

REDCROSS

PG 6

MEMORABILIA
FOR SALE

PG 9

PAY IT FORWARD

PG 11

RCY HUMANITARIAN TRAIL

ISSUE 01 2020
A MAGAZINE BY SINGAPORE RED CROSS



MCI (P) 007/02/2020

Young Hearts
@ NEE SOON EAST

POWER SINGAPORE OF HUMANITY IN ACTION

#GratefulHearts2020

15 January - 15 April 2020

Join us to raise \$250,000 to fund social programmes that support the elderly, persons with disabilities, and disadvantaged families.

Scan to register and collect a tin or pledge card to seek donations from friends and families.

Enquiries: 6664 0500 / pd@redcross.sg

Registration closes on 31 March 2020



"Mr Koh was a strict teacher, but he was also very kind. He taught me to be independent and responsible."

50 years after they had left the Red Cross Home for Crippled Children (now Red Cross Home for the Disabled), Joseph Chia and James Joseph Michael remember their teacher with fondness and gratitude. And with a little help from us, they reconnected again with Nelson Koh, who said, "At 92, I feel at peace knowing I have made a difference in their lives."

Such is the power of humanity in action. It continues to drive our mission, humble us and inspire our best efforts, everywhere for everyone.

This beautiful story was covered by The New Paper, which we reproduce on page 10 of this magazine. It is an apt reminder that the time and love you invest today, can go a long way to transform lives. It is also an extraordinary demonstration that the goodwill and energy we expend, can effect positive change in someone's life forever.

As we usher in a new year and, indeed, a new decade, I would like to invite you to continue to show your generosity for vulnerable persons and communities all around Singapore. Our Grateful Hearts fundraiser for local humanitarian services is back - and we'd love for you to be a part of it! (Details on facing page) Whatever your contribution, it may leave a lasting impact that touches deep into many grateful hearts.

If you prefer to volunteer your skills or get your organisation onboard as a partner, drop us a line at volunteer@redcross.sg, and we'd be in touch! It can be as easy as hosting a pop-up sale over lunchtime or gathering a group of friends for us to teach first aid.

On a personal level, consider donating blood or giving your time. Whichever you choose, you are helping to create a more caring and resilient Singapore.

On the back page, we share some hygiene tips to reduce infection risk, given the COVID-19 situation. Stay safe. Stay well.

Benjamin William
Secretary General and CEO

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On the Cover

Family LifeAid (Young Hearts) beneficiaries and volunteers. Photo by Billy Wong. Watch their video (QR code on back page)

EDITORIAL

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Engaging the COMMUNITY

Red Cross Home for the Disabled's Head Chef Glynn Maung participated in Relay Majulah, a ground-up initiative that galvanised 200 runners to raise funds for the President's Challenge and its 67 supported charities - including the Singapore Red Cross. Our Red Cross volunteers provided first aid coverage at the event, 2 - 10 Nov 2019



First aid coverage at Chinese New Year Concert 2020 at Our Tampines Hub, 8 Feb 2020

Eighty-two volunteers provided first aid coverage at Chingay 2020, 11 Jan - 1 Feb 2020



A team of Murdoch University's communication students in Kaplan Singapore's campus won Best PR campaign at their MADCamp (Make A Difference) for a project on HoME+ to advocate for social good, 28 Nov 2019

Interior Architecture Design students of Temasek Polytechnic's School of Design shared creative ideas on space utilisation and visibility for SHOP+ with our social enterprise team at the industry studio of Temasek Polytechnic's exhibition, 10 Oct 2019

CHIJ St. Theresa's Convent Student Council organised its fifth festive blood donation drive at Bloodbank@ Westgate Tower which attracted over 100 blood donors, 21 Dec 2019

Photo by Wong Leong Jeam, Volunteer



Volunteers brought joy to 16 elderly beneficiaries during the Chinese New Year celebrations, 1 Feb 2020



Outreach and first aid coverage by our Day Activity Centre for the Disabled and Red Cross Club @ West Cluster at Pongal 2020 Festival at Jurong West Street 52, 18 Jan 2020

Volunteers of Red Cross Club @ West Cluster provide first aid coverage at SSEAYP International Singapore's Deepavali celebrations for over 100 seniors and children from welfare homes at JTC, 24 Nov 2019



EMERGENCY RESPONSE



Australian Bushfire

- Pledged S\$50,000 for humanitarian efforts by the Australian Red Cross, for the relief and recovery of survivors
- Launched fundraising appeal

Photo by Malt Lynn, Australian Red Cross



Taal Volcanic Eruption, the Philippines

- Contributed US\$50,000 for relief and recovery operations mounted by the Philippine Red Cross (PRC)
- Launched fundraising appeal



Photo by Indonesian Red Cross (Palang Merah Indonesia)



Photo by France Noguera, IFRC

Jakarta Floods, Indonesia

- Contributed S\$50,000 to support relief and recovery operations by Palang Merah Indonesia (PMI - Indonesian Red Cross) including the purchase of family kits, hygiene kits, diapers, sleeping bags, blankets and clean water for the evacuees.



Coronavirus Outbreak (COVID-19), China

- First tranche of aid worth S\$2,260,000 supports healthcare workers and patients in Hubei Province, and vulnerable children in Tianjin and Nanning Cities.
- Procurement and distribution of personal protective equipment (PPE)
- Medical equipment for three hospitals in Hubei Province
- Hygiene items and communication of health messages to seven social welfare homes
- Risk communication, community engagement, health and WASH promotion, information management, interagency coordination, and PMER
- Deployment of personnel to IFRC Asia Pacific Office in Kuala Lumpur and IFRC Beijing Office to coordinate response and monitor projects implementation
- Raised more than S\$6 million from the Singapore Government, corporate organisations, and individuals through public appeal (as of 19 Feb 2020)



Photo by IFRC

THOUGHT LEADERSHIP

Singapore Red Cross (SRC) Secretary General / CEO Benjamin William delivered a keynote address on 'Mobilising for Humanity - A Coalition for Resilience' at the 2nd International Conference on Humanitarian Medical Mission at Singapore General Hospital Campus. Singapore Red Cross Academy's Dean Sahari Ani also shared his overseas disaster relief experience at the three-day conference, 21-23 Nov 2019

Singapore Red Cross Academy's Deputy Head Ambrose Lee represented SRC on a panel discussion at National Life Saving Day 2020 at Suntec Convention Centre, 19 January 2020



SRC Secretary General / CEO Benjamin William and Associate Director for International Services Charis Chan participated in the 33rd International Conference in Geneva. Delegates from Red Cross and Red Crescent Movement discussed a range of global humanitarian issues and adopted resolutions that paved the way for future humanitarian action, 9 - 12 Dec 2019.



What's NEW

Fundraising CARNIVAL

Photos by Tai Thanh Vo, Wong Leong Jiam, Patrick Xu Xiong Jie, Amelia Yeo

The Singapore Red Cross (SRC) Carnival, held at The Coliseum at Resorts World Sentosa on 7 and 8 December, demonstrated the power of humanity as people and institutions came together for a good cause! Collectively, the carnival raised over S\$280,000 for SRC's local humanitarian services.

A big *thank you* to shoppers, donors, and volunteers!



Community BLOOD DRIVES

A big *thank you* to our bloodmobile organisers



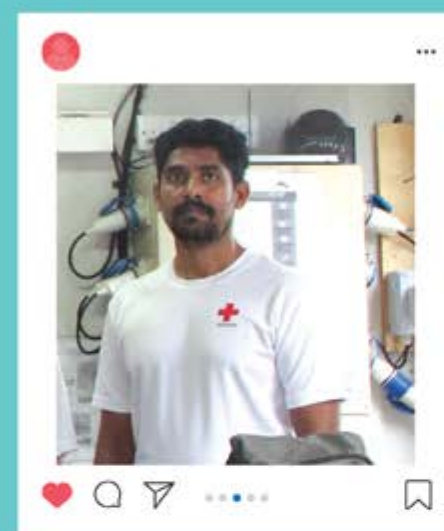
FOR SALE

POWER OF HUMANITY IN ACTION

Lego Mini-figurines at S\$20 per piece or S\$150 for the entire set. EZ Link card at S\$10 per piece. Email pd@redcross.sg to reserve yours today.

#Thanks VOLUNTEERS

On International Volunteering Day (5 December), and every day, we recognise the amazing work of our volunteers in the field.



"I am a First Aider on Wheels, and we would treat sunburns, nose bleeds and injuries that park-goers sustain while cycling, running or skating. It takes more effort to reassure children, to gain their trust and confidence, so they are receptive to us helping them. The children would see us as friendly and helpful, but more importantly, the encounter opens their young eyes to the importance of first aid. That, and the smile on their faces - priceless."

Matan Thangavelu,
Community First Aider



"I would ask them how they are faring, what they might need help with. The elderly friends would share with me their life experiences, interests or medical conditions. Along the way, our activities would become more practical, like shopping with them to relieve their burden of carrying the heavy goods home, or even celebrating their birthdays and bringing them on outings. The experience has opened my eyes to a world bigger than I'd initially thought. And I now have a deeper appreciation for the work of the Red Cross."

Lim Zhi Han, Community Befriender



"I believe that education is one of the most important gifts you can give to children. By tutoring and reading stories to them, I help them enjoy learning from a young age, and that creates a ripple effect in the future. It is a very rewarding volunteering experience: from the friendships forged, to witnessing their improvement in their studies and character. I truly gained more than I gave."

Justina Tan Hui Ru,
Family LifeAid (Young Hearts) Volunteer

POWER OF You

BRIGHTEN A FAMILY'S LIFE WITH A DONATION

Uplift the lives of the vulnerable with 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 of an online donation 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 support the vulnerable elderly living alone.



**Buy 1 week of
diapers for a severely
DISABLED beneficiary**



**Supports an isolated
ELDERLY with HoME+
monitoring for 1 month**



**Sponsors 1 educational
kit for a CHILD's reading
and tuition programme**



**FEEDS a FAMILY of
4 for 1 WHOLE
MONTH**

Your donations towards local services are entitled to 250 percent tax deduction.

**BUSINESS REPLY SERVICE
PERMIT NO. 03381**



SINGAPORE RED CROSS
15 Penang Lane, Red Cross House
Singapore 238486

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be paid by
addressee.
For posting in
Singapore only

Yes! I want to make a life-changing gift today.

☐ Monthly gift (Please do NOT tick for one time donation) ☐ \$35 ☐ \$48 ☐ \$100 ☐ \$250 ☐ Other: _____

☐ Credit/Debit Card Bank: _____ Expiry Date: _____

Card No. (VISA/Master Card/Diners): _____ CVV: _____

☐ Cheque (payable to "Singapore Red Cross Society") Bank: _____ Cheque No.: _____

☐ GIRO (please send me a GIRO form)

Signature: _____ Date: _____

Donor Particulars

Full Name: (Dr/Mr/Mrs/Ms/Company) _____

NRIC No./FIN No./UEN No.: _____

Address: _____

Email: _____ Mobile: _____ Tel: _____

I wish to...

- ☐ 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)

Weathering THROUGH THE SETBACKS

STORIES FROM THE HEART 9



At the golden age of 60, Henry Khoo did what many at his age would never consider - starting over.

Henry's divorce in 2013 was one of the biggest hurdles in his life. To cope with loneliness, pick himself up and enhance his living conditions, Henry took up part-time courses from Nanyang Polytechnic and Technical University of Munich.

Despite his courage, positive attitude and his thirst for knowledge, Henry's journey in furthering his studies is one filled with setbacks.

As the sole caregiver of his 82-year-old father, Henry has to juggle caring for his father, coping with his hectic academic schedule and working as a part-time security guard. The living expenses present a growing concern for Henry as he struggles to pay the bills with his meagre wages.

Since July 2018, he has been receiving \$120 worth of food vouchers monthly from the Singapore Red Cross (SRC). Henry learnt about SRC's Family LifeAid

from his coursemate, after a heartfelt conversation about his financial burden.

SRC has brightened his journey towards a better future.

"I am grateful to SRC for its help. Now with the food vouchers, I can consume healthy food without having to resort to buffet leftovers after my part-time courses. The food vouchers helped me save money while improving my health!"

Story and Photo by Verna Chia,
School of Management and
Communication, Republic Polytechnic

Moving Onward.

PAY IT FORWARD

A former track and field athlete, Mdm Subathra V. Manickam, 66, sustained blood clots in her leg after standing long hours as a pharmacy assistant. In 1977, she was diagnosed with Lupus, where the immune system attacked her tissues and organs, resulting in stiffness, swelling and joint pain. A fall compounded her mobility. She had three strokes in three years.

Mdm Subathra was referred to the Singapore Red Cross (SRC) by the Agency for Integrated Care (AIC) for Medical Escort and Transportation (MET).

Mdm Subathra can now count on MET to attend her medical appointments on time with a medical chaperone accompanying

her throughout the trip. The punctuality of TransportAid responders provides assurance.

"As they are on time, every time, whether it rains or shines, I do not have to worry that I will be late," she shared.

More importantly, the medical chaperone Jahra Bi Binte Bawamarican, provides great company to her on her journey. Jahra's attentiveness and easy-going persona make it a joy for Mdm Subathra to chat with her.

Inspired by Jahra's enthusiasm, helpfulness and her joyful personality, Mdm Subathra now volunteers by lending her vocals

in performances at the community centre, to bring happiness to the people around her.

She encourages people to "be positive, strong and to love themselves despite everything."



Story and Photo by Raven Kwok,
Intern, Marketing

EX-RESIDENTS OF RED CROSS

HOME SEEK OUT, *Thank Teachers 50 Years Later*

He was five when he went to the Red Cross Home for Crippled Children in 1958 after contracting poliomyelitis, or polio, a disease that attacks the nervous system and can cause paralysis.

There, he was taught by Mr Nelson Koh, a teacher he still remembers fondly.

The home was opened in Nicoll Drive along the coastline of Changi Beach in 1952. There had been a polio epidemic after World War II, with more than 15,000 children in Singapore affected. The facility is now called the Red Cross Home for the Disabled.

Last month, about 50 years after he left the home, Mr Joseph Chia Teck Seng visited Mr Koh, who turned 92, in his Bedok South flat to thank him for caring for him.

Mr Chia was with another former resident of the home, Mr James Joseph Michael, 52. He was a toddler when he entered the home with cerebral palsy, a condition

that affects the body's motor skills and hinders mobility. It was the first time Mr Joseph and Mr Chia were seeing Mr Koh in many years.

Mr Chia, 66, who used to work in a production line before he retired, said: "Mr Koh was strict, and I was his naughtiest student. But no matter how much I rebelled, he never gave up on me. He also often brought us out and would treat us to nasi lemak and wonton mee from Tanjong Katong Road.

"It was the best home of all. I would hide whenever my father visited me because I did not want to go back with him."

Mr Joseph, who now does part-time food delivery for Grab, described Mr Koh as strict but kind. He found out the elderly man was still around at a Red Cross exhibition at The Star Vista in Buona Vista last month.

Mr Joseph, who was there taking orders, asked the staff if they knew Mr Koh and was surprised that

they did. He then arranged to visit the elderly man with Mr Chia.

Mr Joseph said: "Mr Koh was a strict teacher, but he was also very kind. He taught me to be independent and responsible."

Mr Koh told The New Paper he was surprised the two men remembered him and was touched by their visit.

He had taught lower primary pupils subjects including English, Malay and Geography at the home for about 50 years.

Now a grandfather of six, he said: "It was a very tough job at the home, especially when there were children as young as 12 who died with no one wanting to claim their bodies.

"Back in the 1960s, society treated the disabled very poorly.

"At 92, I feel at peace knowing I have made a difference in their lives. As a teacher, my job is complete."

Though he left the home half a century ago, Mr Chia still keeps in touch with some of the friends he made during his time there.

Said Mr Joseph: "Mr Chia and I lost contact for a while after we left the home. But we reconnected again a few years ago. We now see each other every other day, we even often play lawn bowling together now."

Hidayah Iskandar, The New Paper

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RED CROSS *Youth Challenge*

For the 166 youth who participated in the 13th Red Cross Youth Challenge (RCYC) held at the Red Cross Training Campsite from 13 to 15 December 2019, it was a camp to remember. They walked down memory lane and sang campfire songs from previous RCYC as the camp's theme was #throwback, in conjunction with Singapore's Bicentennial. Other highlights of the camp included the Central Business District Night Race, the Sentosa Island Race, and Sustainability Project. The Alpha division emerged the Champion of RCYC 2019.



“

Participation in RCYC is not about winning, but also achieving one's goals and stepping out of one's comfort zone. We are proud of how much the cadets have grown over the past few days. They embraced the values that were imparted to them and went the extra mile to create a culture of care in everything they did.”

Yeo Zong Han,
Volunteer-Officer who led
the Alpha division

NEW *Humanitarian* TRAIL

Based at the Red Cross Campsite, the Humanitarian Trail provides a platform for youth to glean deeper insights into the humanitarian operations of the Red Cross. It inspires them to do their part for community resilience and to be concerned global citizens of the future. We offer a sneak peek at the brand new trail.



Check out these ten Exciting Stations!

Care
Droplet
GO Bag
Heritage Wall
Operations Command
Safety First
Safe Steps
Shade
Virtual Reality
Youth On The Move



#HumanitarianTrail
Duration: 2 hours (customisable)
Email rcy@redcross.sg to register.

COMMUNITY SERVICE

Over 20 Red Cross Youth conducted Resilience Mapping of the elderly and disabled residents in Clementi, from 13 to 15 Jan 2020 that paved the way for their access to SRC's services.

Together with students of Singapore Institute of Technology, RCY distributed 100 Project R.I.C.E+ 2019 hamper sets to the residents, 18 Jan 2020.

In the News

Through Young Hearts (Family LifeAid), we give the gift of storytelling and tuition to children and youth – this programme awakens ties, connects people and renews belonging to the community. Watch how we bring this magic to life. Join us as a volunteer.



Diagnosed with Thalassemia major when he was three, Goh Chun Hui started undergoing blood transfusions since he was seven. Now 31, Chun Hui undergoes life-sustaining blood transfusions every three weeks. Find out more about his journey and how blood donors sustain his life.

Liang Shumin had a close brush with death after developing complications following the delivery of her baby son, Shane. Years on, Shane is now a healthy eight-year old. She shares her family's journey, and how blood donors saved her life.



Every bag of donated blood can save three lives. Check out the journey it takes, from blood collection to transfusion, by watching this special video feature.

Like and Share

Maintaining personal and food hygiene can reduce the risk of coronavirus infection. Check out these useful tips, and share them with your friends and family!



Protect yourself and others from getting sick!



Wash your hands:



after toilet use



after coughing or sneezing



when caring for the sick



before, during and after you prepare food



when hands are visibly dirty



before eating



after handling animals or animal waste

Source: WHO

NEED HELP OR KNOW OF SOMEONE WHO DOES? GET IN TOUCH AT THE LOCATIONS BELOW OR CALL 66640500.

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

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

SHOP+

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

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



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