

# REDCROSS

ISSUE 04 2019  
A MAGAZINE BY SINGAPORE RED CROSS

## PG 6

SINGAPORE RED  
CROSS AWARDS

## PG 7

RCY PAINTS THE  
TOWN RED

## PG 9

POSITIVE AID-TITUDE  
WITH FOODAID



MCI (P) 073/02/2019

WORLD FIRST AID DAY  
#TETRISCHALLENGE





SINGAPORE

# 新加坡 红十字会 SINGAPORE RED CROSS

*Free  
Admission*

*The Coliseum™  
Hard Rock Hotel Singapore,  
Resorts World Sentosa*

*7th - 8th  
December 2019  
11am - 9pm*

Event ends 7pm on the 8th

嘉年华



Palang  
Merah  
Singapore

*Karnival*

சிங்கப்பூர்  
செஞ்சிலுவை  
சங்கம்

कार्निवाल

*Celebrating Humanity*

Take a selfie with our beautiful Charitree display, eat and play to your hearts' content with over 40 F&B and games options, get your blood pumping with popular workouts and try your luck at our carnival draw!



Venue Sponsor





Someone out there is enjoying the sunrise or sunset, because you chose to donate blood, make a cash donation or volunteer with us. It may sound far-fetched, but it is closer to reality than you imagine.

Ever so often, I hear stories of gratitude, of simple pleasures and of grit and resilience. Your generosity enables our teams to do important work on the ground work that uplifts the vulnerable and saves lives (page 9).

As a social service agency and a charitable organisation, we depend on your support to fulfill our mission, and to advance our cause.

This International Volunteer Day, I thank all Red Cross volunteers for your steadfast support. Whether you choose to contribute your time, lend your expertise, fundraise, or promote our causes - YOU are the power of humanity. In whichever capacity you contribute, we hope your journey has been rewarding and fulfilling. Please share your story at myredcross.sg and inspire others to embrace the spirit of volunteerism.

On 7-8 December, we shall close the year-end on a high, with the much-anticipated Singapore Red Cross Carnival (details on facing page)! We add a twist to the signature event, by bringing in exclusive Red Cross merchandise (LEGO® Minifigures and EZ-Link Cards) and sport & fitness (mass exercise workouts). With fascinating buys galore, the carnival could be your one-stop-shop for your holiday gift needs.

As I reflect on the times we shared in 2019, my heart is ever grateful and full of joy. Time and again, Red Crossers have come forth in times of need - bringing with them resources, solutions, advice and good cheer. I look forward to your continued partnership in the year ahead.

Here's wishing you a wonderful holiday season and a 2020 that is filled with joy and peace, as well as plenty of simple joys like the daily sunrise and sunset.

Benjamin William  
Secretary General and CEO

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## EDITORIAL COMMITTEE

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On the cover: Spot our #TetrisChallenge shot in this video by NowThis.





# Community ENGAGEMENT



Singapore Red Cross Secretary General / CEO Benjamin William spoke on 'Adopting Localisation as a 'New Norm' in Humanitarian Response' at the ASEAN Strategic Policy Dialogue on Disaster Management on 21 August.

Photo by Charis Chan, International Services



Visitors gleaned insights into our heritage and humanitarian operations at the Singapore Red Cross' 70th Anniversary commemorative exhibition, "70 years of Serving Humanity, Saving Lives". Held at Junction 8, Raffles City Singapore, The Star Vista, Heartbeat@Bedok from 1 October to 3 November, the roadshows exposed shoppers to the world of Red Cross philately, through a 200-stamp collection.



480 hampers were distributed to migrant workers of various satellite offices of Centre for Domestic Employees on 28 August, as part of the youth-led Project R.I.C.E+.



Our volunteers and staff took part in an emergency simulation exercise together with the Ministry of Health and Marine Port Authority at Harbourfront Ferry Terminal on 30 August.



In commemoration of World First Aid Day, the Red Cross Club@ South West launched the CLARE Interest Group at West Coast CC and organised a first aid outreach for residents. Singapore Red Cross Academy trained 57 residents in CPR/AED while Red Cross Youth leaders shared fire safety tips through virtual reality simulation. We also brought Community Health on Wheels to West Coast.

# WHAT'S *new*



Photos by Theofilus De Roza, Partnerships and Development and Takeda Haruka

Organised by a group of ex-NPCC Cadet inspectors, the inaugural 'Blue Star Car Rally' and the second 'The Blue Star 19 Charity Walk' held on 25 August and 7 September respectively raised \$60,544 for Red Cross Home for the Disabled.



We recently hosted the National Chairman of Malaysian Red Crescent Society, Her Highness Dato' Seri DiRaja Tan Sri Tunku Puteri Intan Safinaz Binti Almarhum Sultan Abdul Halim Mu'adzam Shah (Tunku Temenggong Kedah), and the Malaysian Red Crescent Society delegation, at the Red Cross House and the Red Cross Home for the Disabled.



Aviva Singapore presented the Singapore Red Cross with a donation of S\$190,000 for the "Singapore Red Cross - Aviva Meals with Love", bringing its total commitment to over \$1.1 million for the period of 2019 to 2020. A strong CSR partner of SRC, Aviva Singapore has contributed over \$500,000, and thousands of employee-volunteer hours, towards our community resilience programmes since 2017.



For over 14 days in September, Hanniel Lim rode 1,900km on his bike across Great Britain from Lands End to John O Grotes and raised \$5,788 for the vulnerable in Singapore.

In response to the hurricane that ravaged the Bahamas, Singapore Red Cross (SRC) contributed US\$10,000 (S\$13,748) in relief supplies to support the emergency relief operations of the Red Cross Movement. The operations were coordinated by the International Federation of the Red Cross and Red Crescent Societies (IFRC).



# Power OF YOU

We paid tribute to our pioneer volunteers, and honoured 56 individuals and 20 community partners at our 70<sup>th</sup> Anniversary commemoration, and SRC Awards at Grand Copthorne Waterfront Hotel on 30 September. The prestigious awards were presented by Guest-of-Honour and Patron of SRC, President Halimah Yacob, and SRC Chairman Tee Tua Ba.



Event highlights



We marked our 70<sup>th</sup> Anniversary with past and present Chairmen, Secretary Generals, and Council Members. The 70 cupcakes onstage were baked by RCY students of APSN Delta Senior School.



Red Cross Youth Officers of the Training Department in the 1970s, gave a special opening performance with their very own rendition of "Those were the days".



Patron with Veterans of SRC



Chairman Tee Tua Ba receives the SRC Humanitarian Award from Patron



Recipients of the Friend of Singapore Red Cross Award



SRC President's Youth Award Recipients



Celebrity Ambassador Yahui receives a Commendation Award

# Youth ON THE MOVE

Over 100 Red Cross Youth participated in a simultaneous community service initiative on 24 August, impacting communities all over Singapore.



Photo by Katrine Baggesen, Volunteer  
A team was at Our Tampines Hub (OTH) to engage the elderly with cooking demonstrations, craft-making and lunch.



Photo by Vivien Cai, Corporate Communications

Youth picked up useful life skills including first aid and safety at the inaugural Red Cross Youth Humanitarian Trail.



Youth packed and distributed hampers to beneficiaries from 22 August to 25 August, as part of a community service activity, Project R.I.C.E+.



They engaged in a dialogue session on "Social Inclusion" at the Singapore Humanitarian Youth Summit at Red Cross Training Campsite.



Youth from Malaysian Red Crescent, Indonesia Red Cross (Palang Merah Indonesia) and the Singapore Red Cross gathered for Camp San Frontières from 22 August to 25 August. The camp was aimed at fostering international friendships and building a humanitarian network among young humanitarian leaders.



Photo by Amila Silva, Volunteer  
They supported a blood donation drive at Harvest Care which collected 55 bags of blood.



Photo by Chen Zheng Wei, Volunteer  
Together with Nee Soon South CC Youth Executive Committee Members, our Red Cross Youth cadets organised the 'Remembering our Past' Bicentennial Carnival at Khatib Plaza.



Photo by Myka Bianca, Volunteer  
Youth also managed SHOP+ at Jalan Khairuddin, to raise funds for vulnerable communities.

The youth also distributed hampers and emergency "GO BAGS" to 80 elderly residents and took part in community data mapping. A round of applause to these young humanitarians!

# THIS CHRISTMAS, BE SOMEONE'S SECRET SANTA WITH A DONATION.

This holiday season, you can be the Secret Santa who uplifts 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 Christmas gift of an online donation at [redcross.give.asia](http://redcross.give.asia) or fill up this form today. The sooner we hear from you, the sooner we can put your gift to work this holiday season - 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)
- ☐ 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](tel:66640500) or [fundraising@redcross.sg](mailto:fundraising@redcross.sg))



# Stories FROM THE HEART

## Forgiveness is the best medicine

By Jacinth Toh, Intern



Syed Abdul Rahman, 65, sustained spinal cord injuries in an accident while volunteering to distribute food to survivors following the Lombok Earthquake in Indonesia in November 2018. His driver, who was on his phone, failed to see an oncoming car.

Syed spent 99 days in a hospital after the accident. In January 2019, a month before his discharge in February, a social welfare worker at the hospital introduced Syed to the Agency for Integrated Care (AIC). Syed was subsequently referred to Singapore Red Cross (SRC) for Medical Escort and Transportation (MET).

Responders of SRC's TransportAid service ferry Syed to his therapy sessions at Sengkang General Hospital thrice weekly, at a fraction of the cost of a private ambulance. With this arrangement, Syed has access to both affordable transport and healthcare.

The short commutes between home and hospital provide respite and friendship for Syed. With SRC TransportAid responder Abdul Rahman Ali and former responder Ismail Badok, he shares life's nuggets, personal interests, food, and reminisce about the old days.

Syed has since forgiven the driver. He counts his blessings and remains positive. He shared, "If you take things sadly, your life will be sad. If you take things happily, your life will be happy. I am grateful to the Singapore Red Cross for helping me get to my therapy. I can say, I am happy."

## Positive Attitude with FoodAid

By Jorge Sng, Diploma in Mass Communication, Republic Polytechnic

For most of his life, Mr Teo Soon Kheng has been living each day with uncertainty - he is constantly plagued by concerns about making ends meet. Compelled to ditch school for work to supplement the family's income at the age of 10, Mr Teo has been an odd job worker all his life. He earns as much as \$800 or as little as \$200 on a regular month. Despite his age, retirement is not on his mind. Given the high cost of living in Singapore, he has too little savings to rest on his laurels.

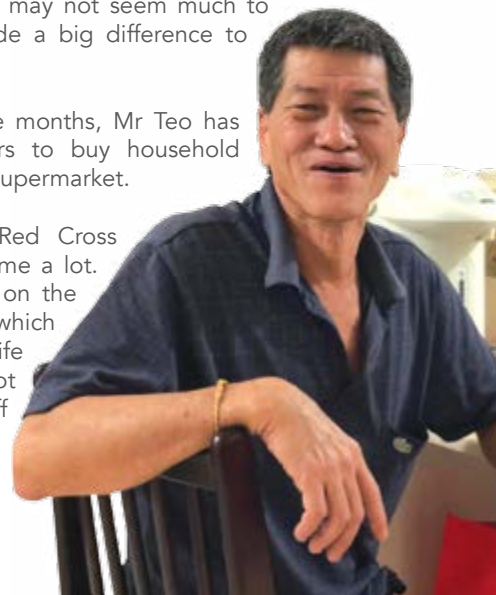
Speaking in Mandarin, Mr Teo said, "There are days when I wake up worrying about whether I can get a job to feed myself."

Fortunately for Mr Teo, his life turned around for the better when he received monthly FoodAid, a SRC initiative to bring food to the table for families. It identifies households that have fallen through the cracks of the social service safety nets such as the working poor, single-parent families, and skipped-generation families. Through FoodAid, Mr Teo now has nutritious meals on his table.

"My life has transformed radically after the Singapore Red Cross shared about FoodAid with me. The \$120 worth of vouchers may not seem much to others, but it made a big difference to me."

For the past three months, Mr Teo has used the vouchers to buy household necessities at the supermarket.

"The Singapore Red Cross has really helped me a lot. They advised me on the financial schemes which I could apply for. Life has improved a lot because of the staff and volunteers."



## Humanitarian CONFERENCE

Photos by Dominic Ma, Peter Getzler and Wong Leong Jeam, Volunteers

Singapore Red Cross held its 5<sup>th</sup> Humanitarian Conference on 'Partnerships and Volunteerism for Humanity' at Grand Copthorne Waterfront on 20 July. Here are some takeaways.



Conference Highlights

### SENIOR VOLUNTEERS



Provide medical care to the vulnerable in Mongolia



Help young women and mothers in Afghanistan get access to basic reproductive health to reduce mortality and morbidity



Manage biggest recycling centre in Malaysia

### VOLUNTEERS WITH DISABILITIES



Prepare special training course materials for people with intellectual disabilities and landmine victims in Cambodia



Help with translation work in Japan

### PROFESSIONAL VOLUNTEERS



As psychosocial support volunteers, medical professionals, and language volunteers in Japan



As professional psychologists in Hong Kong



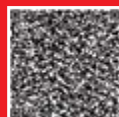
As physicians and nurses in the Philippines



## 70<sup>th</sup> Anniversary of the 1949 Geneva Conventions

Photo by Wong Leong Jeam, Volunteer

Singapore Red Cross, together with the International Committee of the Red Cross (ICRC), The Law Society of Singapore, the Law Faculty of the National University of Singapore (NUS) and the Swiss Embassy in Singapore, held a seminar to commemorate the 70<sup>th</sup> Anniversary of the 1949 Geneva Conventions at The Pod of the National Library on 25 September. The Geneva Conventions are international treaties to ensure that armed conflicts are conducted in a humane manner and that non-combatants are protected. Graced by Guest-of-Honour, Edwin Tong, Senior Minister of State for Health and Law, the seminar was attended by 200 participants including the members of the Diplomatic Corps, the law fraternity, government officials, academia and Red Crossers.



Seminar Insights



# MYTH OR *FACT?*

This World First Aid Day, we examine some traditional remedies that have been handed down through the generations. Do these practices really help, or do they cause harm? The Singapore Red Cross Academy weighs in.

## Myth #1

### BURNS

Treat a burn or scald with butter, mayonnaise or ice.

#### Expert Advice

This is unhygienic as the chemicals in the food substances may increase pain and cause infection. Ice may cause a sudden drop in temperature and cause tissue damage.

#### First Aid

Cool the affected area gradually by running tap water over it.

## Myth #2

### BRUISE

Rub a hard boiled egg over a bruise to ease blood circulation.

#### Expert Advice

This has no recorded medical benefit.

#### First Aid

Apply an ice pack over the bruise to reduce internal bleeding.

## Myth #3

### NOSE BLEED

Tilt your head up to stop bleeding.

#### Expert Advice

Do not tilt the victim's head back as blood will trickle down the back of his /her throat causing vomiting and possibly choking.

#### First Aid

Get the casualty to sit. Lean slightly forward and press the fleshy part of the nose firmly for 10 minutes. Advise the casualty to breathe through his nose. This should stop the bleeding. Rinse the mouth and gently clean the nose. If bleeding persists, press for another 10 minutes. If bleeding still persists after 10 minutes, seek medical attention.

## Myth #4

### SEIZURE

Insert a metal spoon into the mouth of someone having a seizure to prevent him from biting his tongue.

#### Expert Advice

There is no need to insert anything into the mouth. During a fit, the victim's teeth are usually clenched. It is very rare for someone to bite his own tongue during a seizure. The metal spoon may injure the palate, the teeth and the gums.

#### First Aid

Lay the person flat on the ground then turn his body sideways. This will prevent his tongue from blocking his airway.

### Once a trainee, now a lifesaver

Priya Choudhary attended a Standard First Aid course at Singapore Red Cross Academy in August. The day after her course, during her early morning walk, she was alerted to cries for help. Priya saw an elderly man lose consciousness, and his legs had stiffened up. Moments later, he was not breathing. Priya swung into action, laid him on the ground and commenced Cardiopulmonary Resuscitation (CPR). She did around 50 chest compressions before two lifeguards from the nearby swimming pool took over. Thereafter, the Singapore Civil Defence Force (SCDF) arrived and administered shock to the casualty through the defibrillator. He regained consciousness subsequently. Priya was confident and able to help, because she was trained. In the photo, Priya poses with her first aid trainer, Syafawi Ho, Senior Adjunct Instructor of the Singapore Red Cross Academy.



Watch our trainers share first aid tips on 96.3好FM.

# Join Us

## SOIREE CINEMATICS MOVIE FUNDRAISER

Now you can do your part for charity by watching a movie once a month! All proceeds go towards our local humanitarian services.

Date: Frozen 2  
(30 November),  
Star Wars: Episode IX  
(December)

Time: 2pm

Venue: WE Clementi @ 321  
Clementi Ave 3,  
Singapore 129905

Refer to our website for more details.

## MAGICAL CHRISTMAS BLOOD DRIVE

Give the gift of life at the Magical Christmas Blood Drive 'A Drop of Miracles', organised by the Councillors of CHIJ St Theresa's Convent. Quote S0107 during registration for the whole of December.

Date: 21 December  
(Saturday)

Venue: Bloodbank@  
Westgate Tower

Five Red Crossers have been hailed as Singapore Heroes by The Smart Local. Read about Kek Siew Kok, Nelson Koh, Robert Chew, Steven Tan and Pat Jeanisa Ng at [thesmartlocal.com/read/singapore-heroes/](http://thesmartlocal.com/read/singapore-heroes/). Watch more Red Cross memories at [myredcross.sg](http://myredcross.sg).



# Like and Share



In commemoration of SRC's 70<sup>th</sup> Anniversary, we launched a series of limited edition Red Cross timepieces (only 70 pieces per model). Email [shop@redcross.sg](mailto:shop@redcross.sg) to get yours today! All sales proceeds go towards our local humanitarian services.

**NEED HELP OR KNOW OF SOMEONE WHO DOES?  
GET IN TOUCH AT THE LOCATIONS BELOW OR CALL 6664 0500.**

### 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



### RED CROSS HOUSE

15 Penang Lane, Red Cross House  
Singapore 238486

Tel: 6664 0500

Email: [enquiry@redcross.sg](mailto:enquiry@redcross.sg)

Website: [redcross.sg](http://redcross.sg)

