusive in deploying their manpower, despite their endeavour to be more inclusive in their recruitment processes.

In view of global challenges, the BRC constantly reviews its international strategy. It is committed to its core mission of disaster and crisis management for the betterment of humanity. BRC's approach may be tailored to include more cash-based assistance, and heightened community engagement and accountability, to boost its international standing as a neutral and universal society.

Despite rising challenges, he encourages volunteers not to give up. To passionate Singapore Red Cross volunteers aspiring to do their part in overseas missions, he noted that though such an ambition might not be the most stable path, it grants one the chance to be part of something bigger than oneself. That is irreplaceable.



PROVIDING AID TO THE REFUGEES

By Aparna Menon, Volunteer

Photos by Irene Chua and Nguyen Phi Yen, Volunteers

This year's Humanitarian Conference focused on the challenges faced by the refugees and displaced persons as well as aid provided by humanitarian organisations on-the-ground. Attended by about 200 volunteers, advocates, think-tanks and students the conference was held at Fort Canning Lodge on 3 October.

The first speaker, Ezekiel Simperingham, International Federation of Red Cross and Red Crescent Societies (IFRC)'s Asia Pacific Migration and Displacement Coordinator, pointed out that the number of displaced persons have reached a quarter of a billion people, an increase of 40 percent since 2000, the highest since World War II. Many of these refugees were fleeing from natural disasters. The large shift of refugees and displaced persons resulted in two new declarations issued.

Alistair Boulton, Assistant Regional Representative of United Nations High Commissioner for Refugees

(UNHCR), highlighted that UNHCR has shifted its focus from Internally Displaced Person (IDPs) to stateless people, including the Rohingya refugees. The growing challenges have escalated to an unprecedented scale. The income disparity fueled tensions for those entering the country. Thousands of refugees walk for days from Raquan, to Bangladesh, making the last leg by boat.

After understanding the circumstances faced by the refugees and displaced persons, it was useful to learn about the various assistance and programmes carried out on-the-ground. Dr Naci Yorulmaz, Vice President of Turkish Red Crescent, shared that the Red Cross was providing innovative Cash Based Assistance Programmes for the Syrian and Rohingya refugees. Every family member receives 120 Turkish Lira per month. The programmes enable those with temporary status to purchase daily products such as grocery or personal hygiene products.



Sudath Madugalle, Deputy Director General of Sri Lanka Red Cross Society (SLRCS) also gave an enlightening talk about SLRCS' Post Conflict Recovery Programmes. Besides providing the IDPs with shelter, water, food, first aid, sanitation, education, and non-relief items, SLRCS is also involved in the resettlement of the refugees, taking into account their cultural and religious backgrounds.

The conference ended with a talk by Dr Goh Wei Leong, Chairman and Co-Founder of Healthserve, an organisation that provides assistance to migrant workers. Healthserve creates pathways for the workers to receive medical care, counselling, case worker, social assistance, and other support services. The organisation also encourages better community support among the workers, and educates the public about migrant workers' needs.

This year's Singapore Red Cross Humanitarian Conference brought to life different experiences, knowledge, and in-depth analysis that enhanced awareness of the plight of the IDPs and refugees. It also demonstrated that together, we can bring hope into the lives of the refugees.



One for the album: Jasmine Tsai and Jessica John Posko Amalaraj (first and third from right respectively).

In July, we deployed an advance team and two medical missions to Cox's Bazar, Bangladesh from 6 to 25 July 2018 to provide medical aid to Rohingya refugees and other people in the community. In all, five doctors, eight nurses, two psychosocial programme officers, four operations and communications specialists and a coordinating staff were mobilised to Cox's Bazar, Bangladesh. Each day, our volunteer doctors and nurses rose to the challenge of travelling four to six hours to and from the mobile clinic, with limited resources and short consultation hours. Divided into two medical teams, each team saw about 100 patients daily - mostly women and children. Many suffered from upper respiratory tract infections (flu, cough), diarrhoea,

BEHIND OUR MEDICAL MISSION

Photos by Ng Xinyao and Muhammad Ashik Mohamed Daud, Volunteers



Dr Moganapriya d/o Gunasegaren consulting a patient.

dehydration, malnourishment and fever. Children suffered from skin conditions like eczema, shingles and fungal skin infections.

That did not deter them from giving their utmost care to their patients and putting them on the road to recovery. Two nurses and a doctor tell us about their mission.

"Though we came from different backgrounds, we were all equal when it came to serving humanity... We did our best to empower the local communities to make them less vulnerable. I believe they deserve to be treated with dignity. I will definitely go on future missions. It is my calling to nurse not only people in my country, but also whoever who needs medical/nursing care. I feel privileged to be able to volunteer my service, and hopefully, inspire more people to volunteer."

Jasmine Tsai,
of National University Hospital

"Every time I go on a mission, I aim to educate or highlight the importance of basic healthcare and hygiene to as many people as I can. I also hope to improve myself as a person and put my clinical skills to good use for the benefit of the patients. Some of the memorable experiences included working with a splendid team with an extremely kind team leader, adapting to circumstances, not losing hope and making friends with the locals, as well as the animals (chickens and goats) at the clinic."

Dr Moganapriya d/o Gunasegaren,
of Khoo Teck Puat Hospital

"I wanted to provide the best care for the patients to improve their health condition, and prevent illnesses through proper advice and screening. I also hoped to learn from the local doctors, nurses and volunteers about the common illness amongst the refugees, the drugs available to treat such conditions and other available referrals like the field hospitals around the area...I made new friends and learnt about the local culture and lifestyle."

Jessica John Posko Amalaraj,
of Singapore General Hospital

COMMUNITY HEALTH ON WHEELS NURSES

By Sondra Foo, Corporate Communications and Marketing, Photo by Care to Go Beyond



Our Community Health on Wheels (CHoW) volunteer nurses (from left) Sarah Ho, Gayatri Murugasan and Oslee O. Kwang

Our Community Health on Wheels (CHoW) brings free health checks, physiotherapy services, psychological support and health counseling to the heartlands. Since its launch on 29 July, CHoW has served 628 people island-wide. Meet some of our dedicated CHoW volunteer nurses who enhance the well-being of people with their voluntary service, as well as a senior who has benefited from CHoW.

"A nation is only as strong and healthy as its communities. Despite our country's reputation of having a good healthcare system, there are gaps that can be plugged with ground initiatives such as CHoW. The difference we make to community's health may not always be visible, but it is definitely felt. Through my volunteer work at CHoW, I have developed greater empathy and a broadened perspective on the range of socio-health issues affecting the lives of vulnerable people in the community. I am thankful to be able to reach out to, and assist people in need I am extremely heartened to be part of a highly skilled team of volunteers who shares the same passion in caring for others as I do."

Oslee Kwang, CHoW volunteer nurse and Senior Staff Nurse at Tan Tock Seng Hospital

"The initiation of CHoW is in line with the nation's focus in shifting care towards the community, so it is definitely worthwhile to be part of this rising trend. The casual and familiar settings enable the residents to share more about their medical and social concerns. This may not be possible in the often busy clinical setting. As volunteers, we can spend more time interacting with them, thereby returning to the call and meaning of nursing. As a novice nurse, I find it rewarding to be able to work alongside experienced senior nurses, where the usual work hierarchy disappears in the spirit of volunteerism."

Sarah Ho Pei Jia, CHoW volunteer nurse and Staff Nurse at Changi General Hospital

"CHoW assesses their understanding of their medical conditions and self management. In addition, CHoW identifies abnormalities that require medical attention, thereby facilitating appropriate referrals. An interesting aspect of CHoW would be assessing an individual's psychosocial needs that could have been overlooked during their medical appointments. With elderly suicide on the rise, CHoW identifies this group of people for early diagnosis and intervention for these seniors...The world is the best classroom. Besides providing interaction opportunities, CHoW provides volunteer nurses with a platform to utilise their knowledge and clinical skills outside hospitals / working environment whilst reaching out to the community."

Gayatri Murugasan, CHoW volunteer nurse and Staff Nurse at Tan Tock Seng Hospital

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A FATHER AND HERO

By Ang Jia Min and Nadyaputri Asman, Republic Polytechnic's Diploma in Mass Communication

Fathers protect and care for their children. Sometimes, it means sacrificing their entire lives to ensure that their children lead better lives than they did. Mr Liu, 69, is one such father.

Mr Liu was diagnosed with kidney failure in 2005 while working as a warehouse technician. As his 62-year-old wife was unemployed and sick, Mr Liu endured desperate times. On top of that, his elder daughter, 24, has severe mobility issues since she had a high fever when she was one. With bills piling, and lack of resources, Mr Liu was compelled to borrow money from his relatives who were hesitant to lend a helping hand.

"None of them understood my pain, which truly made me feel like I was going through this alone," said Mr Liu. He has another daughter who is 22 years

old and is working as a sales assistant.

To clear his debts to his relatives, Mr Liu worked overtime daily for a number of years. When things needed to be repaired, he taught himself the skills to fix the equipment. He sought cheaper alternatives for his medication and maintained his health by doing light exercises.

The only meal he would eat was in the morning, consisting of a slice of bread and two cups of coffee. This routine remains to this day.

"I'm fine with this diet because I do not have the appetite to eat as well, so we manage to cut down on our household expenses. Besides, the more I consume, the toxins in my body will increase," he said lightheartedly.

However, he ensures his wife and children eat their three daily meals, as they need energy to work or take care of the house.

In 2011, Mr Liu retired from his job. Singapore Red Cross then stepped in with Family LifeAid. For the past few years, a volunteer visits his family every month, bringing the family food vouchers which they used to buy daily necessities and groceries.

Despite his struggles, Mr Liu remains optimistic and will continue to give his all to his wife and children.

"I realised that for the people you love, you'd do anything for them. I always hope that things will get better."

Mr Liu,
Beneficiary, Family LifeAid

OUR FIRST AIDERS ON WHEELS

Story by Iris Luk, Communications Intern

Photos by Nadiah Mikail Ang Shi Ying, Republic Polytechnic's School of Management and Communication

On weekends and public holidays, when we are busy with chores or recharging for the week ahead, Singapore Red Cross First Aiders on Wheels (FAOW) dutifully ply East Coast Park, Pulau Ubin and Sentosa, to provide first aid to those in need. Let's meet some of them to understand their motivations behind the sacrifices. Be spurred by their selfless dedication and come onboard this worthy cause.



First Aiders cycle in pairs from 10.30am to 3pm and 2.30pm to 7.30pm with each pair taking turns to patrol. Each pair of first aider patrols for an hour. Subsequently, they return to the first aid post and the role is rotated.

Joshua Liew

Lecturer Joshua Liew, 49, is also the official first aider at school. He has been teaching first aid to students for many years. However, he wanted to reach a wider group of people. Hence, he volunteers as a first aider on wheels on Saturdays to help more people in need.



Abigail Tan

Abigail Tan, 26, works as a hospital pharmacy technician and has been volunteering with FAOW for 1.5 years. The cases that she comes across are usually minor injuries, such as scrape and burns. She finds it most rewarding when crying children smile because of the comfort that she has given. She is glad that she can brighten their day again.



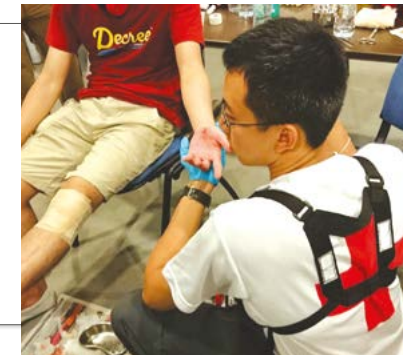
Pascua Ronald Galindo

Pascua Ronald Galindo, 46, a production engineering technician, has volunteered every fortnight for the past three years. The most memorable case happened on his first day at FAOW. A 60-year-old lady choked on a chicken nugget, causing severe difficulty in breathing. He applied the Heimlich maneuver and helped the lady cough out the nugget. Helping someone out of an almost fatal incident gives him a sense of purpose, and brings fulfilment to his life.

Jason Wo

Jason Wo, 27, an engineer, has been volunteering with FAOW for 2.5 years. As FAOW's volunteer coordinator, Jason has devoted much time, volunteering almost every weekend.

"I was a Red Cross Youth cadet in secondary school student. Red Cross has given me many friends, skills and knowledge. I would like to give back to Red Cross for giving me so much," he quips.



Koh Jin Hean

17-year-old student Koh Jin Hean has just started volunteering at FAOW in March. I met him at his second time on duty. After he obtained the first aid certification in 2014, he wanted to do more, to help people while putting his skills and knowledge into practice. FAOW enables him to gain more experience giving first aid.

A child had fallen down and scraped his knees. Abigail Tan and Koh Jin Hean rushed to the spot right away to provide first aid and care. Abigail comforted and soothed the injured boy while Jin Hean cleaned and dressed the wound, assessing the injuries to be light.

"Every case is a learning process. The more cases I come across, the more I learn," said Jin Hean humbly.



JOIN US

TRULY MAGICAL CHRISTMAS BLOOD DRIVE

Tis the season to be jolly. Give the gift of life at the youth-led festive blood donation drive organised by CHIJ St Theresa's Convent.

Date: 23 December 2018
(Sunday)
Time: 12 to 6pm
Venue: SCAPE* Level 5,
The Treetop
Email: donate.blood@redcross.sg

HUMANITARIAN LECTURE SERIES

Be inspired by Chung To, Founder and Chairman of Chi Heng Foundation, whose life mission has given hope to 20,000 'blood orphans' in China.

Gain insights on his innovative and pragmatic approaches towards his humanitarian programme.

Date: 7 December (Friday)
(Sunday)
Time: 7.30pm to 9.30pm
Venue: YWCA Fort Canning Lodge

Scan the QR code
to register.



HUMANITARIAN EDUCATION EXPERIENCE (HEX)

The refugee issue is perhaps the world's most pressing challenge today. Singapore Red Cross invites you to experience the life of a refugee for a day to raise awareness on this global crisis.

Date: 8 December (Saturday)
Time: 9am to 6pm
Venue: Red Cross House

Scan the QR code
to register.



GRATEFUL HEARTS DAY

Start each day with a grateful heart. Take part in our Grateful Hearts Day fundraiser and spread your joy and gratitude with someone in need.

Date: 24 February 2019
Venue: Island-wide
Staggered time slots available: 7am to 5pm

Scan the QR code
to register.



TOUR LE CARE 2019

Join us at our inaugural cycling fundraiser in aid of severely disabled residents at the Red Cross Home for the Disabled.

Date: 16 March and 17 March 2019
(Saturday and Sunday)
Venue: Batam, Indonesia

Raise a minimum of S\$1,600 from friends and relatives to qualify for the ride. Attractive prizes in store.

Scan the QR code
to register.



LIKE & SHARE

BANDAGING 101

Learn the first aid treatment for injuries on the palm, eye, elbow, shoulder, head, or forehead. Scan to watch the videos produced by Red Cross Youth.



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8 Lengkok Bahru, Family Link @ Lengkok Bahru, #04-01, Singapore 159052

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Shop@Red Cross Red Cross Training Campsite - 62 Jalan Khairuddin, Singapore 457524
(Opens every Friday, 10.30am to 3.30pm)
Shop@Red Cross Red Cross House - 15 Penang Lane, Singapore 238486
(Opens every Wednesday, 11am to 4pm)

BLOOD COLLECTION CENTRES

Bloodbank@HSA - Health Sciences Authority (opposite Outram Park MRT, Exit A and F)
11 Outram Road, Singapore 169078
Bloodbank@Dhoby Ghaut - Dhoby Xchange, 11 Orchard Road,
#B1-05 to 10, Singapore 238826
Bloodbank@Woodlands - Woodlands Civic Centre, 900 South Woodlands Drive, #05-07,
Singapore 730900
Bloodbank@Westgate Tower - Westgate Tower 1 Gateway Drive, #10-01 to 05, Singapore 608531

SINGAPORE RED CROSS ACADEMY

Singapore Red Cross Academy @ Red Cross House - 15 Penang Lane, Level 3,
Singapore 238486
Singapore Red Cross Academy @ Atrium - International Involvement Hub (I2Hub)
60A Orchard Road, Level 4M Tower 1, #04-02, Singapore 238890



SINGAPORE

RED CROSS HOUSE

15 Penang Lane,
Singapore 238486
Tel: 6664 0500
Email: enquiry@redcross.sg
redcross.sg

