

REDCROSS

ISSUE 02 2019
A MAGAZINE BY SINGAPORE RED CROSS

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RENEWED,
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RED CROSS

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YOUNG AND PASSIONATE



An annual, nation-wide collection and distribution drive championed by youth leaders from Singapore Red Cross, to bring food and daily essentials to vulnerable families.

INTERESTED IN LENDING A HELPING HAND?

**VISIT ANY SHENG SIONG SUPERMARKET
FROM 8 - 30 June 2019!**

**Simply donate in multiples of \$10 at the
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vulnerable families!**



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SET B



SET C

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Every year on 8 May, Red Cross and Red Crescent Societies around the globe commemorate World Red Cross Day - the birthday of Henri Dunant, the founder of our humanitarian movement. Today, the international Red Cross Movement, with 13 million active volunteers, works in 190 countries, providing assistance to 160 million people every year.

Drawing on more than 150 years of humanitarian action, the International Red Cross Movement provides a diverse range of services to the most vulnerable people in all contexts around the world - from responding to needs in disasters and conflicts, to providing assistance to those with health and social issues, and championing for those in need.

On World Red Cross Red Crescent Day, we celebrate the bravery and achievements of our volunteers and staff, whose life-saving and life-changing services ensure that we keep our commitment to humanity every day.

Be inspired by senior volunteers Vincent Wong and Chew Chee Hock, who are respectively enjoying their retirement as our community befriender and blood donor ambassador (page 10); professional volunteers Dr Cherry Tan and Kamilah Abdullah who bring nursing and physiotherapy skills onboard our Community Health on Wheels; and photographers Wong Leong Jeam and Irene Chua whose talent help us communicate needs and impact (page 11).

This year's global theme for World Red Cross Day is 'I love the Red Cross Movement'. The intent is to harness the power of the emotional attachment to our Movement to celebrate the dedication and impact of the Red Cross and Red Crescent, and their volunteers and staff.

In line with this, we cast the spotlight on people whose relationships with the Red Cross have come full circle. A Junior Red Cross cadet in the 1960s, Mdm Tan Hwee Ngoh is now visited fortnightly by our community befrienders (page 9). Our recent cycling fundraiser Tour Le Care saw the participation of Jeremy Nguée, whose wife was saved by blood donors following labour complications some years ago. Jeremy is so thankful for our work that he raised funds for the Red Cross Home for the Disabled (page 6).

What do you #Love about the Red Cross? Tell us on Facebook, Instagram, Twitter or LinkedIn. Happy World Red Cross Day!

Benjamin William
Secretary General and CEO

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Cover photo by Billy Wong, Volunteer

Community ENGAGEMENT

Photos by Community Resilience, Blood Donor Recruitment Programme, James Chan



Cohesion session at Tampines Ville RC on 23 March



Team deployed for first aid coverage at Chinatown Street Market on 23 and 24 March



Providing first aid coverage at the Charity Fun Walk at West Coast Park Grand Lawn on 31 March



Red Cross Youth - Singapore University of Technology and Design (SUTD) Chapter organised a blood drive that collected 90 bags of blood on 17 April



Outing at Gardens by the Bay on 16 March



Providing first aid coverage at the West Coast Earth Hour on 30 March



Emergency Response team training at the Centre for Young Humanitarians (Red Cross Training Campsite) on 27 and 28 April

FoodAid has been rebranded to Family LifeAid. We have expanded our services to provide literacy opportunities, tuition and mentorship for children and youth from low-income families. We have also launched the Young Hearts programme to integrate extracurricular activities like sports and games, reading sessions and holiday enrichment outings for children. Young Hearts Programme has kick-started in Nee Soon East in February 2019

WHAT'S *new*



Shop+ at Red Cross House had a facelift to offer a more seamless shopping experience for patrons, whilst Shop+ at Red Cross Campsite has been rebranded with a big bang, with our Celebration Bazaar Sale on 14 April. Come shopping with us! (Opening hours on the back page).



For the first time, the Red Cross House was part of the Singapore Heritage Festival! On 23 March, over 200 thronged SRC's HQ - learning first aid at the academy, listening to stories from yesteryears, understanding our local and international operations and shopping at our thrift shop - in celebration of SRC's 70th Anniversary in 2019.



In response to the catastrophic floods following tropical Cyclone Idai, we contributed US\$90,000 to support the emergency relief operations of the Red Cross Movement, led by the Mozambique Red Cross, Malawi Red Cross and the Zimbabwe Red Cross. Channelled towards shelter, healthcare, water, and sanitation, the contribution was aimed at providing relief and promoting the recovery of the survivors in the various communities. We deployed a team to Mozambique to observe IFRC Cyclone Idai Emergency Operations.



We received the "Outstanding Integrated Campaign - Healthcare (Merit)" Award at the Institute of Public Relations of Singapore' PRISM Awards on 7 March for our work on World Blood Donor Day 2018.



Photo by **Robert Luk**, Volunteer

We have opened a Day Activity Centre for the Disabled in Jurong West for persons with physical, neuromuscular, intellectual or multiple disabilities. Minister for Social and Family Development, Second Minister for National Development and Adviser to Jurong GRC Grassroots Organisations, Minister Desmond Lee officiated the launch on 9 April.

Speaking at the launch, Minister Desmond Lee said, "Aside from helping persons with special needs to build up the skills that they need in their daily lives, the Red Cross Day Activity Centre will support caregivers by giving them the assurance that their loved ones are cared for. I am also heartened that the Day Activity Centre will be bringing new opportunities to donors and volunteers who are generous with their time and resources in their desire to help others."

Equipped with advanced therapy tools and a mechanical hoist system, the DAC offers a holistic programme designed to engage persons with disabilities in daily and community living skills, to maximise their independence. Offering full-day and half-day options, the DAC engages its clients in recreational activities including art and craft, meal preparation, baking, and gardening. See page 9 for the story of our client, Nurul Syazwani.

Power OF YOU



Photo by **Billy Wong**, Volunteer

52 cyclists peddled 165km at Tour Le Care, our inaugural cycling fundraiser, in Batam on 16 and 17 March to fundraise for the Red Cross Home for the Disabled. The event raised over S\$200,000 that day. Together with Tote Board's matching grants, the event raised S\$414,122 for RCHD.

Scan the QR code to read the touching story of a cyclist, Jeremy Nguée.



By **J. Thian** Photo

In commemoration of its 197th Anniversary, Wui Chiu Fui Kun presented a Charity Concert, 'A Journey of Bliss' at Resorts World Theatre on 6 April, raising more than S\$300,000 for SRC's local beneficiaries. The brainchild of Terene Seow, a former Red Cross Youth Cadet and Red Cross Glow Member and Organising Chairperson, the charity concert brought together a talented cast and crew of Dance Ensemble Singapore, tireless volunteers, staff and patrons.



From Left: Assistant Coach Kartik Singh; 2nd Speaker Tan Bae Huey; 1st Speaker Lyndon Seow Ling Neng; Researcher Huo Jiongrui; Coach Sui Yi Siong

Photo by **Huo Jiongrui**, Singapore Management University

Team Singapore represented by undergraduates from Singapore Management University, received several accolades at the recent 17th Red Cross International Law Moot. Besides emerging the Runner-up and Best Memorial for Prosecutor in the moot, Tan Bae Huey and Lyndon Seow, were awarded the Best Mooter and Second Honourable mention (third Best Mooter) respectively. The event was co-organised by the Hong Kong Red Cross, the International Committee of the Red Cross in collaboration with The University of Hong Kong and the Chinese University of Hong Kong.



Photo by **Betty Lu**

Thank you for supporting our Grateful Hearts Day on 24 February! We raised S\$271,931.03 at the event, including Tote Board's contributions.



We deployed a team to Nepal on a medical mission from 2 to 13 May 2019.

Youth ON THE MOVE

Launch of RCY - Safe Steps First Aid Outreach

Photos by Billy Wong, Volunteer



To commemorate World Red Cross Day, Red Cross Youth (RCY) pledged to bring first aid and home safety awareness into the homes of 200 elderly and disabled persons in the year ahead.

The RCY-SAFE STEPS First Aid Outreach programme was jointly launched by Low Yen Ling, Senior Parliamentary Secretary, Ministry of Education and Ministry of Manpower, Mayor, South West District, Singapore Red Cross (SRC) and its partner, Prudence Foundation (the community investment arm of Prudential in Asia) at RCY's World Red Cross Day cum Enrolment Ceremony at e2i on 13 April.

Through the outreach, RCY members will provide the community with fundamental first aid knowledge to reduce vulnerability in emergencies. Besides sharing first aid tips for emergencies including bleeding, broken bones, cardiac arrest, choking, stroke and burns, RCY members will curate, distribute first aid kits to the elderly and disabled in households identified in a community data mapping exercise mounted by 30 Red Cross leaders last year. RCY will also organise first aid awareness activities in the heartlands, to bring first aid learning closer to the community.



Partnership with Prudence Foundation

Prudential Singapore's employees and financial consultants will be among the first volunteers in the region to be certified as SAFE STEPS First Aid trainers by the Singapore Red Cross Academy. By end 2019, Prudential aims to train over 100 volunteers who will, in turn, support the SRC in training more than 1,000 children and youth in first aid awareness and administration.

"Increasingly, more youth are becoming proficient in first aid, and are motivated to spread first aid awareness amongst their peers and within the community. With this partnership with Prudence Foundation in the regional first aid awareness campaign, we see empowered Red Cross Youth become catalysts, enabling the ripple effect of first aid awareness, and consequently, community resilience."

SRC Secretary General / CEO **Benjamin William**



World Red Cross Day cum Enrolment Ceremony

Attended by 1,500 young humanitarians, the annual event welcomed 740 school-going children into the Red Cross Movement, and acknowledged the contributions of 720 RCY members who completed their uniformed group service with the iconic enrolment pinning ceremony.

YOU HAVE THE POWER TO TRANSFORM LIVES.

You are invited to uplift the lives of the vulnerable through a life-changing gift. The tremendous satisfaction you will gain by bringing joy and making someone's life better is beyond compare.

Make your gift online at redcross.give.asia or fill up this form today. The sooner we hear from you, the sooner we can put your gift to work - and buy diapers for a severely disabled person, keep another child fed or schooled, and an elderly befriended.



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DISABLED beneficiary**



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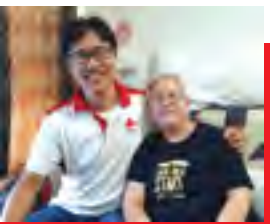
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- ☐ be a Member of the Singapore Red Cross (SRC) — send me the sign up form & register me for voluntary service.
- ☐ allow my personal data to be collected and used for future correspondence through voice call, SMS text and/or email by SRC for the purpose of fundraising.
(For withdrawal of consent, access and correction of your personal data or further inquiries, please contact the Partnerships and Development department at 6664 0500 or fundraising@redcross.sg)

Stories

FROM THE HEART

Coming a full-circle with Red Cross



Mdm Tan Hwee Ngoh alias Nursheeda Tan was ecstatic when Community Befrienders from the Singapore Red Cross (SRC) first visited her. For her, the journey with Red Cross has come a full circle.

The third in a family of eight siblings, Mdm Tan started out as a Junior Red Cross cadet in 1964 under her friends' influence. With a tinge of nostalgia, Mdm Tan recalled the times when she went for hospital nursing duty, attended first aid courses and participated in the marching drills and inspection.

Fast forward 50 years, in 2014, Mdm Tan's husband, Osman Raya, passed away following a heart attack.

Now 72, Mdm Tan had undergone multiple surgeries on her feet, right shoulder, thigh and both knees. She recalled falling on two occasions; once on a wet floor and another when she was alighting from a bus. She could hardly walk as the pain was excruciating. Though her condition improved following surgery, she hardly ventures outside her home as mobility issues still persist. With her husband's passing, the sense of loneliness set in. She watches television programmes to keep herself occupied. But that does not alleviate the void she feels.

Thankfully, she was enrolled in Singapore Red Cross' Community Befriender Programme in April 2018. Through this programme, a Community Befriender, Lau Chin Leong visits her fortnightly and calls her weekly to keep loneliness and social isolation at bay. He also learnt of Mdm Tan's needs to better support her.

Referring to Chin Leong, Mdm Tan shared, "He is like a son. We chat about everything under the sun; current affairs, my life story and a bit of Singapore's history."

Turning to Chin Leong, Mdm Tan beamed with gratitude as she said, "I am so glad to connect with Red Cross again. Thank you for chatting and keeping me company."

Story and photos by **Sondra Foo**,
Corporate Communications

Hope renewed, thanks to Red Cross



When Nurul Syazwani was in kindergarten in 2000, her teacher informed her mother, Mdm Nakia Hamim that Nurul had delayed progression and that it would be in her best interest to be taken out of kindergarten.

Mdm Nakia brought Nurul to KK Hospital, where she was diagnosed with Ataxia, a rare type of non-progressive Cerebral Palsy. Mdm Nakia and her husband were devastated to learn of Nurul's diagnosis as it shattered their hopes and dreams for Nurul. Nurul was then enrolled in the Spastic Children's Association of Singapore (SCAS).

As a mother, Mdm Nakia felt helpless whenever Nurul struggled to walk. That plunged Mdm Nakia into depression.

Mdm Nakia's attitude gradually evolved as she learnt to appreciate Nurul's fighting spirit. Mdm Nakia engaged a helper to care for Nurul. That arrangement helped for a few years.

However, when Nurul turned 15, she was prone to tantrums and emotional instability. Later, Nurul sustained a fall that fractured her hips and could no longer go to school. She was enrolled into Singapore Red Cross' Day Activity Centre for the Disabled in July 2013, and that turned out to be a blessing in disguise.

Designed to empower daily and community living skills among those with disabilities, the DAC presents a friendly and conducive environment. Every day, Nurul is greeted by a cheerful and caring team, and their positive vibes rub off Nurul. At 23 today, Nurul is happy and calmer. Mdm Nakia thinks the quality of care provided by Red Cross makes Nurul look forward to going to the centre, and interacting with others.

"With outings, new friends and volunteers, DAC has made Nurul's life more meaningful. I would recommend (DAC) to families who need professional care for their loved ones," shared Mdm Nakia.

Story by **Aparna Menon**, Volunteer

Seniors GIVE BACK WITH GUSTO

They may be retired, our volunteers are keeping busy, choosing to volunteer their time for our humanitarian causes.

VINCENT WONG

Community Befriender



Tell us about who you serve.

The elderly stay alone. Some were abandoned by family members. Others were misunderstood and thought to be a nuisance. They are all

overwhelmed by a sense of loneliness. They yearn for companionship so much that they are vulnerable to being scammed or conned. As life becomes depressing for them, some simply await their time to depart.

Tell us about the Community Befriending programme.

Through this programme, volunteer befrienders visit seniors regularly to keep loneliness and social isolation at bay. Volunteers also help to act as eyes and ears so that seniors' needs can be better understood and supported.

What keeps you motivated?

Despite being an introvert, I do what I can to gain the elderly's trust and confidence, so they open up to me. I enjoy engaging the elderly in thoughtful conversations. They have a wealth of experience, and they offer insights that can benefit us. I tell them there is life beyond their own home. They will not feel isolated if they are exposed to the world outside.

How would you encourage others to volunteer?

Retirees have spare time on their hands to volunteer and give back to society. I hope that more retirees like me will step forward to volunteer their time, to serve those in need through the Community Befriending Programme.

What would you like to say to fellow retirees?

Volunteering is meaningful as you can bring joy to and ignite passion in the lives of seniors who have given so much to building Singapore. When you volunteer, it is good for your heart and soul.



Scan to read
The New
Paper's report.

Photos and interviews by **Ruth Lim** and **Sondra Foo**

CHEW CHEE HOCK

Blood Ambassador



Why do you volunteer with the Blood Donor Recruitment Programme?

I had to stop donating blood due to health conditions. Although I can no longer donate blood, I decided to give back to society by volunteering as a Blood Ambassador docent since July 2018.

What do you do as a blood ambassador docent?

I conduct tours for students at the blood banks. My role involves interacting and convincing the youth, who are potential blood donors, to donate blood to save lives. I share about the blood donation process, debunk blood donation myths, clarify doubts and allay their fears about blood donation. By inspiring the young to donate blood, I indirectly help patients in need.

What do you enjoy about being a blood ambassador docent?

I like meeting and interacting with people from all walks of life. We are doing good for others and the community, which gives me a great sense of accomplishment. I feel very fulfilled.

What do you feel about volunteering?

The more I volunteer, the happier I will feel.

Why we love RED CROSS

Interviews conducted by Muhammad Haziq Mohd Noor and Sarah Manalac, Republic Polytechnic, Diploma in Mass Communications



"Volunteering with the Red Cross has given me enriching experiences and opportunities to meet and befriend people from all walks of life, from the world over. It brought me to places that I never even dreamt of, and enabled me to help people in need."

Volunteering broadened the scope of my photographic coverage and brought new meaning to my life. It gives me great joy to see the cheerful and radiant smiles of happy beneficiaries and donors captured in my pictures."

Wong Leong Jeam, Volunteer photographer
Recipient of the SRC Outstanding Service Award in 2018 and Commendation award in 2013



"Red Cross has many activities that nurture people to care. That is very much a part of my occupation as a nurse. I think in volunteering, it goes beyond doing a job that satisfies your own practical needs. In volunteering, the sense of satisfaction is very different from doing a job that you need to survive. When you work, you get money, you get promotion and you get your happiness from outside. But when you volunteer, the happiness comes from inside because we volunteer without any condition."

Dr Cherry Tan, Volunteer,
Community Health on Wheels

Photo courtesy of **National University of Singapore**



"It's not just your neighbour, it's what you can do for your neighbour and how else you can contribute."

Kamilah Abdullah, Volunteer,
Community Health on Wheels



Photo by **Karine Tan**, Community Resilience

"The people are the reason why I love the Red Cross. Being surrounded by people with the same values and mindset, who are driven to make a difference, gives me a sense of belonging and motivation to continue helping the beneficiaries. I gain satisfaction when people's lives change for the better, no matter how small my contribution was."

Irene Chua, Volunteer
photographer and Volunteer with Family LifeAid

More interviews
on YouTube.
Scan to watch.



Join Us

ANNUAL GENERAL MEETING

All are welcome to our Annual General Meeting. Red Cross members will have voting rights.

Date: 24 June (Monday)
Time: 6pm
Venue: Singapore Red Cross, 15 Penang Lane, Red Cross House, Singapore 238486

SINGAPORE HUMANITARIAN YOUTH SUMMIT (SHYS)

We invite you to join our SHYS to share experiences, best practices of youth as key agents for social change, and civic engagement. Youth will discuss and develop clearly defined action plans to address humanitarian issues, thereby strengthening their presentation skills.

Date: 24 August (Saturday)
Time: 10am
Venue: Centre for Young Humanitarians, 62 Jalan Khairuddin, Singapore 457524
Check out redcross.sg for more details.

HUMANITARIAN CONFERENCE

We invite you to attend the 5th Singapore Red Cross Humanitarian Conference - Partnerships and Volunteerism for Humanity. Speakers hail from Aviva Singapore, the International Committee of the Red Cross, the International Federation of Red Cross and Red Crescent Societies and other National Societies. Participants can learn about the different needs in Singapore and abroad; including the disabled, elderly, youth and children, disaster and rebuilding, single families, blood donor recruitment and the vulnerable.

Date: 20 July (Saturday)
Time: 9am to 2pm
(registration starts at 8:30am)
Venue: Grand Copthorne Waterfront Hotel, 392 Havelock Road Singapore 169663, Grand Ballroom Level 4
Scan to register.



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RED CROSS HOME FOR THE DISABLED

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

DAY ACTIVITY CENTRE FOR THE DISABLED

Blk 536 Jurong West Street 52, #01-497, Singapore 640536

SHOP+

15 Penang Lane, Singapore 238486
Opens every Wednesday, 11am to 4pm

62 Jalan Khairuddin, Singapore 457524
Opens every Monday, 11am to 4pm

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

BLOOD COLLECTION CENTRES

Bloodbank@HSA - Health Sciences Authority 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

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Psychological first aid helps people in distress cope better



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