

ISSUE ONE 2018

redcross⁺

A MAGAZINE BY SINGAPORE RED CROSS

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**IN ADVERSITY,
A FIGHTER
EMERGES**



Pages 12 and 13

**GETTING TO
KNOW OUR
RESIDENTS**



Pages 10 and 11


**DOING GOOD
TOGETHER**



Page 26

**"WE ARE
MISSION-DRIVEN"**

PAGES 8 AND 9



WE CAN'T SAVE LIVES WITHOUT YOU

Whilst a team of
healthcare professionals
is critical in saving lives,
your contribution in
giving blood is
equally important.

Zhang Sheng Jie // Blood donor



SINGAPORE

Give **Blood**. Save Lives.

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On the cover,
TransportAid Responders
Photo by July De Leon

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Youth who teach and inspire

Pages

20 & 21



Our drive to save lives



We herald in the new year with good news on the conferment of the Charity Transparency Award 2017. This is on top of the inaugural Charity Transparency Award 2016, and the prestigious Charity Governance Award 2013. Having worked hard to implement measures that strengthen risk management and to foster a culture of good governance amongst colleagues, the latest acknowledgement reinforces our commitment to transparency and accountability.

In this same spirit, we take pride in engaging our stakeholders - YOU - in our work, the rationale behind new initiatives, how we maximise contributions, and the impact of your donation. Like our website, annual report and monthly e-news, this quarterly magazine is an important tool for disseminating news of the Society - and starting from this issue, it spots a brand new look and sections, to enhance your reading experience.

Heartbeat features stories close to heart, and on pages 8 and 9 we bring you stories of our TransportAid responders - unsung heroes who work silently behind the wheels and go door-to-door, sometimes heaving wheelchairs down flights of stairs - to bring our beneficiaries to life-sustaining healthcare.

Youth on the Move puts the spotlight on our young ones - the humanitarian leaders of tomorrow. On pages 22 and 23, we share reflections on the Red Cross Youth Unit Specialist Programme and Red Cross Academy's Youth Leadership Humanitarian camp.

Insight investigates, analyses and discusses trends in the sector. We bring you refreshing insights on green initiatives in humanitarian action, shared by speakers at the recent Humanitarian Conference, on pages 16 and 17.

Power of You showcases the extraordinary people and

organisations who serve humanity and save lives. We feature the bloodmobile organisers behind some of the most exciting blood drives last year on pages 20 and 21. We also recognise the efforts of long-standing partner Portcullis Group and the good people behind Charity Concert "Passage of Life" who helped to raise funds for the Red Cross, on pages 18 and 19.

Leave us a message on Facebook to tell us what you think of our magazine revamp - we'd love to hear from you! As always, we encourage you to share story leads with us at [redcross.sg/mystory](https://www.redcross.sg/mystory).

With new programmes and events in the pipeline, we look forward to an exciting year ahead. We call upon your continued partnership in volunteerism, fundraising, blood donation, and community first aid to serve humanity and save lives.

Benjamin William
Secretary General / CEO



Council Member, Chris Liew receives the Charity Transparency Award 2017 on Singapore Red Cross' behalf.

We won the **Charity Transparency Award 2017** - a recognition of our commitment in upholding the highest standards in transparency - a key pillar in governance! This

accolade is the third we received from the Charity Council, after the inaugural Charity Transparency Award 2016, and the prestigious Charity Governance Award 2013.



We are proud of Red Cross Youth Cadburina Ng and her fellow cadets for achieving the **Kindness Award 2017**, for their labour of love, 'The Silver Project'. Besides designing and distributing 200 bookmarks that debunk myths about dementia, they created sensory kits and wooden jigsaw puzzles for dementia patients.



Chairman Tee Tua Ba, Secretary General / CEO Benjamin William, International Services Head Charis Chan and Red Cross Youth Leader Mohammad Zaidi Bin Ariffin represented the Singapore Red Cross (SRC) at the Red Cross Movement in the International **Red Cross and Red Crescent Statutory Meetings** in Antalya, Turkey in November 2017.



Some 100 volunteer first aiders and staff provided first aid coverage at the **OCBC Cycle 2017** at Singapore Sports Hub on 18 and 19 November 2017.



SRC first aiders rendered first aid to the injured at the **"The Freakshow Work and Play Challenge 2017"** a frisbee tournament at West Coast Park (The Grand Lawn) on 10 December 2017.



We shared our local humanitarian services at a roadshow at **Whampoa Community Club** on 17 December 2017. Singapore Red Cross Academy's Ambrose Lee conducted a first aid demonstration and shared first aid tips at the event.

"Through our first aid duty, we extend a helping hand to participants in need to prevent their condition from worsening, before medical aid arrives. Community FirstAid is our way of serving humanity and enhancing resilience."

Dr Saiful Nizam Subari,
President for Red Cross Club
at South West District



Singapore Red Cross launched a month-long **fundraising appeal** on 23 November 2017 to aid communities affected by the recent **floods in Southeast Asia** - notably Typhoon Damrey in Vietnam and the Penang floods in Malaysia.

SRC contributed US\$20,000 in humanitarian aid to Vietnam, to support the purchase and distribution of 600 water filters

and 272,000 water purification tablets, 600 shelter tool kits and 1,200 tarpaulins, as well as blankets and hygiene kits. Separately, SRC committed S\$20,000 to support communities in Penang affected by flooding.

A three-man SRC team arrived in Danang, Vietnam on 23 November for relief distribution and recovery assessments.



We thank all shoppers for your patronage at our **Sunday Sales** at Red Cross Training Campsite on 12 November 2017 and our **Year-end Sales** @ Red Cross House on 3 December 2017, which raised \$12,640 and \$12,274 respectively for our local causes.



Residents of our Red Cross Home for Disabled (RCHD) participated in the **The Special Olympics Motor Activity Training Programme (MATP)** on 8 January 2018. Jointly organised by Red Cross Home for the Disabled (RCHD) and Special Olympics Asia Pacific, the programme aimed to promote social inclusion and make a difference to our athletes.



Singapore Red Cross (SRC) partnered with Singapore NGO Awful Grace to organise **medical screenings and dental checkups** for 900 beneficiaries in Chitwan, Pokhara and Kathmandu, Nepal from 19 to 30 November 2017. Led by volunteer Janus Ho, the nine-member team comprising doctors, nurses, an oral health therapist and a pharmacist worked closely with their local counterparts to serve the communities who lacked access to such services.



Photo by Rais Wun, Partnerships and Development

LoveFad volunteers **gift-wrapped Christmas presents** at Jem and Bedok Mall from 15 to 24 December 2017, to raise funds for Singapore Red Cross! To all volunteers and patrons, thank you for doing your part for charity!

In response to the earthquake that struck the border region between Iran and Iraq on 12 November 2017, Singapore Red Cross (SRC) committed USD\$40,000 in humanitarian aid to the **Iran and Iraq earthquake** in the first instance. The contribution of US\$20,000 towards each country enabled the distribution of relief supplies, including food and shelter, and first aid service during the emergency phase.

Photos by ElderAid volunteers

The story of our ElderAid & Home Monitoring and Eldercare (HoME+) beneficiary, De Silva Petiyaga Arther Bernard was featured in this year's **President's Star Charity 2017** on 10 December 2017. He attended the Live Show with Agnes Hlaing Hlaing Aye, his ElderAid befriender.



To watch the story of De Silva, scan the following QR Code.



FoodAid volunteer chef Nurul Syazana taught ElderAid volunteers to bake banana cake for our beneficiaries on 9 December 2017. They then distributed these cakes to our beneficiaries.



In recognition of our contribution in the Tampines West district, our **ElderAid** volunteers were invited to a volunteers appreciation day at Tampines West Community Club on 3 December 2017.



We brought **ElderAid beneficiaries** staying at Tampines West to Jurong Bird Park on 10 December 2017, as part of Tampines West Community Club Active Ageing Committee's efforts to promote healthy living amongst the seniors.





COMPASSIONATE **HEARTS** ON WHEELS

Story by Chloe Tan, Corporate Communications and Marketing, photos by July De Leon, Human Resources and Vivien Cai, Corporate Communications and Marketing

From left: Jamali Bin Haribin, Mike Goh Bin Sim, Barry Ong Wei-Gi, Mohamed Salleh Bin Sairi, Hussain Jurainee, Tan Ah Kow

Our TransportAid responders work quietly behind the scenes, bringing our beneficiaries to health checks, rehabilitation or dialysis. It is a labour of love that they undertake with pride; their passion for uplifting the lives, and compassion for those they serve keep them going.



JIMMY TAN

"I had a career switch from the IT industry to healthcare in the past. Seeing where I am at now, I am glad it happened because it has broadened my horizons on how work can also be meaningful. Different from emergency responders, TransportAid is special as it gives us the opportunity to build rapport with the beneficiaries and gain confidence in helping them. At age 66, I feel blessed that I am still able to contribute and look after those in need."



ALFIE REDZWAN LANGE

"I like driving and being on the roads. Being a responder allows me to drive with a purpose. For each journey, I am responsible to bring our beneficiaries to their destinations safely. I take pride in getting them to their appointments on time and feel a sense of accomplishment when they receive the essential treatment they need."



From left: Mark Tan Beng Siah, Ismail Bin Badok, Abdul Ramadan Bin Abdul Raman, Salam Bin Shunay, Muhammad Daniel Bin Samu Wel, and Muhammad Danial Bin Fadilah.



MIKE GOH

"I'm in this phase of life where I hope to work meaningfully and give back to society. At the beginning, I was a little affected by the plight of the families. But I soon realised that what I do makes a difference in someone's life. I feel most motivated whenever the caregivers express their gratitude when they see us. I am fortunate to be able to lend a helping hand, even in the smallest way. Always count your blessings."



MUHD SHAMSHOOR

"After spending more than 10 years in logistics, I wanted to do something different. I was intrigued by the TransportAid role and decided to give it a try. Since then, I have not looked back. Although I am still quite new, I am already beginning to feel attached to the beneficiaries we serve. The bond within the TransportAid team is strong and I am very thankful to have colleagues who are always there to help me to learn the ropes."

"You need to have a passion for serving to do this job. Not only do you need to drive safely and responsibly, you have to be patient and caring when interacting with the beneficiaries. I also have very understanding and supportive colleagues, which makes the work here even more rewarding and enjoyable."

CHANDRA MOORTHY

GETTING TO KNOW OUR RESIDENTS

Red Cross Home for the Disabled (RCHD) provides round-the-clock care for persons with severe or multiple disability, through residential, respite and day care services.

Youth photojournalists Carina Chow, Hezekiah Lim, and John Pravin, from Republic Polytechnic's School of Management and Communication, pen precious stories of our residents and their lives.



Christopher Sng Kay Hong, 61, has been with the home for the past 28 years. He has a knack for knowing the days and dates on the calendar. Ask him about dates in any year and he would reply with the corresponding day excitedly.



Other than knowing the calendar from cover to cover, Christopher has an impeccable memory. He has a huge collection of photos, but remembers the year when each of them was taken. He even corrected Nurse Weligamage Silva Subhani on the year this photo was taken - it was at a Christmas party in 2015.



Despite the pain in her joints, 80-year-old Mdm Poon Kum Peng has been travelling from Jurong to Lengkok Bahru, where RCHD is located, to see her son, Koh Soo Hock, 60, every day, for the past five years. She regularly brings her son's favourite dish, hor fun. It gets tough when the day ends and Madam Kum has to leave.

"Everyday cry cry cry, whenever I go back home," she said.



Most of the beneficiaries at RCHD have different dietary needs. Christopher is no exception - he enjoys a full diet and can be fed by both nurses and volunteers.

Christopher is also able to converse verbally, with English as his first language.



Goh Quan Yao, 24, has been with the home for the past seven years. He enjoys eating, drawing, reading magazines and watching movies. Nurse Weligamage Silva Subhani, 37, says that Quan Yao is a joy to have around as he would sing and dance with her.



Quan Yao hugs his soft toy, animated character Stitch. A former RCHD staff, who cared for Quan Yao before, gave it to him as a present before she returned to Myanmar upon the completion of her employment contract.



Since the discovery for his passion in art during an art and craft session conducted by an occupational therapist, Quan Yao has been drawing pictures of the Singapore flag, abstract art, as well as other residents playing games like badminton and ball games around him.

Quan Yao has many interests, one of them is doodling. He often draws to express himself and seeks inspiration from his surroundings. His passion for drawing was discovered during an arts and craft session with an occupational therapist.

Quan Yao's interest in art is further supported by volunteers who have bought him a set of colouring materials.



Out of all the movies in his collection, Quan Yao's favourite genre is wrestling, the World Wrestling Entertainment's (WWE). The Great American Bash is something else he enjoys very much.



IN ADVERSITY, **A FIGHTER EMERGES**

By Alina Tee, Corporate Communications and Marketing

Born with cerebral palsy, life has been a constant struggle for 48-year old Mr Lau since the get-go. Unable to walk, he relies heavily on his motorised scooter when outside. At home, he gets around with the aid of a regular chair with wheels. His speech, heavily slurred, is often marked with long pauses, as he tries to form words.

Unknown to many, cerebral palsy does not impact one intellectually. Life for Mr Lau is akin to an average man, trapped in a body that does not cooperate, faced with difficulties expressing himself physically and verbally.

As though living with a severe disability and social stigma isn't hard enough, Mr Lau's world came crashing down when his mum, the family's sole caregiver and breadwinner, passed away ten years ago. Left without income and assistance, his

only support was his elder sister, who also suffers from cerebral palsy. The blow was devastating but even as he grieved, Mr Lau knew he had to step up and take charge, for the sake of the family.

To support his family, Mr Lau started selling tissue paper for a living. Getting to and fro via public transportation alone is no mean feat in his condition, and he has to leave his house before dawn. Despite a less severe condition, Mr Lau's sister does not work due to her extreme shyness and instead, takes care of household chores.

Fortunately, Mr Lau was introduced to Singapore Red Cross' FoodAid in 2013. The supermarket vouchers he receives monthly help cover the costs of food and daily necessities. Red Cross volunteers also visit the family monthly to help with errands and keep them company. Other

volunteers come by to help the siblings with showering twice weekly, as they are unable to do so on their own. The family does not receive other forms of aid.

For the Laus, life is tough but manageable, especially with the support of volunteers. However, misfortune never comes singly. In September, Mr Lau suffered a fall after losing control of his scooter while going up a slope and fractured his collarbone. He underwent an operation and had to be warded for 10 days. Unfortunately, while he was recovering at home, Mr Lau fell a second time. This time, he fractured his rib bone.

With his injuries, Mr Lau's limited mobility is further compromised. When a Red Cross social worker learnt about his situation, she made arrangements for him to receive TransportAid. While unable to alleviate his physical pain, the Red Cross TransportAid team supported his recovery by ferrying him to and from his hospital check-ups. Doctors estimate at least six months for his full recovery.

Currently, Mr Lau relies on his savings to get by. Yet, he insists on paying for the TransportAid service out of his own pocket. While the fees are largely subsidised, the added cost is still a heavy burden for him. Perhaps this is his way of retaining independence and control over his situation.

Despite all the pain and hardships, the affable Mr Lau remains upbeat.

When asked about the future, his only wish is to get better soon and resume working before his savings deplete. He does not hope for much. All he wants is to be able to live on with family by his side, one day at a time.

In time, Mr Lau's injuries will heal and he will return to selling tissues. That said, he continues to grapple with daily struggles like walking or

speaking. As he continues to age, his strength will wane and his physical struggles will likely exacerbate.

With the generous support of donors and volunteers, the lives of Mr Lau and others like him can be uplifted. Join the Singapore Red Cross in helping to make a positive difference to their lives, today.

Your gift will uplift the lives of the vulnerable.



Buys 1 week
of **DIAPERS**
for a resident of
Red Cross Home
for the Disabled

Feeds a **FAMILY**
of 4 for **2 DAYS**



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



Feeds a **FAMILY**
of 4 for **5 DAYS**



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



Feeds a **FAMILY**
of 4 for **10 DAYS**



FEEDS a FAMILY
of **4** for



1 WHOLE MONTH

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

Yes! I want to make the difference.

Mail this form along with a cheque (if applicable) to Singapore Red Cross, 15 Penang Lane, Singapore 238486. Call us at 6664 0500 for more information. By filling up this donation form, it is deemed that you have consented for Singapore Red Cross to use your personal information for verification, IRAS submission, mailing list. I am aware that I can withdraw this consent by emailing to fundraising@redcross.sg

☐ Monthly gift ☐ \$20 ☐ \$50 ☐ \$90 ☐ \$250 ☐ Other: _____
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Signature: _____ Date: _____

Donor Particulars

Full Name: (Dr/Mr/Mrs/Ms/Company) _____ (In BLOCK LETTERS, please underline your surname)

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For more information, please visit redcross.sg or connect with us at facebook.com/scredcross.



Grateful Hearts Day

4 March 2018

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Pass along your positive vibes to someone in need!

The Singapore Red Cross runs vital services that uplift and transform lives everyday. From caring for persons with severe disability, to befriending visits to seniors who live alone. From bringing patients to healthcare, to training community responders and lifesavers. Our everyday work in Singapore help change lives. You can help us help MORE people!

Join us at **GRATEFUL HEARTS DAY!**

- Get a pledge card or donation tin for fundraising/collections in school / office / place of worship
- Make a donation when you see our tin-bearers
- Be a tin-bearer and join our street collection - 3-hour family-friendly slots available!

Sign up at redcross.sg today!



SINGAPORE RED CROSS & SINGAPORE POLYTECHNIC **GROOM YOUNG HUMANITARIAN LEADERS**

Singapore Red Cross (SRC) and Singapore Polytechnic (SP) inked a two-year Memorandum of Understanding (MoU) on 19 October 2017 for SRC humanitarian workers and lecturers from SP's School of Architecture & The Built Environment to jointly develop and teach the Diploma-Plus Certificate Programme in Humanitarian Affairs course offered by SP.

120 students applied in the first intake of the Diploma-Plus Certificate Programme in Humanitarian Affairs course, aimed at providing students with a deeper understanding of the intricacies of the humanitarian aid and relief industry. Students will be given the opportunity to co-develop innovative solutions by leveraging what they learn in classes. For example, they can design and build shelters, rudimentary roads, drainage and water supply to prevent and minimise further injury

and harm, to make a difference to the vulnerable living in disaster-prone areas.

Addressing the significance behind the partnership, SRC Secretary General / CEO Benjamin William said, "Young people possess the exceptional potential to change mindsets and break down barriers ... Besides contributing to the humanitarian cause, our youth hold immense potential to become great ambassadors for the country. Partnering Singapore Polytechnic enables us to reach out to a bigger community of socially-conscious young people, and in turn, hopefully inspire another generation of humanitarians."

The Diploma-Plus Certificate Programme in Humanitarian Affairs comprises modules on "Introduction to Humanitarian Assistance", "International Relief & Development" and "Stakeholder

Relations & Fundraising", delivered over three semesters, amounting to a total of 150 hours.

The course curriculum also includes an Overseas Humanitarian Project component where students will embark on an overseas community service trip to Surabaya, Indonesia in 2018. This provides the students with a truly immersive learning experience as they carry out humanitarian work through practical and effective means.

At present, the Diploma-Plus Certificate Programme in Humanitarian Affairs is offered exclusively to current SP students with an accumulated GPA of 3.0 and above. Moving forward, both SRC and SP have plans to offer the course as a Continuing Education and Training (CET) programme that will be made available to members of the public.



GREEN AND HUMANITARIAN

Should humanitarian organisations focus on the environment of humans or on humans within the environment? Volunteer writer, Sarah Cai reports.

Photos by Soe Oak Kyaw, May Me Khin Maung Soe, Ohnn Ohnn Khin Maung Soe, Volunteers

Singapore Red Cross (SRC) Humanitarian Conference 2017 on "Green Initiatives and Sustainability in Humanitarian Response" at Fort Canning Lodge on 28 October 2017, engaged five notable speakers in a robust discussion.

Caroline Gårdestedt hails from the Swedish Red Cross and is the senior advisor in green response and sanitation in emergencies. Eseroma Ledua, Operations Manager, Fiji Red Cross started in youth work and is now operations manager. Daniel Jesudason, Managing Director, Promises Pte Ltd is a social entrepreneur who supports various rehabilitation and post-disaster rebuilding initiatives. Lee Kay Lian, Chief Operating Officer, POD Structures Pte Ltd is an architect who develops solutions for humanitarian needs. Victor Ng volunteers in disaster response with the Singapore Red Cross.

ENVIRONMENTAL ISSUES, HUMANITARIAN PROBLEMS

Did you know that polluted water kills more people than war? Caroline stated the issue right away: environmental issues form the root cause of many humanitarian problems. Unsustainable management of natural resources has led to man-made disasters and aggravated natural ones.

But humanitarians may not be conscious of their own environmental impact. The Haiti shelter response alone generated as high carbon emissions as Haiti's annual rate. How sustainable then is the entire response?

The goal of the Red Cross is to save lives and relieve suffering, and also to minimise adverse environmental impact. While we do not focus per se on saving the environment, we could apply such knowledge and techniques to save lives without

putting the health, survival and livelihoods of these same people at risk. Greater respect of the local mindset can also enhance the capacity of beneficiaries and build up resilience.

A "small tiny place we call Fiji and I call home"

With undeniable humour, Eseroma, dressed in traditional sulu, introduced himself as the man with a skirt. In Fiji, climate change is very real. It threatens sustainability of important sectors of the national economy dependent on coastal and marine resources. Rising sea levels also mean relocating villages even when families are reluctant to leave their ancestral land.

Partnerships are thus vital. The Fijian Red Cross works closely with local communities, and in particular, some 60 communities identified as most vulnerable to climate change.

The point is to speak to the people on-the-ground, do the work, and build up communities as a whole.

Within the Red Cross, volunteer contributions are recognised, both staff and volunteers are constantly engaged and their skills are enhanced with local and overseas training. Communication networks strengthen bonds and build up a strong staff core. Perhaps, it is through such strong relationships that each member finds its home.

LOCALISED INNOVATION, NO COMPROMISES

Why focus on local communities? Daniel has more than enough experience to know the value of local communities who take ownership of social projects. External agencies bring in ideas, but the locals see projects through. Similarly, local communities can own environmental issues and relook unsustainable practices.

Local ownership means taking pride in both end product and material source. Villages and communities support initiatives where their own labour benefits their own economy. With enhanced awareness of their own natural resources, the community now wants to protect their environment. Conservation is no longer a foreign mindset imposed upon them, but it is now integrated as local culture.

Another key aspect would be to identify the middle management that can drive projects. With an upper echelon detached from the actual work, the middle level is where skills, values and concepts can be introduced. Simply put, we are looking at a ground-up movement. Daniel pays attention to actors others might consider insignificant. Children can bring

messages of change. Villages can build up local economy and more. Indeed, technology can drive innovation, but what must first innovate is the mindsets.

REUSE, RECYCLE, REPURPOSE

Kay Lian led us into his session by introducing an economy of sharing. Balance calls for putting resources not needed to other uses for where it is needed. From this, we are talking about rebuilding lives, and building up a culture of resilience and sustainability.

As disasters increase in frequency, they get more predictable, thereby enabling a preemptive response. While architecture and humanitarian causes are unlikely trans-disciplinary ventures, Kay Lian demonstrates how both fields can benefit from such synergy. New possibilities, new solutions, all for a new future.

Architecture can be leveraged in humanitarian causes to repurpose the existing structure for future needs through modular design that can be adapted and embellished without complicated equipment. A humanitarian response can set up temporary shelters that are ready to be transported and set up at sites that outlast the lifespan of the aid itself. The shelter should be adapted to local traditions and local climate.

TRUST AND RESILIENCE

Victor has more than photographs of good food to share. He shared training and deployment experiences, bringing flood relief to Vietnamese communities.

Just as the previous speakers commented, locals understand their context best, have their coping mechanisms against the floods, and have far simpler and



sustainable solutions than what external organisations are likely to implement. Similarly, the trust established by local Red Cross branches who had been working with the vulnerable people could be transferred easily to other Red Cross National Societies when disasters strike. It is a resilience that Victor testified to, speaking of wars and many hardships the Vietnamese people had endured. And it is this grit that helps communities through the worst and emerge stronger from it.

Through the five speakers, we saw how global issues necessitated a green response. We looked at how the need for sustainable solutions is very real in Fiji. We understood the importance of mind-sharing to help local communities develop their own initiatives. We realised how there is no choice but to inject sustainable design into humanitarian response. Victor ended his sharing with a call for partnerships and volunteers. The Red Cross is always open to more opportunities; everyone can contribute something, why not you?

"PASSAGE OF LIFE" CHARITY CONCERT



Singapore Red Cross' Charity Concert, 'Passage of Life', held at Gateway Theatre on 16 December 2017, raised over \$108,000 for its local humanitarian services.

Inspired by our local straits culture, "Passage of Life 真挚历程" brought to life the lavish Peranakan wedding - along with the vibrantly-coloured costumes and finery, set against the backdrop of the rich Peranakan culture, traditions and heritage.

The concert was the brainchild of Terene Seow, former Red Cross Youth cadet and Red Cross Glow member. As the Organising Chairperson and Programme Director, Terene rallied

the support of many, to bring the show to life and to fundraise for our lifesaving cause.

The talented cast enchanted the audience with their intricate dance movements - the epitome of grace and beauty. The Chinese dance performance showcased an exquisite balance of oriental and contemporary choreography, with the Singaporean flavour. Lead character Hui Niang's life journey inspired hope, courage, love and resilience.

All thanks to Dance Ensemble Singapore and its Founder and Artistic

Director, Yan Choong Lian, Edmond Wong; renowned Kebaya costume designer Raymond Wong; choreographer DES Dance Director Sharon Low; DES Creative Director Cai Shiji and DES Resident Choreographer Goh Yan Dan; and performers Terene Seow, Jiu Jian, Ang Tallin, Jack Ye Zheng Wen.





To mark the 10th anniversary of its adoption of Red Cross Home for the Disabled (RCHD), The Portcullis Group organised a charity dinner on 25 November 2017 to raise funds for RCHD.

"The idea behind this fundraiser arose as we realise how challenging it was to move some residents from their beds, for their daily activities. The Portcullis Group wanted to support RCHD in acquiring a mobility support hoist system, to improve the quality of care for its residents, and to ease the physical demands on

the caregivers," said Mr Tee in his speech at the charity dinner.

More than \$280,000 was raised at Charity Dinner, surpassing the initial target of \$200,000. Here are the highlights of the event.

The building's magnificent facade exuded grandeur and old world charm, reminiscent of Singapore's colonial days, transporting guests back to the 1950s where the Senior Police Officer's Mess was once a residence for senior British police officers deployed in Singapore.

CHARITY DINNER IN SUPPORT OF PERSONS WITH DISABILITY

Photos by Wong Leong Jeam, Volunteer



A big thank you to President David Chong and his team of The Portcullis Group for their steadfast dedication and support to RCHD all these ten years, and the donors for their generosity.



Bagpipers from the Boys' Brigade Pipeband from Riverside Secondary School were roped in to recreate the magic of traditional Great Highland Bagpipes, whilst Paya Lebar Methodist Girls' School's (Secondary) (PLMGS) Handbell Choir, Opera Singer Ananya Diddapur, the Singapore Police Force Band and entertainer Alfred George beguiled the guests with their rousing performances.



Guests indulged in a gastronomic feast whipped up by Singaporean chefs who won double gold at the Culinary Olympics in 2016 - Louis Tay, Team Manager of Swissotel Merchant Court, Teo Yeow Siang, Team Captain of Purple Sage Group, Alan Wong, Team Member of Lavish Catering, Triston Fang, Team Member of RWS Ocean Restaurant, Roy Lim, Team Member of Unilever Food Solutions, Alan Chong, Team Pastry, Regent Hotel.

OUR DRIVE TO SAVE LIVES

By Lim Cheng Hong, Blood Donor Recruitment Programme

It is always heartwarming to see people coming together at blood donation drives, driven by the common desire to give back or to save lives.

Behind the scenes are 243 Community Bloodmobile Organisers, whom Singapore Red Cross works closely

with, to plan and implement more than 400 drives annually, to enable donors to give blood conveniently and regularly.

Red Cross News applauds the efforts of BMOs behind recent drives for their life-saving partnership.



To enhance blood donors' convenience, **SMRT Corporation Ltd (SMRT Corp)** organised a blood drive at Raffles Place MRT Station on 8 December 2017. The blood drive, which was the second one SMRT Corp held last year, collected 288 units of blood. SMRT Corp garnered the support of 460 interested blood donors over two blood drives in 2017 whilst mobilising 80 staff for both blood drives. We thank SMRT Corp for their continued support.



Together with the Red Cross Youth Secretariat, six **Red Cross Youth (RCY)** members organised a Halloween-themed Blood Drive at *SCAPE on 28 October 2017. The six working adults, saw through the drive from conception to fruition, roping in blood donors including actress and singer Silver Ang who came forth to give their gift of life, as well as influencers Benjamin Kheng of The Sam Willows and Shenty Feliziana who advocated the lifesaving cause.





CHIJ St. Theresa's Convent Student Council shared festive joy by organising a blood donation drive themed "A Drop of Love" during the holiday season, when blood stocks tend to run low. The drive gave the

Secondary Two and Three student leaders an excellent platform to hone event planning skills and to embrace social responsibility. Held at *SCAPE The TreeTop on 23 December 2017, the blood drive collected 75 units of blood.



We thank all SAF medical personnel for pledging their support for blood donation at **SAF Medical Corps' 50th Anniversary (MED 50) Celebrations cum Family Day**

on 13 November 2017. We thank the SAF Medical Training Institute and Army Medical Services for their commitment to the National Blood Programme.

5 Ways Organisations Can Help The National Blood Programme



Organise blood donation drives at your premises or group-donations at any of the blood banks



Adopt a blood bank and regularly mobilise group donations



Avail different publicity channels to engage your company/ community to save lives



Offer your expertise/skills to improve processes at the National Blood Programme



Promote collaborative volunteer efforts from different departments/units for the National Blood Programme



YOUTH WHO TEACH AND INSPIRE

By Wang Zijun, Red Cross Youth
Photo by Tejal Jani, Volunteer

While their peers were enjoying post-examinations rest in late October 2017, 182 Secondary 2 Red Cross Youth (RCY) cadets embarked on an intensive Unit Specialists Programme (USP) 2017.

Formerly known as the Unit Instructors Programme, it was rebranded as USP to empower our cadets to be Specialists who go beyond merely imparting key knowledge and skills to their peers in the respective school units, to leading the school units through the various subject areas.

Comprising a contact session and a 2-day-1-night residential camp held at Red Cross Training Campsite, USP equipped cadets with important skills to fulfill their role as Unit Specialists. They attended workshops, studied a set of video materials to develop their public speaking skills and mastered various techniques in creating a positive classroom environment, so as to engage their peers.

Cadets also learnt the importance of content proficiency while reinforcing the learning of key concepts. Materials on bandaging simulations and Casualty Transportation techniques (the latter created by the Disaster Management Team) were shown, to enable cadets to understand, teach and provide feedback.

Our Unit Specialists fervently practised these skills whilst obtaining several rounds of feedback. During the Parents' Showcase, their skills were put to the test as they

engaged their parents and guests through the same sharing they had practised over the past days.

"As parents, we see that the USP has benefited our daughter Hannah tremendously. She has become more confident in her ability to render first aid and to impart her knowledge to her juniors in school. I am pleased that Singapore Red Cross is taking the lead in our ageing society to promote the importance of first aid in schools and the society. Both my wife and I are very proud that Hannah is one of the student leaders contributing to the efforts," affirmed Laurence Goh Eng Yau, father to Goh Sher Shyan Hannah and SRC Council Member.

The Programme ended with the Unit Specialists Initiation Ceremony held at the end of camp on 29 October 2017. In a speech, Guest-of-Honour Dr Lim Wee Kiak, Chairperson of Culture, Community and Youth Parliamentary Committee; Member of the Education Government Parliamentary Committee, and Member of Parliament for Sembawang GRC, highlighted the importance of various subjects the Unit Specialists teach, especially with our growing ageing population in our midst.

Having undergone the intensive learning journey, we believe that these newly-minted Unit Specialists will be ready to teach and inspire!

"The programme was very useful as I learnt to conduct training sessions through various methods. I became more confident as a leader after the programme and I hope to inspire greater passion in my cadets. Keeping my first aid skills up-to date makes me a better trainer."

Goh Sher Shyan Hannah, Cedar Girls' Secondary School, RCY Cadet.



GROOMING HUMANITARIAN LEADERS OF TOMORROW

Photo by Rachel Heng, Singapore Red Cross Academy

Twenty-eight youths aged 14 to 17 participated in a Youth Humanitarian Leadership Camp (YLHC) organised by the Singapore Red Cross Academy at the Red Cross Training Campsite from 20 to 22 November 2017. The camp was aimed at grooming youths into humanitarian leaders of tomorrow and catalysing a lifelong interest in the Red Cross Movement.

Some of the participants shared the insights they gleaned from the camp.

"The Eurasian Association recommended this camp to me and my mother encouraged me to sign up for it. At first, I thought it would be boring and rigid with lots of drills. It was actually a really fun and enriching experience. I learnt a lot about leadership, self development and how to help others. I will be sure to spread it to all my friends and tell them about how nice it is here and I will definitely come again. Thank you."

Saffron Banks, Eurasian Association

"I got to know about this camp from my school, my teacher recommended me to join this camp. It was very useful for me because it taught me about leadership, the different styles of leadership, how leadership would help me in life and how I could be a better leader. I learnt a lot about first aid, how to respond to different types of disasters and how to help people who are in need of help.

We visited five different social organisations; the working poor, mentally ill and physically disabled to step into their shoes, show empathy, understand what they went through and recommend steps to help them out.

The instructors were one of the best and kindest people I ever met. We hadn't expected it but all of the instructors could relate to us because they are young adults who understood what we went through. Overall, it was a great experience and i would definitely come for this camp if you were to organise once more, it was amazing! I am excited about attending another camp if it is organised. Thank you."

Chandrasekar Shathriyaa,
Yuvabharathi International School

IT TAKES ALL TYPES



Singapore Red Cross is delighted to present an interactive skit on the importance of blood donation, and how fellow youth can play a part in Total Defence through blood donation! This show is tailored for secondary school students. To bring the show to your school, email donate.blood@redcross.sg now.

Synopsis

It is a normal day. An explosion wakes the nation up. The hospitals are short of blood and people are in critical condition. There is an urgent appeal for blood, but people on the streets are more interested in the commotion than donating blood. They give reasons why they do not want to give blood. This interactive show asks, "What would you do in this situation? Would you help?"

BOOST YOUR IRON!

Having a healthy amount of iron in your body prevents you from getting iron deficiency anaemia and helps to improve the success rates of your blood donation!

Haemoglobin, Iron & Blood Donation

Iron is essential for the production of haemoglobin, which is responsible for transporting oxygen in our body. Your haemoglobin level is measured by a fingerprick test before the actual blood donation.

HAEMOGLOBIN LEVEL REQUIREMENT



12.5g/dL



13.0g/dL

(effective from 1 Jan 2018)

This is to ensure safety of the donor as frequent blood donations without sufficient replacement of iron may lead to iron deficiency anaemia.

The development of iron deficiency anaemia varies with age and sex. The four common causes are:

- 1 Increased physiological demand of the body for iron (e.g. women during pregnancy and breast feeding)
- 2 Loss of blood due to bleeding (e.g. heavy menstruation bleeding or bleeding in the gut)
- 3 Diet low in iron
- 4 Malabsorption

How can I increase my iron level?

Boost your iron by maintaining a well-balanced diet that includes iron-rich foods. Improve iron absorption by consuming your meals with food and liquids rich in Vitamin C. The most effective way to replace the iron lost from blood donation is to consume the full course of iron supplements issued by the blood bank.

Tip!

Avoid taking caffeine together with your meals as this will reduce the absorption of iron.

The following food are high in iron content:



VEGETABLES

- Kang kong
- Spinach (Bayam pasir)
- Chinese kale (Kai lan)



MEAT AND SEAFOOD

- Canned tomato sardine
- Lean beef
- Lean mutton
- Lean pork



RICE AND ALTERNATIVES

- Branflakes
- Cornflakes
- Wholemeal pasta



FRUITS

- Dried figs
- Dried longans
- Dried black dates
- Dried red dates
- Semi-dried prunes



BEANS, NUTS, SEEDS AND SOYA PRODUCTS

- Lentil
- Green gram
- Red gram
- Cashew nut
- Sunflower seed
- Watermelon seed
- White soya bean
- Pistachio
- Soya beancurd, tauhu



Give Blood. Save Lives.

Visit redcross.sg/boostyouriron for more information.



AN IRON-RICH RECIPE FOR **BLOOD DONORS**

Having healthy iron levels prevents you from getting iron deficiency anaemia and improves the success rates of your blood donation. Maintaining a well-balanced iron-rich diet that includes plenty of iron-

rich foods and is high in Vitamin C, brings you a step closer to saving many lives.

Boost your iron with these easy-to-prepare iron-rich recipes, curated

specially for you by Chef Ben Kirk of The Carbon Chef, in collaboration with the Department of Nutrition & Dietetics, Khoo Teck Puat Hospital. Find out more at redcross.sg/boostyouriron

Sticky Date Pudding with Toffee Sauce

Difficulty: Medium

Preparation time: 20 minutes

Cooking time: 45 minutes

Ingredients:

Sticky Date Pudding

230g Fresh Black Dates (seeds removed) -

Tip: good source of iron content!

200ml Boiling Water

1 teaspoon Baking Soda (Sodium Bicarbonate)

85g Butter (softened)

175g Caster Sugar

2 each Eggs (large)

165g Self-raising Flour

1 teaspoon Ground Mixed Spice

3 tablespoons Ovaltine Powder - Tip: most malted drinks are fortified with iron. This is an easy means to incorporate iron in the dish.

2 tablespoons Natural Yoghurt

Toffee Sauce

100g Butter

100g Brown Sugar

120ml Heavy Cream

1 teaspoon Salt

Tip! Avoid taking caffeine together with your meals as this will reduce the absorption of iron.

Method:

- 1) Combine baking soda, boiling water, and the dates and let it soften for 15 minutes
- 2) Blend into a puree and let it cool down. Meanwhile, pre-heat the oven to 180°C
- 3) In a standing mixer, cream the butter and sugar using the paddle attachment until you get a smooth mixture.
- 4) Add in the eggs, one at a time, each time beating well until you get a smooth batter.
- 5) Add in the date puree and yoghurt and mix well.
- 6) Sieve in the flour, salt, mixed spice and Ovaltine. Fold it carefully into the mixture until just incorporated.
- 7) Pour the mixture into a well-oiled baking pan and bake until the center is cooked through, about 45 minutes. To check, use a toothpick and poke the center of the cake. If it comes out dry, the cake is ready.
- 8) Meanwhile, place all the toffee sauce ingredients in a saucepan over medium heat. Once it starts to boil, turn down the heat and simmer for about 15 minutes.
- 9) When the cake is done, poke some holes using a toothpick and pour some toffee sauce over the cake to glaze it.
- 10) To serve, pour extra toffee sauce over the cake slices and garnish with some orange zest, whipped cream, or even a scoop of vanilla ice cream.

DOING GOOD TOGETHER

In this Valentine's Day Special, Red Cross News speaks to couples who volunteer together.

DARYL EE

Airforce regular
Red Cross Youth Volunteer Officer &
Central District Lead

CHERYL NG

NUS undergraduate
RCY Assistant Volunteer Officer/Southwest
District and SRC volunteer emcee



"We are both involved in shaping the disaster management curriculum for Red Cross Youth. Two years ago in a simulated mass casualty situation at an exercise, we were both Evacuation ICs. We had to work together in a tense setting to get things right. It's heartening to be involved in helping others in times of crisis, in a specialisation we are both passionate about. At first aid duties, as we assist each other in treating casualty, we'd automatically pass along the right supplies without having to speak - we can read each other's thoughts, with our shared experiences and chemistry."

READ MORE



"We met at Red Cross Youth (RCY) Challenge 2009, and again at the Volunteer Instructors' Programme (VIP) in 2013. We have volunteered together for a number of events - a group of us used to sign up for first aid duties together! When I was approached to join the subcommittee for Project R.I.C.E in 2014, I roped in Daryl to join me as volunteering together allows me to spend more time with him. Whilst it is really nice volunteering for the same cause and striving towards a mutual goal, at times we would disagree on decisions to be made, but these are minor and helped us better understand each other."

READ MORE



ONG SIN WEE

SAF regular
Red Cross Youth Disaster Management
Head Specialist

CHAN WEN XIN

NUS undergraduate - final year
Red Cross Youth Disaster Management
Senior Specialist and
First Aid Senior specialist



FESTIVE BUYS AT **SHOP@REDCROSS**

Coordinated by Alvin Lim, Partnerships and Development
Curated by Patricia Ler, Corporate Communications and Marketing

Huat ah! Herald the Year of the Dog with festive buys from our thrift shop! Here are our top picks in the auspicious firecracker red - brand new, from reputable brands, at very attractive prices! Don your finest threads for good luck, for someone in need truly benefits when you shop with us.



JOIN US



GRATEFUL HEARTS DAY



It's wonderful to count our blessings in life and start each day with a grateful heart. If you are looking for a meaningful family activity, we have one for you! Sign up as a family to fundraise for Red Cross at Grateful Hearts Day, and spread your joy and gratitude to someone in need.

Date: 4 March 2018
(Sunday)

Venue: Island-wide
Sign up at flagday@redcross.sg

LIKE & SHARE



CARDS FOR HUMANITY

The cards feature paintings by residents of Red Cross Home for the Disabled (RCHD). All proceeds go towards our local humanitarian services. \$20 for a box of 10 cards. Email amy.distant@redcross.sg or call 6664 0507.

SHOP@REDCROSS ON CAROUSELL

Branded watches, electronics and gadgets galore on our online shop (redcrossshop).

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

SHOP@REDCROSS THRIFT SHOPS

Shop@Red Cross Red Cross Training Campsite - 62 Jalan Khairuddin, Singapore 457524
(Opens every Friday, 10.30am to 3.30pm)
Shop@Red Cross Red Cross House - 15 Penang Lane, Singapore 238486
(Opens every Wednesday, 11am to 4pm)

BLOOD COLLECTION CENTRES

Bloodbank@HSA Health Sciences Authority (opposite Outram Park MRT, Exit A and F) 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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