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CEILING HOIST
SOLUTION AT
DISABLED HOME



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DOING HIS BEST,
AS A FATHER



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NURSE:
VOLUNTEERING
ENRICHES LIFE



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LAUNCH OF COMMUNITY HEALTH ON WHEELS

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Courses in Emergency Response

The Singapore Red Cross Academy, in collaboration with Singapore Polytechnic's (SP) Professional and Adult Continuing Education (PACE) Academy, is proud to present three NEW public courses: Emergency Preparedness and Response, Needs Assessment in Emergency Situations, and Planning and

Programming in Emergency Situations. Conducted by SRC humanitarian actors and SP lecturers, the compact 3-day courses feature online learning, reviews and simulations, and are perfect foundational learning for persons interested in a humanitarian career or keen to embark on relief missions.

As a friend of Singapore Red Cross, you are entitled to a special \$100 off your course fee, for each course that you sign up for! Get a further discount if you bring a friend!

Classes are small and seats are limited, so reserve yours now!



Emergency Preparedness and Response

Educate learners on the nature of disasters, hazards and crisis. Participants will learn best methods to prepare and respond to emergency situations.

Date: 6, 7 & 13 Oct 2018

Time: 9am to 6pm

Course Fee: \$808 (\$864.56 incl GST)

Venue: Singapore Red Cross Academy



Needs Assessment in Emergency Situations

Learn how to prepare and apply different assessment techniques during emergencies. Post-training, learners will be capable of creating effective assessment tools, collating accurate data and drafting comprehensive assessment reports.

Date: 10, 11 & 17 Nov 2018

Time: 9am to 6pm

Course Fee: \$808 (\$864.56 incl GST)

Venue: Singapore Red Cross Academy



Planning and Programming in Emergency Situations

Helps learners plan, design and implement emergency programmes. Instructors will share key programming strategies, so learners can incorporate sustainable, diverse and community-led approaches, draft programme plans, and integrate monitoring and evaluation efforts into their humanitarian programmes.

Date: To be advised

Time: 9am to 6pm

Course Fee: \$808 (\$864.56 incl GST)

Venue: Singapore Red Cross Academy

To find out more, scan the QR Code or visit redcross.sg/academy.



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Our Community Health on Wheels (CHoW) volunteers
Jessie Eng Ramdat and Oslee Kwang provide free health checks, physiotherapy services, psychosocial support and health counselling to seniors like Mdm Chen Chin Chee and Uncle Tan Joon Chye.

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Hello, Trainer!



In this issue of Red Cross News, we celebrate Partnerships for Humanity and all the good they bring to the community.

To enhance the quality of life for our residents and caregivers at the Red Cross Home for the Disabled, the Portcullis Group and Fusang raised funds for a state-of-the-art ceiling hoist system for our wards, to mark their 10th year of CSR with us. This was installed and launched in July, to much gratitude and joy (page 13).

With Aviva Singapore's sponsorship, 50 elderly homes in Jurong Central will be installed with our Home Monitoring and Eldercare (HoME+). This is a very meaningful aid, as the proportion of Jurong GRC residents receiving Comcare assistance is significantly higher than the national average (page 9).

SMRT Corporation has recently sponsored a new vehicle retrofitted

with basic medical diagnostic and therapy equipment for our newly launched Community Health on Wheels programme. This programme aims to strengthen our eldercare support, by bringing free ancillary services and basic medical care directly to the heartlands. (pages 8 and 9).

Even the Red Cross Youth is being kept busy, with different teams working on special community and fundraising projects, such as Voices of Youth Concert (page 21), Nuts for Humanity and Project R.I.C.E+ (page 22). These are ground-up and youth-led initiatives that speak volumes of the passion and calibre of our youth members. I am very proud of them.

Inspired? We are making it easy for you to be a Partner for Humanity. We have created the "GLAD Fund", to uplift vulnerable lives. As a friend of the Red Cross, please support the "GLAD Fund" to give

the Gift of Love And Dignity to a single-parent, a person with severe disability, or an isolated senior whom we are serving.

Give to the "GLAD Fund" at giving.sg and bring gladness where hope is needed. Your support will enable us to ramp up our outreach to more communities that need help.

Scan the QR code to donate to our GLAD Fund.



Benjamin William
Secretary General and CEO

COMMUNITY ENGAGEMENT

Photos by Volunteers in North East and South East Districts and Patricia Ler, Corporate Communications and Marketing

North East District



A team of ElderAid and FoodAid volunteers shared about Singapore Red Cross (SRC)'s local humanitarian services and volunteer opportunities at Tampines Voluntary Welfare Organisation Day (VWO), held at Our Tampines Hub on 7 April.



On 28 April, FoodAid and ElderAid volunteers brought 11 ElderAid beneficiaries to the National Museum for a trip down memory lane. Bong Yioe Ling, a FoodAid volunteer, prepared breakfast specially for them and they were treated to lunch at Plaza Singapura.



FoodAid and ElderAid volunteers celebrated Hari Raya with 16 beneficiaries on 23 June, making ketupat and ondeh-ondeh, singing Hari Raya songs, and playing traditional games like congkak and five stones.

South East District



Volunteers from ElderAid, RCY - NUS Chapter CLARE, Physiotherapy and Nurses Network engaged 45 elderly in handicraft, karaoke, and exercise at RC Arcadia Tampines on 9 June. Volunteers from the Allied Health Network, an arm within Community Health On Wheels (CHOW), conducted a health talk.

Our volunteers provided first aid coverage and engaged the community in SRC's work at Pesta Ubin in Pulau Ubin on 24 June. Minister for Social and Family Development and Second Minister for National Development, Desmond Lee graced the event as the Guest-of-Honour.



In celebration of Mother's Day, we engaged 78 elderly beneficiaries of Red Cross ElderAid and Thye Hua Kwan (THK) Moral Society Bedok Radiance Senior Activity Centre in fun-filled activities, and treated them to a special lunch on 10 May. SRC's celebrity ambassador, Edmund Chen brought joy to seniors living in Bedok South - when he presented roses handmade by THK at his inaugural appearance as the South East District Ambassador.



Photo by Vivien Cai, Corporate Communications and Marketing

Singapore Red Cross held its **44th Annual General Meeting** at Red Cross House on 25 June. On behalf of the Council, Chairman Tee Tua Ba thanked outgoing members Eric Low and Winston Milner for their contributions, and welcomed Terene Seow and Dennis Mark onboard. Chairman Tee also congratulated Dr Mark Hon and Tan Kai Hoe on their appointments as SRC's Vice Chairmen. You can now access the Impact Report for 2017 at redcross.sg.



Photo by Chen Yitong, Volunteer

Singapore Red Cross Academy held its annual **Youth Humanitarian Leadership Camp (YHLC)** at the Red Cross Training Campsite from 21 to 23 June. YHLC 2018 was powered by National Youth Council Singapore in support of SRC's goal of raising humanitarian leaders of tomorrow.



Scan to read a story of YHLC, penned by the students of Republic Polytechnic's School of Management and Communication.



Photo by Billy Wong, Volunteer

Singapore Red Cross (SRC) colleagues, Sahari Ani, Sudirman Othman, Lukman Kasmani Minhad and Muhamad Haikel Mohamed, shared their experiences applying their nursing skills in a humanitarian setting at **"The Series of a Nurse's Journey"** on 11 May. Spearheaded by SRC's Nurses Network, the sharing session was attended by Nurses Network volunteers and members of the Singapore Nurses Association.



Photo by Wong Leong Jeam, Volunteer

Over the past two years, the Singapore Red Cross has partnered 3M Nexcare to **advocate first aid learning**, by bringing a educational skit to 30 schools.

"3M is glad to continue its partnership with the Singapore Red Cross to bring first aid and wound care advice to our young ones.



Photo by Patricia Ler, Corporate Communications and Marketing



Photo by Kenneth Ng, Red Cross Home for the Disabled

In a special partnership, **RedMart engaged its customers on a diaper-raiser** for the residents of Red Cross Home for the Disabled (RCHD). From 14 to 16 May, 525 donated packs of TENA adult diapers were pledged. Some 1,050 packs of TENA adult diapers were delivered to RCHD thanks to TENA's one-for-one match. A big thank you to RedMart, TENA and all donors for this gift! #RedMartCares

With 20 more shows scheduled to take place in 2018, we can expect some 20,000 students to share the importance of first aid in their homes, which in turn will contribute towards a more resilient community in the long term," said Samantha Sim, Senior Marketing Specialist, Consumer Business Group, 3M

Educators can now book this complimentary show - The Adventures of Captain Red Cross: Learning First Aid with Alice and Daniel - to equip students with essential first aid knowledge. Email enquiry@redcross.sg now.

SRC's celebrity ambassador, Mediacorp artiste Ya Hui and her fans interacted and **painted with the residents of Red Cross Home for the Disabled (RCHD)** on 16 May. The event was organised to celebrate World Red Cross Day and Ya Hui's birthday, which falls on 18 May. The paintings were auctioned at SRC's Gala in August.



Photo by Karine Tan, Community Resilience

We mobilised 45 volunteers for **Community FirstAid** and 21 volunteers for **Disaster Management** for the rehearsals and for **the National Day Parade (NDP)** at The Float at Marina Bay from 30 June to 9 August. Besides that, we also fielded a marching contingent of 30 Red Cross Youth with six youth on standby. #RedCrossPride



Riding on the World Cup fever, Singapore Red Cross (SRC) launched **'BE THE 1™' - a blood advocacy campaign** aimed at inspiring young people globally to donate blood regularly. Fronted by globally renowned football superstar, Cristiano Ronaldo, the campaign ran from 13 June to end July.



Photo by Michael Ozaki, Volunteer

We raised S\$13,600 through our thrift shop **Sunday Sales** on 27 May and 1 July. Thank you for shopping with us!



Photo by Girvan Tay, Volunteer

Our first aiders were amongst those who had provided **first aid coverage at the Istana Open House on Hari Raya Puasa** on 15 June.



Photo by Su Huiting, Community Resilience

Volunteers and staff from the North West District **engaged residents in Singapore Red Cross' local humanitarian services** at Nee Soon East 'National Day Carnival 2018' on 5 August. Besides that, they also **provided first aid coverage** and a standby ambulance service.



Photo by International Services

Congrats to 48 volunteers who successfully completed the **Overseas Disaster Deployment Training** across four weekends in January, February, March and April.



Photo by Community Resilience

Our Community Health on Wheels (CHoW) team **conducted a health talk** on frailty and fall risk for seniors at Tampines Arcadia RC on 9 June. CHoW volunteers conducted a talk on diabetic foot care for seniors at Chong Pang on 22 July.



COMMUNITY HEALTH ON-THE-GO

Photo by Chen Zheng Wei, Volunteer

Singapore Red Cross (SRC) unveiled Community Health on Wheels (CHoW), a community-based mobile healthcare programme that brings free ancillary services and basic medical care directly to the heartlands on 29 July.

The launch was officiated by Guest-of-Honour, Masagos Zulkifli, Minister for the Environment and Water Resources and Member of Parliament for Tampines GRC, at a community outreach held at Tampines West Community Centre. CHoW was developed with the aim of supporting the health needs of the community, in particular, the elderly population.

The CHoW vehicle, a brand new Toyota Hiace that was retrofitted with basic medical diagnostic and therapy equipment, is fully sponsored by Transport operator

SMRT Corporation. The sponsorship comes from its "Gift of Mobility" Fund, launched in August 2017 in commemoration of SMRT's 30 years of operations.

CHoW will visit different parts of Singapore on designated weekends to provide health checks, physiotherapy services, psychosocial support and health counselling. These services complement the nation's healthcare network, by making medical support more accessible and ensure better continuity of care for patients, in particular, the elderly.

Today, more than 47,000 seniors aged 65 and above in Singapore live alone, and government projections indicate that this number is expected to reach 83,000 in 2030.

The free medical support services

offered under CHoW complements the nation's elderly healthcare network in helping to ensure support for patients, especially those who are vulnerable, physically challenged and/or living alone.

Benjamin William, Secretary General and CEO at Singapore Red Cross said, "Our rapidly aging population necessitates more comprehensive community-based health care and support services, which is only viable with the collaborative efforts of various agencies and service providers. We thank SMRT for believing in our vision of Community Health on Wheels, and for sponsoring the vehicle.

We have curated the services that CHoW provides to augment the current healthcare for the elderly, and to complement our existing suite of community-based

programmes, to help our seniors age in place within the community."

A volunteer-driven initiative, CHoW is supported by some 60 healthcare professionals from the nursing, allied health, social work and psychosocial sectors, all of whom belong to SRC's professional volunteer networks - respectively the Nurses Network, Social Work Network and Allied Health Network. Through the

provision of training and active engagement with the committed volunteers, SRC targets to scale up operations of CHoW progressively and maximise outreach to seniors across Singapore.

Since June, SRC has successfully introduced CHoW to several heartlands via partnerships with Residents' Committees, Community Clubs and other partner organisations.

To date, close to 200 residents have benefited from CHoW and the programme would be rolled out islandwide over the next few months.

Moving forward, SRC plans to extend the services under CHoW to the marginalised individuals, including migrant workers. The mobile community health service may also be deployed during public events or to temporary shelters for affected communities during civil emergencies.



HOME+ IN ELDERLY HOMES IN JURONG CENTRAL

Photo by Aviva Singapore

In a special collaboration with Jurong Central Grassroots Organisations (GROs) and insurer Aviva Singapore, Singapore Red Cross (SRC) has offered Home Monitoring and Eldercare (HoME+) service to 50 elderly homes in Jurong Central.

With Aviva's S\$135,000 sponsorship, 50 seniors living on their own will

be covered by Red Cross HoME+ service throughout their lifetime.

Comprising two motion sensors, a door sensor and an alert button, HoME+ notes the movement patterns of people, and notifies SRC of any abnormality. SRC will then deploy a volunteer to respond.

Member of Parliament (MP) for Jurong GRC and advisor to the Jurong Central GROs, Ang Wei Neng explained that HoME+ is particularly relevant in Jurong where a significant number of seniors live alone.

On 15 July, Education Minister Ong Ye Kung, National Development Minister Lawrence Wong and Manpower Minister Josephine Teo, interacted with the residents who benefited from the home monitoring and response system by Red Cross.



HONOURING COMMITTED BLOOD DONORS FOR REGULAR GIVING

Photos by Anthony Chia, Billy Wong, Robert Luk, Volunteers

Thousands gathered to celebrate the achievements of champion blood donors at the 15th World Blood Donor Day and Champion Blood Donor Recognition Ceremony, held at Gardens by the Bay on 23 June. Jointly organised by the Singapore Red Cross (SRC) and the Health Sciences Authority (HSA), the appreciation event was graced by Guest-of-Honour Ong Ye Kung, Minister for Education.

Blood donors form the backbone of Singapore's National Blood Programme, and maintaining a sustainable blood supply is crucial to meeting the country's transfusion needs. Of the 1,720 champion blood donors honoured

for their milestone donations, 21 received the Medal for Life award - the highest honour reserved for blood donors who achieved more than 200 donations in their lifetime. This marked the highest number recorded since the programme started in 2001.

The annual ceremony also recognised some 36 corporate/community Bloodmobile Organisers (BMOs) for their invaluable contributions in growing the blood donor pool in Singapore.

Last year, 73,100 donors collectively contributed more than 116,000 units of blood, benefitting more than 32,000 patients in Singapore.

"Through their dedication and commitment to blood donation, thousands of lives have been saved, families united, and communities strengthened. My own loved ones have benefited greatly from blood donation. From the bottom of my heart, I would like to personally thank all of you. Last year alone, more than 32,000 patients received lifesaving blood transfusions."

Ong Ye Kung,
Minister for Education at World Blood Donor Day



A heart transplant recipient, Harols Wee went through several rounds of blood transfusions (amounting to multiple bags of blood used) as a result of medical complications that occurred while awaiting the transplant as well as his life-saving surgery five years ago. He shared his experience and thanked blood donors at the event.

"I say prayers of thanks and blessings every day for my organ donor and blood donors who had made it possible for my surgery to be carried out successfully. With this new lease of life, I can now spend many more years with my loved ones," said Harols.

Maintaining national blood supply remains a challenge

In his speech, SRC Chairman Tee Tua Ba shared, "It's remarkable how far the National Blood Programme has come over the years. In 2017, we transfused more than 110,000 units of blood - a huge increase from the 26,000 units of blood in 1967."

However, blood supply adequacy continues to be an ongoing challenge for Singapore - in part due to the nation's ageing population and expanding healthcare system - and the issue is expected to exacerbate in coming years. In fact, each year, about 600 regular donors stop donating due to age-related illnesses.

"We must not become complacent in thinking that a sustainable blood supply will always be guaranteed," said SRC Chairman Tee.

Over the years, SRC has introduced new initiatives and sought different avenues to increase the pool of youth donors - to limited success. While the overall donor population has grown from 60,000 to 73,000 in the last 10 years, there was a gradual decline in the number of youth donors during the same period - from nearly 23,000 in 2008 to just over 19,000 in 2017.



During the ceremony, Minister Ong welcomed the efforts of SRC and its partners to motivate the younger generation to donate blood. These included ongoing collaborations with MOE to encourage students to learn more about blood donation through various school regular programmes, and working with BMOs to organise blood drives in educational institutions and within the community. He also stressed the importance of continuous youth engagement to promote regular blood donation.

Held at the Flower Field Hall located within Gardens by the Bay, the annual Champion Recognition Ceremony saw Minister Ong presenting awards to donors who made their 50th to 200th blood donations last year. Special guest, Edwin Tong, Member of Parliament for Marine Parade, presented awards to donors who have made between 25 and 50 blood donations in a ceremony in the afternoon.



SINGAPORE RED CROSS RED CROSS JUNIOR

Photo by Wong Leong Jeam, Volunteer

Singapore Red Cross (SRC) made its foray into the purposeful engagement of pre-school children through the launch of the Red Cross Junior Club and its holistic curriculum - Project C.A.R.E. SRC jointly developed the learning programme with early childhood education partner, Kidz Meadow Childcare & Development Centre.

The two-year activity-based curriculum, Project C.A.R.E focuses on Care for the Elderly; Care for the Differently Aabled; and Care for Safety which centres on first aid. It also incorporates a service-learning component where Juniors can partake in various volunteering activities and learning journeys.

Project C.A.R.E curriculum will be delivered by 100 educators using an Educator's Guide, a key resource co-created by Kidz Meadow and Singapore Red Cross, with support from the Early Childhood Development Agency (ECDA) and Preschool Market and Association for Early Childhood Educators.

"Today's launch is a big step forward, to nurture the next generation of humanitarians. It is an excellent development, with Kidz Meadow leveraging its childhood education specialty for meaningful causes anchored by the Singapore Red Cross, for a more empowered and resilient community," said Guest-of-Honour Minister K. Shanmugam, Minister for Home Affairs & Law who officiated the launch, at Our Tampines Hub on 20 April.

SRC Secretary General and CEO Benjamin William said, "Red Cross Junior is a natural extension of Red Cross Youth, a 10,000- strong youth movement in Singapore. In an environment of increased security concerns, and an ageing population we felt it would be good to imbue even our young ones with the humanitarian spirit from an early age."

As part of the programme, SRC will provide complimentary first aid training to teachers from all participating pre-schools, under its 'Train the Trainer' (TOT) programme. The programme is

aimed at empowering teachers with the resources and know-how to conduct first aid related activities for children.

To date, 67 pre-schools have committed to deliver Red Cross Junior programme to their Kindergarten 1 and 2 students. Currently, Red Cross Junior Club has 2,000 young ones in the Red Cross Junior Club, surpassing the initial target of 1,200 children in the first year. Enrolment is expected to hit 3,000 by 2019.

"It is important that we meaningfully engage our young children, and inculcate in them values that we hold precious, and life skills that will give them a good start towards personal and community resilience. We are very proud of the programme, as it brings together key Red Cross priorities, such as first aid, inclusion and care for vulnerable seniors."

Benjamin William
SRC Secretary General and CEO



A CEILING HOIST SOLUTION FOR OUR DISABLED HOME

Photo by Wong Leong Jeam, Volunteer

Singapore Red Cross (SRC) unveiled a mechanical hoist solution at the Red Cross Home for the Disabled (RCHD) on 11 July. RCHD is the first such home in Singapore to be installed with a ceiling hoist system. With direct connection to the bath area, the hoist enables caregivers to safely move residents in the ward with ease.

Costing about S\$130,000, the hoist solution is fully funded by donations raised at a charity dinner in November 2017 organised by The Portcullis Group and Fusang, in conjunction with its 10th year of CSR relations with Singapore Red Cross.

With safety being its key feature, the hoist system comprises a lifter and rail track mounted on the ceiling, to lift and move persons with mobility challenges.

Intuitive and effortless to operate, the hoist is so effective that a single caregiver can move a resident without assistance from other staff,

freeing RCHD's nursing aides for other duties. Without the system, it would take up to four nursing aides to safely lift one resident from his/her bed for daily activities, and the nursing aides would have to carry a hundred residents, not once but several times a day.

"This will improve the lives of our residents - all of whom have severe and multiple disabilities. Our Home will now be the only one in Singapore with such an advance system, and we are happy that the physically challenging and uncomfortable task of lifting and transferring our residents will become much easier. Once again, we thank The Portcullis Group, Fusang and all donors for this wonderful gift, and most of all, for your enduring trust and support for the Singapore Red Cross, and all the beneficiaries whom we serve, every day."

Tee Tua Ba
SRC Chairman

RCHD Staff Nurse Cherilyn Austria Imson shared, "The new ceiling hoist solution greatly improves productivity - now, just one nurse can manage the lifting and moving work - a drastic improvement from needing four aides previously! We are very happy to be able to deliver better care and service to our charges at a home away from home."

Nursing Aide Esperanza Avila said, "Some of the residents are heavier than us. We risk getting bone fracture when we lift them up for their daily activities. We are happy to have this ceiling hoist system in place as our work will be easier and we can also avoid back pain."

Widely used in nursing homes around Europe, the hoist solution was chosen by SRC amongst others for its safety features and proven performance. Residents now enjoy a safe and comfortable transfer with the hoist, and staff can abstain from challenging lifting practices, contributing to an ergonomically safe working environment.



SINGAPORE RED CROSS HOSTS INAUGURAL DIPLOMATIC NIGHT

Photos by Grand Copthorne Waterfront Hotel Singapore and Jaems Chua

Singapore Red Cross (SRC) hosted its first Diplomatic Night on 22 May 2018. Organised jointly with Grand Copthorne Waterfront Hotel Singapore, the event brought together over ambassadors, high commissioners, consular representatives and industry leaders from more than 40 countries, for an evening of cross-cultural sharing and networking.

SRC Secretary General and CEO Benjamin William said, "Through the biennial Red Cross International Bazaar, the diplomatic community is a constant fundraiser and supporter of our causes. Beyond that, I see them as a critical partner in our humanitarian response, both in Singapore and abroad, and in building a coalition for resilience."

"By inaugurating the Diplomatic Night, we hope it will form the catalysis for deeper ties with the diplomatic corps in Singapore and in turn the international community here. It will also foster more cross-cultural understanding and collaboration in life-saving situations."

Benjamin William
SRC Secretary General and CEO

In conjunction with Diplomatic Night, Grand Copthorne Waterfront Hotel launched an exclusive menu carefully prepared by its Executive Chef, David Toh. Guests were treated to exquisite cuisine featuring an ensemble of ingredients sourced from around the world.



Dean of Diplomatic Corps, HE Ambassador Zenon Kosiniak-Kamysz of Poland delivered the opening remarks.



"Singapore's King of Swing" and Cultural Medallion recipient Jeremy Monteiro performed three tunes, climaxing in the jazzed up "Singapura".



The Rossinohka School of Russian Traditional Dance opened the event with two performances, which brought the beauty and colours of Russian winter to sunny Singapore.



At the dinner reception, Singapore Red Cross exhibited its local and international humanitarian efforts, and held a silent auction of 10 paintings by residents of Red Cross Home for the Disabled, hand-in-hand with employee-volunteers of Grand Copthorne Waterfront Hotel. The auction raised funds for community services such as ElderAid, FoodAid and TransportAid, aimed at uplifting vulnerable Singaporeans.

PROVIDING MEDICAL AID IN COX'S BAZAR

Photo by Nazeer Basir, International Services

Singapore Red Cross deployed three medical teams to provide medical aid to support the displaced population in Cox's Bazar, Bangladesh from 6 to 25 July. Twenty volunteer doctors, nurses, operations specialists and psychosocial support volunteers, worked from two medical posts. Collectively, they supported a population of about 76,000 refugees.

Besides medical support, the SRC worked in close collaboration with Bangladesh Red Crescent Society to rebuild a medical post at Camp Bahukhali, home to more than 50,000 Rohingya refugees and to provide medical supplies to neighbouring camps for up to six months.

Together with the local doctors, volunteer doctors and nurses saw between 50 and 100 patients daily. Many had upper respiratory tract infections (flu, cough), diarrhoea, dehydration, malnourishment, fever,

and wounds. Children had skin conditions like eczema, shingles, and fungal skin infections. The team saw many infants and young children, a handful of teenagers and very young mothers aged 18 to 22 years old.

Jasmine Tsai, a Staff Nurse with the National University Hospital (NUH), who was on the second team, recalled a memorable experience when a mother came in with her baby who had high fever. After sponging and given the baby medications, the baby's temperature decreased.

"The mother smiled at us. It was the first time a refugee smiled at us," shared Jasmine.

Dr Moganapriya d/o Gunasegaren, a doctor with NUH who was with the first team, shared her rewarding experiences.



"Every day after the clinic ended and I returned back, I hoped I made life better for at least one person. The following day when I returned, patients would already be waiting in a queue. Some patients told me that they came to the clinic as word had spread that there was a good doctor," said Dr Moganapriya.

We are looking for healthcare workers who have been trained in Overseas Disaster Deployment for missions in October and November. Please email internationalservices@redcross.sg.



RELIEF EFFORTS IN LAOS

Photos by Samuel Lee, Volunteer

In the aftermath of the floods that caused the sudden hydropower dam collapse in Southeast Laos on 23 July, we launched a public fundraising appeal on 25 July, and pledged S\$50,000 in humanitarian aid to the affected communities. The Singapore Government made a contribution of US\$100,000 as seed money to kickstart the public fundraising appeal.

The donations funded the purchase and distribution of relief items, including first aid supplies, blankets and mats

for survivors, as well as other disaster relief and recovery efforts.

We collaborated with Lao Red Cross Society (LRCS) to mobilise a three-person advance team to deliver relief supplies to some 1,000 families from 26 July to 31 July. The team also conducted ground assessments to determine urgent and mid-term needs.

A second team arrived in Attapeu with three water filtration systems

for the evacuation sites, as well as mosquito nets in response to the malaria outbreak.

A third mission, led by Secretary General and CEO Benjamin William and Head of International Services Charis Chan, engaged Laos Red Cross on long-term support for the affected communities. They also distributed a further five water filters, 500 hygiene kits and 250 blankets to survivors.



LOMBOK EARTHQUAKE RELIEF



Photo by Lee Siew Yian, Volunteer

Responding to the 6.9-magnitude earthquake in Lombok, Indonesia, we extended S\$50,000 in humanitarian aid to the Indonesian Red Cross (PMI). The contribution supported disaster recovery efforts and funded the purchase and distribution of relief items, including mats, blankets and household kits. We also launched a month-

long public fundraising appeal to support the affected communities. We deployed two response teams led by Sahari Ani, Director of Services and team leader, Lee Siew Yian (pictured) to support relief distribution and conduct ground assessments.

SOUTH INDIA FLOODS RELIEF

Photos by Lim Jinghui, Volunteer



In response to the devastation caused by torrential rain and monsoon floods in India, we launched a public fundraising appeal and pledged S\$50,000 in humanitarian aid in the first instance to affected flood-ravaged areas in southern India, in particular, Kerala.

The donations funded the purchase and distribution of relief items which included first aid support, water and sanitation services, tarpaulin sheets for shelter, mosquito nets, kitchen utensils, solar lanterns, bed sheets and clothing. Our donation also facilitated critical disaster relief and recovery efforts.

We mobilised a four-person advance team from 24 to 30 August to deliver critical relief supplies and conduct ground assessments to determine urgent and mid-term needs. SRC will support IRCS in its efforts to provide affected communities with clean water, shelter and hygiene materials.

MYANMAR FLOODS RELIEF



Photos by Ong Sze Ying (Anna), Volunteer

Following the catastrophic floods in Myanmar, we contributed S\$50,000 in relief aid to Myanmar Red Cross (MRCS). We also activated a three-person team to Myanmar from 14 to 19 August. Comprising experienced Red Cross volunteers trained in disaster management, the team assisted in the distribution of relief items to evacuees. They also

conducted ground assessments to determine the immediate and future needs of the affected communities.





BUILDING THE FOUNDATIONS FOR A RESILIENT SOUTHEAST ASIA

By Caroline Brassard, PhD

Chair of the Human Resource Committee, Singapore Red Cross and Academic
Adviser at the Centre for Peace and Justice, BRAC University, Bangladesh

Photos by Wong Leong Jeam, Volunteer

The International Federation of Red Cross and Red Crescent Societies (IFRC) and the Association of Southeast Asian Nations (ASEAN) strive to form a coalition for resilience, to mobilise more than 100 million people towards a resilient Southeast Asia by 2025. This exciting development was shared with over 200 participants at the Red Cross Red Crescent seminar on "A Resilient Southeast Asia" on 24 April at Hilton Singapore.

Under the theme of Singapore's chairmanship of ASEAN in 2018, the seminar brought together International Red Cross and Red Crescent Movement actors with policy makers, academics, think tanks and media to explore practical ways to build a resilient Southeast Asia community in the face of crises or disasters.

Jointly organised by the Singapore Red Cross (SRC), the IFRC, and the International Committee of the Red Cross (ICRC), the seminar featured speakers from the profit and non-profit sectors. The event generated

reflective and constructive dialogue.

The commentaries elaborated on three building blocks for a resilient Southeast Asia, highlighted across the keynote speeches:

- Understanding the sources of resilience, to design relevant projects and programmes and supporting policies;
- Building partnerships amongst the development, humanitarian and the disaster management sectors, through clear communication and synergy
- Redefining the measurement of success and humanitarian impact in the sector

Understanding the Sources of Resilience

The term 'resilience' has typically been applied to 'natural disasters', and relates to the capacity, for people and institutions, to recover and 'bounce back' from these setbacks.

Dr Hugo Slim, Head of Policy and

Humanitarian Diplomacy at the ICRC, shared his views about three main sources of resilience: personal, systems and values. Firstly, Dr Slim explained that personal sources of resilience are composed of our emotional infrastructure, such as our survival instincts, natural tendency to protect our loved ones, and desire to live a life with dignity. These shape our individual agency, including our coping mechanisms.

The second source of resilience stems from the physical and infrastructure and social systems around us. We rely on these systems in our work, daily life and social exchanges. For example, the health and education systems, water and sanitation infrastructure and transport infrastructures, our families and social networks, as well as the economic and financial systems.

Finally, Dr Slim raised an overlooked source of resilience - our value systems. This is about empathy, how much we value humanity, solidarity, caring, protecting and assisting others.

Building Partnerships between Development, Humanitarian and Disaster Management sectors

At the regional and international levels, participants also discussed the linkages between the development, humanitarian and disaster management sectors. It was acknowledged that more could be done to improve the communication and synergy between development professionals, humanitarian actors and experts from the disaster management field. This is a great concern given that most of the ASEAN member countries are at high risk of natural hazards and disasters.

Vongthep Arthakaivalvatee, Deputy Secretary General of Association of Southeast Asian Nations underscored, "Natural disasters like Indian Ocean tsunami in 2004, Cyclone Nargis in 2008 and Typhoon Haiyan in 2013 resulted in more than 278,000 fatalities and economic losses exceeding US\$22.5 billion.

"These natural disasters highlighted the importance of strengthening ASEAN's ability to respond to disasters and build back better."

Vongthep Arthakaivalvatee,
Deputy Secretary General of
Association of Southeast Asian
Nations in his keynote speech.

He later alluded to the ASEAN Declaration of September 2016 on One ASEAN, One Response: ASEAN Responding to Disasters as One.

Strides have since been made to build a safe and resilient ASEAN community for its 650 million people.

Jagan Chapagain, Under Secretary General (Programmes and

Operations) at the IFRC shared that over the past decade, the IFRC and ASEAN Secretariat have jointly developed several constructive collaborations in three key pillars - disaster management, health and care, youth engagement - whilst themes such as protection, gender, inclusion and migration cut across these areas.

Building resilience involves addressing systemic barriers to human rights from a political, economic and social perspective, including understanding deeply entrenched values and beliefs that create and exacerbate conflicts.

Actors from the development, humanitarian and disaster management sectors have often played a complementary but separate role. Yet, a stronger partnership is required to address this broader conceptualisation of resilience.

Measuring Humanitarian Impact and Re-defining Success

A final argument discussed at the seminar was that the humanitarian sector still did not place sufficient emphasis on measuring impacts on the communities due to overwhelming needs at the operational level. But the time has come to prioritise impact evaluation.

One of the concerns Chapagain raised was that donors still measured humanitarian success in terms of number of people / beneficiaries reached, contrary to the long-term goal of reducing the number of people dependent on humanitarian support, exactly because they are more resilient.

SRC Secretary General and CEO Benjamin William pointed out that no matter how fast the Red Cross Red Crescent Movement Responds

to a disaster, it is never fast enough. He highlighted that success is in preparing communities before a disaster or crisis strikes, to mitigate adverse impact such as the loss of lives, damage to property and livelihoods.

Arthakaivalvatee also stressed the importance of espousing a culture of prevention for a peaceful, inclusive, resilient, healthy and harmonious society. Essentially, this involves identifying the root causes of social problems, promoting a culture of resilience and care for the environment, and preparing people for emergencies.

In an increasingly urbanised world and interconnected systems, there is a need to establish better partnerships and create metrics, and foster values (personal, social and institutional) that build resilience. There are great hopes for the IFRC-ASEAN coalition for resilience to address some of these complex issues. But success will be more assured if we personally contribute, through volunteerism, training or capacity building, to create personal resilience. We can also identify barriers to systemic resilience and foster values towards societal resilience and empathy.



Panelists Marc Fancy, Prudence Foundation CEO; Geraldine Lim, Facebook APAC's Policy Programs Manager; Annabella Ng, GRAB Singapore's Head of Government Affairs; and Captain Ling Leong Tien, AirAsia Group Head of Safety demonstrated the power of collaboration and partnerships to generate collective and scalable impact at a panel discussion.



SINGAPORE HUMANITARIAN YOUTH SUMMIT

Photo by Michael Ozaki, Volunteer

The annual Singapore Humanitarian Youth Summit 2018 brought over 100 local and regional participants together to share experiences and best practices, to develop a better understanding of current humanitarian issues.

This year's organising team launched a nation-wide humanitarian challenge 'Humanithon', a 36-

hour Prototyping and Design competition, to inspire humanitarian actions through multi-disciplinary collaboration and innovation.

"Youth have bountiful vigor, passion and capacity to do so much for humanity. It is our hope that this symposium catalyses our youth leaders to innovate, embrace inclusiveness and embark on

sustainable action that will benefit our community. By providing a place where youth can stretch the limits of their imagination and learn through action, we aim to cultivate a spirit of adventure, optimism and creativity," said Benjamin William, SRC Secretary General and CEO in his speech.

They were also motivated to advocate blood donation, care for the disabled, promote social inclusion and address issues such as the burgeoning elderly population and increasing migrant population. Youth also learnt more about International Humanitarian Law.

"IHL protects those not involved in hostilities and limits the effects of armed conflict for humanitarian reasons. The law allows humanitarians and volunteers to fully focus on helping people in conflict zones," shared Mark John Martin, one of the participants of the summit.

Held at the School of Accountancy at Singapore Management University on 7 and 8 July, the summit was the second organised by the youth. Minister for Family and Social Development Mr Desmond Lee graced the event as the Guest-of-Honour.

Youth Humanitarian Challenge 2018

Photo by Malaysian Red Crescent Volunteer, Copyright of the International Committee of the Red Cross (ICRC)



Red Cross Youth Director Sahari Ani (extreme left) and ICRC's Programme Officer, Li Li Chin (extreme right), presented the awards to the award recipients (second from left onwards) Sandy Tan, Samuel Lee and Meredith Zhuo.

The Singapore Red Cross and the International Committee of the Red Cross (ICRC) co-organised the Youth Humanitarian Challenge 2018, inviting essay and video entries from youth to influence more people to support humanitarian causes.

Congratulations to Sandy Tan, Samuel Lee and Meredith Zhuo, winners of "A letter from a humanitarian". They won book vouchers sponsored by ICRC.

"After participating in YHC 2018, I have learnt that there are many different yet just as important aspects of international humanitarian laws and actions. For instance, humanitarian actions such as social cohesion, elderly inclusion, voluntary blood donation and migration are all essential in promoting human welfare," said Sandy Tan, Winner of the 1st Prize, Youth Humanitarian Challenge 2018.



Along with her guitarist, Annette also known as Sue-Ann from SGAG, blew the crowd away with her own singles from her debut EP.

VOICES OF YOUTH

Led by the Youth Members of the Singapore Red Cross (SRC), "Voices of Youth - A Night of Music and Giving" concert fundraised for SRC's local humanitarian services - the ElderAid, FoodAid, TransportAid, Red Cross Home for the Disabled and the Day Activity Centre. Homegrown artistes performed

at the fundraising concert held at Resorts World Theatre, Resorts World Sentosa on 8 July 2018.

Republic Polytechnic's Diploma in Mass Communication students Nur Syafiqah Binte Musa and Hannah Chan Yik Yen share the highlights of the concert.



Redeafination, an independent Singaporean hip hop dance crew for the deaf, opened the concert with a spectacular dance piece.



The Final 1 contestant Hydir Idris sang a song dedicated to his fans who have been supporting him since the start of his singing career.



The host sat down with Local Young Talent otherwise known as L.Y.T, a group of singers, as they discussed what it means to contribute back to the community by volunteering with Red Cross Youth.



Guest-of-Honour, Mr Baey Yam Keng, Senior Parliament Secretary, Ministry of Culture, Community and Youth and Ministry of Transport, was invited on stage along with other artistes for the final song "Count on Me" by Bruno Mars as they reminisced about giving back to those in need.



Singapore Red Cross' very own celebrity ambassador, MediaCorp Artiste Ya Hui, stepped up to the stage with her own rendition of Jay Chou's "Love Confession".



Last year, when Siti Nur Atiqah organised a mass dance for Down syndrome children, she was so touched by their joy she decided to initiate a Red Cross Charity Concert. She roped in freelance photographer Vanessa Koh, who created publicity for the concert.

Vanessa said, "Using art to connect at a social level is important. And this concert shows us people of different talents can contribute in their own way."

Source: Story and photo by The New Paper © Singapore Press Holdings Limited. Permission required for reproduction.



PROJECT R.I.C.E.+

Photo by Chen Zheng Wei, Volunteer

Project R.I.C.E.+ is an annual, nation-wide collection and distribution drive championed by youth leaders from Red Cross Youth - Chapters to bring food and daily necessities to the vulnerable.

This year's initiative saw 500 volunteers and 21 committee members from the National University of Singapore (NUS), Singapore Management University (SMU) and Nanyang Technological University (NTU) manage the supermarket phase from 2 June to 30 June and distribution phase on 4 and

5 August. Their tireless efforts raised 25,615 hamper sets (worth \$256,150) for some 10,000 beneficiaries, including skipped generation, persons with disability, single-parent families and low-income households.

Project R.I.C.E.+ 2018 is proud to be a part of SG Cares, a national movement dedicated to building a more caring and inclusive home for all. Together, we empower each other to contribute to a common good and inspire care.

A big thank you to all our donors, our partner Sheng Siong Supermarket and sponsor Mediterranean Shipping Company for your generous contributions! We are also very grateful to all our Red Cross Youth for expending their time and effort in this worthy cause!

NUTS FOR HUMANITY

Photo by Chng Chee Jean



The Organising Committee members of Nuts for Humanity (from left): Mohammad Zaidi Ariffin (Deputy Director), Prathivmohan s/o Chandramohan (Deputy Director & Project Director for Nuts for Humanity), Daphne Goh (Coordinating Assistant Director, Youth Leader@ District), Bertha Kwok (Assistant Director, Cadets) and Angeline Yong (Head, Red Cross Youth).

Nuts for Humanity is a youth-led initiative to fundraise for Singapore Red Cross' (SRC) local humanitarian services.

A group of eight Red Cross Youth members comprising RCY key

appointment holders, Chapter Leaders, uniformed groups and youth officers brainstormed ideas to celebrate RCY's 65th Anniversary in 2017. Several ideas were thrown to the fore. Eventually, they settled on selling a product line that will resonate with the masses - healthy snacks.

The team collaborated with nuts supplier and social entrepreneur, Box Green to introduce three new mixes; brain food for children and students, high in calcium and iron for the elderly, and high in iron for the blood donors. This is on top of the three more commonly purchased nuts; Acai berry granola, bearylicious, and peri peri lime soya crisps. Each packet of nuts is priced at S\$6.50 in conjunction with RCY's 65th Anniversary last year.

Amongst the key drivers of 'Nuts for Humanity', are Youth Leaders Daphne Goh and Bertha Kwok.

Daphne hopes that Nuts for Humanity will gain traction as an effective fundraiser for SRC. Bertha, on the other hand, found it heartening to see corporate organisations and schools being forthcoming in procuring the 'Nuts for Humanity'.

"It is heartening to see our youth leaders initiating fundraising projects inspired by Red Cross causes. Using their creativity and passion, they befriend our elderly and rally like-minded individuals and social enterprises to support these meaningful projects."

Angeline Yong,
Head of Red Cross Youth



Scan the QR code to visit
nutsforhumanity.com to
support the fundraiser now!

HELLO, TRAINER!

Photos by Vivien Cai, Corporate Communications and Marketing

A Teacher's Day and World First Aid Day special, featuring Singapore Red Cross Academy's Instructors



Stephen George De Souza, Principal Trainer

"In January 2006, I received an email from the mother of Bethany, one of my course participants. Bethany was away for an overseas mission trip and on her last day there, a man collapsed of a heart attack. As the only person on site able to perform CPR, Bethany performed CPR at the back of a speeding jeepney that went through winding roads to the nearest hospital. Though the man did not survive, Bethany had the peace of mind that all that could have been done, was done. To this day, I still keep the letter of appreciation. It serves as a constant reminder to me that I can create an impact on others."



Kalai Selvi D/O Ramakrishna, First Aid Instructor

"I chose to be a trainer at Singapore Red Cross Academy in 2007 as I want to impart my knowledge and experience to first aiders."

One of my learners had shared her experience on the second day of the class. On her way back home after the first day of a Standard First Aid class, she saw a casualty who had fits. Everyone was just standing around but nobody came to help. She stepped forward to help the casualty and put the casualty in the recovery position till the fit was over. I was happy that I managed to groom a first aider even before the course ended."



Tan Chee Khiang, Steven, First Aid Instructor

"I have been training people in first aid at the Singapore Red Cross Academy for the past 49 years, since 1969. For me, teaching is a form of community service. I believe that anyone interested in acquiring first aid skills should be welcomed."

My best memory was when a learner provided feedback that my lesson was succinct and that I was the best trainer among the classes he had attended."



Tracy Koh, First Aid Instructor

"Teaching at the Singapore Red Cross enables me to share life-saving knowledge and skills with people of various backgrounds... The exposure to different learners pushes me to constantly improve the ways I conduct and engage the classes. Additionally, I get to listen to many different perspectives and experiences. It is great working alongside many instructors who have many experiences, useful knowledge and interesting stories to share about teaching and health care."

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DOING HIS BEST, AS A FATHER

By Sondra Foo, Corporate Communications and Marketing
Photo by Derek Wong Hoi Kit, Republic Polytechnic

Hussain Yahaya, 60, grew up in Singapore, away from his parents in India. He was cared for by his uncle, and growing up, he made a vow to be around for his children, if he should ever become a father.

Matchmade to his cousin, Zulaiha Banu, Hussain got married in 1982 at the age of 24. It took the couple eight long years to conceive. Hussain was ecstatic about the pregnancy, but their happiness was short-lived. Their daughter Jasmine Fatimah was diagnosed with cerebral palsy.

Initially, Hussain and Zulaiha could not accept the diagnosis. In fact, it took Hussain three years to accept it and to embrace their new arrangement. By then, the couple had given birth to another child - a son.

Cerebral Palsy impairs Fatimah's movement, coordination and speech. Now 26, Fatimah relies heavily on Zulaiha, 54, to get around and for

her daily activities; bathing, feeding, toileting. It has been a routine for Zulaiha to care for Fatimah while Hussain works and goes marketing for the family. As Zulaiha gets on with age, she finds it more challenging to lift her daughter.

Hussain works as a shop assistant to provide for his family. He was recently diagnosed with high blood pressure and diabetes, and confides that his monthly salary could barely sustain the food, transport, utilities and medical expenses that the family incurs each month. Together, they keep a tight rein on their household expenditure and live within their means.

The FoodAid vouchers from Singapore Red Cross ease their financial burden, enabling them to buy fresh food and to eat healthily. Beyond that, the family is grateful for the volunteers' gift of friendship and company.

"The volunteers will come once a month. They will ask if we need help with anything. They are very kind-hearted and giving. When we moved from Eunost to Yishun, the volunteers also asked if we needed help. They continued to visit us at our new home," said Hussain.

He is also grateful for the visits by Singapore Red Cross staff, who'd given advice and support, assuaging their concerns over their daughter.

Hussain treasures every moment he spends with his family. As Fatimah does not like crowds, the family spends most of their time at home. They would cook at home and eat in together. Once in a long while, the family would visit the park or shopping mall.

When asked about his relationship with Fatimah, Hussain shared, "When I get home from work, I will ask her how she is doing, and try to make her comfortable. She likes to write, draw and watch videos. She is usually reserved. She likes to eat thosai, fried noodles, mee siam, curry puff and rojak. She enjoys coffee and soft drinks. I use the FoodAid vouchers for my children. They are my biggest priority."

He continued, "I take care of them, try to understand their needs and help them out with their difficulties. I ensure they have sufficient food and clothing, and try to keep them healthy. I am still learning to be a good father."

Know of someone who needs help? Email community.resilience@redcross.sg for assistance.



Stella was recently deployed as part of a medical mission to Cox's Bazar, Bangladesh.

VOLUNTEERING ENRICHES ONE'S LIFE

By Julie Lim, Volunteer

Photos by International Services and Community Resilience

On Nurses' Day, Red Cross News pays tribute to nurses who serve humanity and save lives.

Nurse Stella Lee started volunteering with Singapore Red Cross in 2016. Today, as the Chairperson of ElderAid, she oversees befriending and outreach in the South East District. Besides recruiting new befrienders, she also visits the elderly fortnightly.

"I started volunteering because I wanted to contribute my professional skills for a good cause. It stretches my comfort zone when I volunteer with the less fortunate - the elderly, who face insurmountable challenges

even as they grapple with their basic needs," she explains.

Despite their initial hesitation and resistance, Stella has won them over and forged a strong rapport with her charges.

"Now, they look forward to my visits. I feel very welcomed. Their profuse fussing and facial expressions tell it all," beamed Stella.

She feels that her personal time is used in a fruitful and rewarding way when she volunteers to bring cheer and happiness to the elderly. In another dimension, Stella sees herself

fulfilling the social and emotional needs of the community. She finds it most rewarding when an elderly transforms from being reticent to being receptive and connected with the people around them.

Besides volunteering in ElderAid, Stella joined the Nurses Network steering committee in February 2017, getting involved in dementia screening for the elderly, and community first aid events. Apart from these, Stella serves as the Vice President for Red Cross Club at the South East District. She also volunteers with FoodAid service on an adhoc basis.

Stella feels that volunteering has made her more tolerant, less impatient, more resilient and better able to manage multiple demands on her time. She has found much joy and meaning in serving the vulnerable and less fortunate.

"Volunteers do not necessarily have more free time than others - what they have is the heart," Stella opined. "We need more nurses to come forward... We intend to recruit more nurses, and keep them engaged to sustain their interest and action. We will work to identify their strengths, guide and groom them as volunteer leaders."



(From left to right) Julie Khabir, Community Resilience Executive with volunteer nurse Stella Lee

TRIBUTE TO OUR CAREGIVERS

As we commemorated Nurses Day on 1 August, we honour the nurses in our midst who have chosen to join the humanitarian aid sector. Through Singapore Red Cross, they have touched many lives

through their passion to make a difference.

Community Resilience's Kartini Saat, Corporate Communications and Marketing's Vivien Cai, and

Republic Polytechnic's School of Management and Communication students John Pravin, Carina Chow, Hezekiah Lim, pay tribute to these dedicated caregivers.



Sumith Suranga, smiles halfway through his afternoon shift. Starting from 2.30pm, Sumith feeds them and changes their diapers all while trying to make them laugh. The Sri Lankan has been working at the RCHD for the past three years. Although he felt homesick at first, Mr Suranga found his home here.

"After three or four months, this place became my family," he said.



Weligamage Silva Subhani (pictured above on the left) served as a Healthcare Assistant. Her passion to help the vulnerable inspired her to join the healthcare sector. Her everyday duties included showering the residents, serving meals and taking the vital signs of the residents.

Nurse **Lentejas Mary Jane Angelica** (pictured right), who had previously worked as a nurse in the Philippines, finds it most motivating when the residents smile.



Prior to joining the Singapore Red Cross, **Lukman Kasmani Minhad** spent seven years as an A&E staff nurse across two hospitals. Intrigued by the opportunity to embark on the conversion of Red Cross' non-emergency ambulance service to an emergency fleet, Lukman joined Singapore Red Cross as a Senior Executive, Community Resilience (TransportAid).

"I really enjoy working with my colleagues. I've always looked for a family in every job I have worked in, coz working with family makes the workplace better. I found mine here! And I am so inspired by the passion and dedication SRC volunteers have towards volunteering work!" said Lukman.



Years ago, Singapore Red Cross Academy's Psychosocial Support Executive/Trainer, **Muhamad Haikel Mohamed** found nursing to be more clinical and social work to be more holistic. He wanted to help patients not only from the medical aspect but also from the psychological and social aspects.

"Our mental health is as important as our physical health. Much talk and emphasis have been on physical health. Although there is now more awareness and promotion of mental fitness, there is still strong stigma and misconceptions about mental health and well-being. Psychosocial support helps prevent mental health illnesses and build resilience through psychoeducation and self-awareness," said Muhamad Haikel.

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CHARITY GOLF

Swing the club for a good cause at the Red Cross Charity Golf 2018, to raise funds for our local humanitarian services. Email pd@redcross.sg for details.

Date: 5 October 2018, Friday

Venue: Singapore Island Country Club

Tee-off Time: 1pm

Alternatively, scan the QR code to support our Charity Golf.



HUMANITARIAN CONFERENCE

Join us at the 4th Singapore Red Cross Humanitarian Conference - Humanitarian Challenges of Refugees and Displaced Persons.

Date: 13 October 2018, Saturday

Time: 9:00 am - 2:00 pm (Registration starts at 8:30 am)

Venue: Fort Canning Lodge, 6 Fort Canning Rd, S(179494), Sophia Cooke Ballroom

To sign up, visit redcross.sg.

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Get your tickets to our Charity Concert "Sentiments of the Heart" today! All proceeds go towards Singapore Red Cross' local humanitarian services.

Date: 3 November, Saturday

Time: 8pm

Venue: School of the Arts (SOTA)

Visit redcross.sg for more details.

NUTS FOR HUMANITY

Craving for some healthy snacks to munch on? Look no further, we have different flavours for blood donors, students and the elderly and other popular flavours to choose from! Who says you can't do your part for humanity by eating? Spread word to your family and friends too! Part of the proceeds will be channelled to our local humanitarian services. Visit nutsforhumanity.com to support the fundraiser.

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Check out our Flash Sale at Shop@RedCross at Red Cross House on Wednesdays in September from 11am to 4pm! All items, excluding power banks and food items are on half price. Proceeds go to our local humanitarian efforts!

IMPACT REPORT 2017



Our annual report is now available at redcross.sg. Scan the QR code to read.



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Singapore Red Cross Academy @ Atrium - International Involvement Hub (I2Hub)
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