

REDCROSS

ISSUE 01 2019
A MAGAZINE BY SINGAPORE RED CROSS

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NEW YEAR,
NEW HOPES



PG 11

#younghumanitarians

A Journey of Bliss

*A union of two souls that ought to have brought bliss,
was to become an arduous journey for the bride.
Yet, it would be a source of strength and love through her life.*

婚礼,本是人生一大喜事,慧嫁一生坎坷的命运,却以这场婚礼开始,让她的生命历程变得坚强,挚爱。

06 April 2019, Saturday, 8pm sharp
Resorts World™ Theatre, Resorts World Sentosa

Inspired by our local Straits culture, *A Journey of Bliss* brings to life the lavish Peranakan wedding - along with the intricate costumes and finery, set and music. Through the 'Nanyang Style' of dance language, this multifaceted performance will feature diverse aspects of the Peranakan vibrant culture and cuisine through the narration of Hui Nang's life journey. Under the direction of Dance Ensemble Singapore Founder and Artistic Director, Mdm Yan Quesong Lian and performed by Terence Seow, Liu Jian, Ang Yiallin, Jack Ye Zheng Wen, *A Journey of Bliss* will be presented as a Chinese dance drama, where audience can indulge in an exquisite balance of oriental and contemporary display of movements with a 'Singaporean' flavour.

“幸福之路”，展现土生华人特色，创造出独特的节奏歌舞剧，传递一名心地善良《慧慧》对自己的命运，无畏、勇敢、热忱、坚毅的艺术个性，充分的舒展，绽放汇萃精华，表现今日土生华人对传统文化的传承与革新，“幸福之路”邀约对土生华人文化有研究之故事人黄福海为剧情铺陈具有南洋特色的剧本，土生华人服装设计师黄贵芳为服装设计与顾问音乐作曲家梁嘉善深获艺术人叶叔敏、姚健、洪瑞敏、齐立勋联同，黄福海带领团队联手编创南洋风格音乐舞蹈剧，土生华人文化于多元文化的融合得以增添多彩的旅游文化为繁荣与繁荣共荣共生提供。

订票请赴：请浏览redcross.give.asia/blissfuljourney
 如蒙垂询，请致电：6664 0500

For Donations and Tickets, visit redcrows.give.asia/blissfuljourney
For enquiries, please call 6664 0500



40 monetary donations will replace 2.5 times the reduction.

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2019 is a very special year for all of us at the Singapore Red Cross.

Firstly, it marks our 70th anniversary, since the Red Cross was established in Singapore as a branch of the British Red Cross, back in 1949. We have lined up heritage talks, tours and exhibitions

just for you, so keep a lookout for event-alerts via our monthly eNews and social platforms.

Secondly, it is the International Federation of the Red Cross and Red Crescent Societies' Centennial. Founded in 1919 in the aftermath of World War I, IFRC has grown from five founding member Societies to 190 recognised National Societies.

Thirdly, it is Singapore's Bicentennial - 200 years since Sir Stamford Raffles' arrival in Singapore. It's a time for meaningful reflections on our history, before and after Raffles.

We anticipate a busy year ahead as we gear up for our milestone celebrations. At the same time, we need to brace ourselves for a challenging year, possibly with an economic slowdown. Yet, we are committed to caring for the elderly, the severely disabled and vulnerable families, through our comprehensive suite of programmes - Family LifeAid, ElderAid, HealthAid, TransportAid, Red Cross Home and Day Activity Centre for the Disabled. We count on your support to deliver our humanitarian mission.

You will witness a significant transformation of Red Cross News with this edition. We have halved the number of pages and will delve into the sphere of digital media. This move enables us to invest more resources in content production, digital distribution and produce more user-generated content and stories that can be easily shared and seen by more people.

We hope to count on your readership and support through this transformation, to bring our stories to even more hearts and minds.

I wish you a happy and healthy new year!

Benjamin William
Secretary General and CEO

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Cover photo by Wong Leong Jeam

Community ENGAGEMENT



135 ElderAid and Family LifeAid beneficiaries went on an outing to Rainforest Lumina on 10 and 17 February, accompanied by 81 volunteers

First aid coverage at...



New Year Celebration at Telok Blangah Community Club (CC) on 1 January 2019



Christmas celebration at Dover CC on 15 December 2018



West Coast Community on Wheels on 17 February 2019



Community Fiesta by West Coast CC on 26 January 2019



Cycling event "West Coast on Wheels" organised by West Coast CC on 16 December 2018



Chingay Parade in January and February 2019

WHAT'S New



SRC Secretary General / CEO Benjamin William, CDE Executive Director Mr Shamsul Kamar and CDE Chairman Mr Yeo Guat Kwang after signing the MOU.

Photo by Centre for Domestic Employees

We've just inked a Memorandum of Understanding (MOU) with Centre for Domestic Employees (CDE), aimed at providing support to foreign domestic workers. Singapore Red Cross will extend Community Health on Wheels to foreign domestic workers and train them in first aid. Under the Last-Mile Assistance Support initiative, SRC will work with CDE to aid injured foreign domestic workers during the repatriation journey.



Photo by Lincoln Wee, Volunteer

On 8 December 2018, Singapore Red Cross Academy's inaugural Humanitarian Education Xperience (HEX) enabled participants to experience the life of a refugee for a day to raise awareness of the global refugee crisis.



Shell Companies in Singapore raised \$47,414 for Singapore Red Cross' Sulawesi Earthquake and Tsunami relief efforts.



Photo by Sondra Foo, Corporate Communications

Our Day Activity Centre for the Disabled has been relocated from Family Link@ Lengkok Bahru to Jurong West Street 52. We welcomed neighbouring Family Service Centres, Voluntary Welfare Organisations and Grassroots Organisations at an Open House on 11 January.



Photo by Aaron Lim, International Services

We contributed S\$50,000 in humanitarian aid for survivors of the Sunda Straits Tsunami. Volunteers Aaron Lim Wei Xuan and Muchsin Dahalan conducted ground assessments and supported the Palang Merah Indonesia ("PMI" - Indonesian Red Cross) in its relief distribution in Banten province from 27 December to 31 December 2018.



Photo by Irene Chua, Volunteer

Founder of Chi Heng Foundation Chung To shared his experience in developing a systematic and sustainable humanitarian programme for vulnerable children, at the Singapore Red Cross' Humanitarian Lecture on 7 December 2018. The lecture was part of Singapore Red Cross' Humanitarian Lecture Series to galvanise interest in humanitarian work.

Power OF YOU



Photo by Theofilus De Roza, Partnerships and Development

First-time fundraiser Steven Lau rallied his friends to organise Project Blue Star Charity Walk, which raised S\$66,288 for Red Cross Home for the Disabled. On 17 November 2018, 116 participants walked in solidarity with us, around Family Link @ Lengkok Bahru.



Photo by Irvin Tan, Volunteer

Our Sunday Sales, held on 16 December 2018, rang in \$15,711.50 in sales, with proceeds going towards our local humanitarian services. Thank you for your patronage!



Photo by Community Resilience

Goodrich Aerospace Pte Ltd packed and delivered 90 stationery packs to our FoodAid beneficiaries' children.

Students from Anderson Primary School raised more than S\$1,000 to support our Lombok Earthquake public appeal and relief efforts

Bringing festive cheer to the Red Cross Home for the Disabled...



Aviva Singapore

Photo by Aviva Singapore



Every Nation Church and Humanitarian Organisation for Migration Economics

Photo by Wong Leong Jeam, Volunteer



Kenn Group

Photo by Kenn Group



The Portcullis Group

Photo by Douglas Goh

Youth ON THE MOVE



We welcomed 30 teachers onboard, as Red Cross Youth Officers at the annual Unit Officer Programme from 19 to 21 November 2018.



Photo by Chen Zheng Wei, Volunteer

70 students from CHIJ Saint Theresa's Convent advocated blood donation as part of a festive blood donation drive "A drop of love". Organised at SCAPE, the blood drive was held on 23 December 2018.

"My friends and I plan to donate blood once we reach 16, to save lives. My mother told me that when she delivered me, she had to undergo blood transfusion. When she learnt that I am organising this blood drive, she was very supportive," said Chen Le Er, a student.



In a service learning and community immersion project in Davao, the Philippines from 15 to 23 December 2018, nine Red Cross Youth Volunteer Instructors, taught homemakers basic first aid, conducted pre-school activities for young children and organised a Christmas-themed friendship night for a village with 132 families.



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

Jason Wo



"My passion for volunteering, the companionship of my fellow Volunteer Instructors and my drive to pass down my knowledge and Red Cross Youth Spirit to future generations of RCY cadets, keep me going."

Daryl Ee

Photos by Kuan Yee Theng, Volunteer

START THE NEW YEAR WITH A LIFE-CHANGING GIFT

Make a donation that changes lives. Make this a Happy 2019.
Donate online at redcross.sg.give.asia or fill up this form.



A GIFT OF
\$20

Helps **1**
BENEFICIARY
get to and from his
MEDICAL TREATMENT
via our TransportAid
service 



A GIFT OF
\$70

Helps **1**
BENEFICIARY
get to and from his
MEDICAL TREATMENT
via our TransportAid
service 



A GIFT OF
\$100

Subsidises **1**
VOLUNTEER to be
FIRST AID READY
and respond to
emergencies 



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FEEDS a FAMILY of
4 for 1 WHOLE MONTH

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

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15 Penang Lane, Red Cross House
Singapore 238486

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Yes! I want to make a lifesaving gift.

- ☐ Monthly gift
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Card No. (VISA/Master Card/Diner) _____
- ☐ Cheque (payable to "Singapore Red Cross Society") Bank: _____
- ☐ GIRO (please send me a GIRO form)

Expiry Date: _____
CVV: _____
Cheque No.: _____

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)

Stories
FROM THE HEART

A mother's
unconditional love



When Madam Nuraini Mohd Noor's eldest son was only four-months old, she received news no mother would ever want to hear.

The 49-year-old homemaker was told by doctors that her son was diagnosed with microcephaly with delayed development, and epilepsy, a neurological disorder and intellectual disability.

Madam Nuraini was more devastated when she found out that both her second son and youngest daughter also had the same condition, epilepsy, as her eldest son. Her eldest son goes to Singapore Red Cross' Day Activity Centre.

For 24 years, Madam Nuraini had to juggle between taking care of her children, doing the household chores and looking after her mother who has dementia.

Thankfully, she has the support of her family and she takes turns with her husband and oldest daughter to look after her other children.

Due to her children's conditions, Madam Nuraini often has to spend money on medical bills, diapers and milk, making it challenging for her family to make ends meet.

Fortunately, she receives supermarket vouchers every month from Singapore Red Cross and that helps her with her groceries.

"The vouchers really help because diapers and milk are very expensive, so the vouchers help take away some of the financial burden that we have and made our lives a lot easier," said Mdm Nuraini.

By **Jasia Shamdasani**, Republic Polytechnic's Diploma in Mass Communication

Sticking together
despite difficulties

There is an adage, "one man's trash is another man's treasure".

This certainly holds true for Mdm Taksiah Razak's family. For years, Mdm Taksiah, 55, has been scouring through discarded items at void decks in search of things she could bring home for her family.

With eight children in tow from her second marriage, life is a constant struggle to provide for and feed her family of ten people. Mdm Taksiah juggled multiple jobs to make ends meet. As the rag-and-bone household of their estate, the family scrimped and saved whatever they could.

One of her sons, M. Arshad, 23, became physically disabled after a high fever at seven months, and had stayed at the Red Cross Home for the Disabled for eight years from 2010 to 2018.

Both Mdm Taksiah and her husband were plagued by mobility issues that hampered their ability to work. With seven children still studying, the family's expenses go towards food, school-related items and healthcare. Mounting bills and the lack of income created much stress within her family.

Mdm Taksiah's family was referred to the Singapore Red Cross last year. Today, our volunteers visit the family every month, bringing food vouchers to them.

"I use the Red Cross vouchers to buy rice, cereal, chicken, eggs, bread, potato and healthy beverages for my family. Thank you so much for relieving my burden. Now we have enough food to eat. With your help, we can ride through the difficult times," said Mdm Taksiah with gratitude.

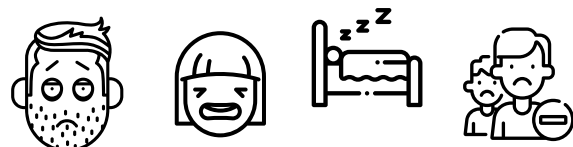
By **Sondra Foo**, Corporate Communications



TIPS TO HELP SOMEONE *Cope*



An accident, chronic illness, death of a loved one, divorce, or retrenchment can be a traumatic experience for anyone. We share some advice you can adopt to help loved ones cope.



- Change in sleeping or eating patterns
- Constant feeling of sadness
- Difficulty concentrating
- Fatigue
- Feeling of guilt, worthlessness, and helplessness
- Insomnia, early-morning wakefulness, or sleeping too much
- Irritability
- Loss of interest and enthusiasm in things once pleasurable
- Pessimism and hopelessness
- Restlessness

PSYCHOLOGICAL FIRST AID TIPS

1. Listen attentively and carefully so you fully understand the affected person's concerns.
2. Remember that an affected person in crisis temporarily loses their basic sense of trust and security in the world. Stay close to the affected person to give them a sense of safety and security.
3. Stay calm, even if the affected person you are helping is emotional.
4. Accept the affected person's feelings and their interpretation of what has happened without judgement.
5. Let the affected person know that they can still receive help in the future if they want it, even if they refuse help now.
6. Be prepared that people may express strong emotions such as angry outbursts when they are in acute distress.
7. Acknowledge their grief, tears, sense of loss or other feelings they may share.
8. Be comfortable with silence. Be willing to sit quietly with the affected person if they wish.
9. Ask questions to clarify the affected person's experience and what they need.
10. Make eye contact, as appropriate, and keep your body relaxed and in a welcoming posture.



HELPLINES

Organisation	Contact Number
Emergency Helpline (IMH)	6389 2222
HealthLine	1800 223 1313
Samaritans of Singapore (SOS)	1800 221 4444
Singapore Association for Mental Health (SAMH)	1800 283 7019
TOUCHline	1800 377 2252
Youthline (Youth Challenge)	6336 3434



Learn Psychological First Aid at the Singapore Red Cross Academy! Scan the QR Code to find out more.

NEW YEAR, *new Hopes*



Photo by Wong Leong Jiam, Volunteer

2019 ushers in new beginnings for the year ahead! In this feature, we offer a sneak peek into our colleagues' aspirations!



From Left to Right: Vivien Cai, Chua Lay Teng, Kartini Saat, Christabelle Ong and Ong Wee Chee.

"I am psyched to hear and share more stories from the amazing people who have served humanity, and the beneficiaries the Red Cross has touched!"

Vivien Cai, Corporate Communications

"I hope to inspire more individuals and organisations to contribute their time and talents to SRC!"

Chua Lay Teng, Membership and Volunteer Development

"I hope to groom more Volunteer Leaders to better serve the community in their area of expertise."

Kartini Saat, Community Resilience

"I hope to build better relationships with our community partners and youth to encourage them to embrace blood donation as part of their lifestyle."

Christabelle Ong, Blood Donor Recruitment Programme

"We hope to operate an ambulance team that is run by volunteers and empower our medically trained volunteers to take up leadership roles."

Ong Wee Chee, Community Resilience



"I hope the ongoing initiatives at the Red Cross Home for the Disabled will be smoothly and successfully implemented this year!"

Nyssa Malicdem, Red Cross Home for the Disabled

Join Us

OPEN HOUSE AND TOURS

As we turn 70 in 2019, we invite you to come to experience our rich heritage, understand our local and global operations, learn first aid and enjoy our thrift shop. Let our senior volunteer regale you with tales of yesteryears at this special open house, held in conjunction with the Singapore Heritage Fest.

Date: 23 March (Saturday)
Time: 10am to 4pm
Venue: Red Cross House
Half-hourly tours available.

Check redcross.sg for details

Like and Share



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

SHOP+

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

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

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



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