

# redcross<sup>+</sup>

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A NEWSLETTER BY THE SINGAPORE RED CROSS



## THE STRENGTH OF THE HUMAN SPIRIT

Commemorating the 5<sup>th</sup> Anniversary of the  
Great East Japan Earthquake and Tsunami

Inside this issue:

**FINDING LOVE  
IN HUMANITARIAN  
SERVICE**

**RED CROSS YOUTH,  
A TURNING POINT**



# An all-new look for redcross.sg

Our new website features dynamic content that can be customised to your preferences! Against the backdrop of an interactive and mobile-friendly design, check out inspiring stories of the Red Cross impact, and find out the myriad ways you can give (at your fingertips)!



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## SEC GEN'S NOTE



*Recently, the International Federation of Red Cross and Red Crescent Societies (IFRC), of which the Singapore Red Cross (SRC) is a member, adopted the vision of "One Billion Coalition for Resilience".*

*It is a transformative initiative to scale up community and civic action to strengthen individual and community resilience. By 2025, the IFRC hopes that at least one billion people around the world will have taken steps towards strengthening their resilience - personal and community. In today's environment we face many challenges and uncertainties - both natural and man-made. Even we, in relatively safe Singapore, should not be complacent but take the task of building resilience seriously. Hence, SRC will champion the initiative of building resilience in the community here in Singapore - and we want YOU in this coalition.*

*In this magazine, be inspired by the work our volunteers and staff undertake round-the-clock to empower lives and to enhance community resilience.*

*Our Community-Led Action for REsilience (C.L.A.R.E) team has successfully established two first aid posts in Tampines and conducted an eldercare programme for caregivers (Page 5). We augmented the Red Cross Connection App to recruit new youth donors and crowdsource blood donation - and it now features a revolutionary impact-tracker that has a live-feed of the nation's monthly blood demands (Page 7). We are also proud to be the first in market to provide Citizen First Responder training (Page 21) launched on National Lifesaving Day. The SRC Academy has now also launched the Psychological First Aid course (see Page 18).*

*We commemorated the 5th anniversary of the Japan earthquake and tsunami with a special photo exhibition and documentary (Page 10), which showcases the Red Cross impact across recovering communities. Aptly titled The Strength of the Human Spirit, the exhibitions pay tribute to the strength and magnanimity of the human spirit - from the resilience of the survivors to the compassion of the donor community. Please take time to watch the 6-part documentary on our YouTube channel.*

*I am particularly proud of our Red Cross Youth for their capacity building work in Overseas Humanitarian Programmes in Indonesia - one team provided training in first aid and casualty evacuation in Banda Aceh, while the other team facilitated a disaster evacuation and simulation drill in Batam (Page 17).*

*Anyone and everyone can play a part in strengthening community resilience. By advocating or donating blood regularly, by learning or giving first aid, by caring for and uplifting a vulnerable person, we can help make our nation state one that is strong physically and psychologically.*

*Join the "One Billion Coalition for Resilience" today.*

**Benjamin William**  
Secretary General and CEO





## C.L.A.R.E

*Photos by Fara Roslan and LeAnn Ng,  
Community Services*

Two First Aid Posts were set up at the Wellness Centre at Blk 811 Tampines Avenue 4 and Blk 894 Tampines Street 81 GRC on 12 November 2015 in collaboration with Tampines West CC, Active Ageing Committee and Care@West. The Eldercare First Aid for Caregiver Class was conducted at Bedok Sunshine Residents Committee on 20 December 2015 for 25 residents.



## 32<sup>nd</sup> International Conference

Mr Benjamin William, Secretary General / CEO and Ms Charis Chan, Head, International Services represented the Singapore Red Cross at the 32<sup>nd</sup> International Conference of the International Committee of the Red Cross held in Geneva from 8 to 10 December 2015. Together with other representatives from other Red Cross National Societies, they engaged in a robust dialogue on the aspirations in strengthening the Red Cross Red Crescent mandate, innovative initiatives with government and key stakeholders in addressing vulnerabilities both locally and globally.

## Run for a Good Cause

Mr Gaurav Bose and his wife, Ms Paromita Burman completed the Standard Chartered half marathon and 10km run respectively on 6 December 2015 to raise awareness and funds for Singapore Red Cross (SRC's) local humanitarian services.



## Volunteer Instructors Programme

The Volunteer Instructors Programme (VIP) held in November 2015, shifted its focus from upgrading core subject knowledge to creating a safe learning environment for our cadets to grow into disciplined, resilient, perseverant, compassionate and humanity-driven individuals. Themed “Energy”, the three-day, two-night camp inspired 44 newly-minted Volunteer Instructors (VIs) to ignite the flames of passion in the hearts of their cadets.

Scene



## Red Cross Youth Challenge celebrates 10<sup>th</sup> Anniversary

December 2015 marked the 10th anniversary of the Red Cross Youth (RCY) Challenge. Youth learnt about the first aid mission and participated in a community blood drive to encourage members of the public to donate blood at the five-day, four-night camp held at CAMP CHALLENGE Sembawang from 12 to 16 December 2015. The campfire night was graced by the presence of Mr Neo Kian Hong, Permanent Secretary (Education Development) from the Ministry of Education.



## Charity Golf

Held at Singapore Island Country Club's Island course on 1 December 2015, the Singapore Red Cross Charity Golf raised S\$230,766 for Singapore Red Cross' local humanitarian services. Ms Tin Pei Ling, Member of Parliament for MacPherson, was the Guest-of-Honour at the event.

On a separate note, we would like to thank all our sponsors for their support. One of them is Go Shen Art Gallery which sponsored five paintings at the event as auction items and raised S\$15,200 for SRC's local services.







## International Volunteer Day

Volunteers were recognised for their local and international contributions on International Volunteer Day, celebrated at Red Cross House on 19 December. Themed “Are You Service Ready?”, the event highlighted the importance of community resilience\*, in responding to emergencies. \*Community Resilience refers to the ability of the community to harness resources to withstand, respond and recover from adversity.



## Social Media Enhancements on Red Cross Connection App

To recruit new youth donors and crowdsource blood donation, the Singapore Red Cross developed social media enhancements to the Red Cross Connection app. Its new feature, the “Impact Tracker” provides information on the monthly blood stocks required and sends alerts that can be shared on Facebook or Twitter. Introduced at a blood drive in Singapore Polytechnic on 25 November 2015, the enhanced Red Cross Connection app was also championed by Popular local YouTubers, Tree Potatoes.

## P2P Red Cross Youth Symposium

*Photo by Chua Seng Yew,  
Special Olympics Asia Pacific*

More than 100 youth leaders across Asia exchanged views and ideas on youth innovation, social inclusion and sustainable humanitarian action at the Singapore Red Cross’ Peer to Peer Red Cross Youth Symposium 2015 held at Nanyang Technological University on 18 December 2015. Mr Baey Yam Keng, Parliamentary Secretary, Ministry of Culture, Community and Youth graced the occasion as the Guest-of-Honour.



# RED CROSS YOUTH, A TURNING POINT

By Sondra Foo,  
Corporate Communications and Marketing



**A self-confessed bad boy in his growing years, Mr Aloysius Tan attributes Red Cross Youth for transforming his life. The 20 year-old is now fiercely committed to making a positive difference to others.**

When Aloysius enrolled in Northbrooks Secondary School in 2009, he was not quite the ideal student - he broke school rules by keeping his hair long and had his ears and abdomen pierced.

Then, he joined the Red Cross Youth (RCY).

"Through RCY activities, I learnt discipline, prioritising and decision-making. I was influenced to speak and act with tact, so I had better control of my emotions and could better handle challenging situations," recounted Aloysius. "I also learnt useful first aid skills," he quipped.

He was a First aid and Casualty Evacuation Officer in RCY. But he was merely going through the motions when he honed his first aid skills in school. It was only when his first aid skills were put to the test that it dawned on him that those skills could help someone for real.

Last October, Aloysius was waiting for his friends outside the Buddha Tooth Relic Temple in Chinatown when he heard a loud thud. When he turned around, he saw an elderly woman, in her 70s or 80s lying next to him.

"She had fallen forward after tripping over a ledge. There were bruises on her shin, and she had cuts on her forearm, her eyebrow and lower lip. She was conscious though traumatised. I told her I could help her clean her wound," shared Aloysius.

He took control of the situation and directed people to help the old lady sit up. He got a first aid kit from Buddha Tooth Relic Temple's office and administered first aid to her.

"She was thankful and cheerful. As she said she was alright and did not want to go on an ambulance, I brought her home to her relative," he added.

**"Back in secondary school, I used to think, what is the point of spending so much time in a CCA? After the incident, I realised that the first aid skills and soft skills we learnt at RCY in terms of crowd control, taking the initiative and taking charge of the situation can come in useful in practical situations. I am grateful to be able to help others in times of emergencies" Mr Aloysius Tan**

Now studying Visual Communications in the School of Design at Nanyang Polytechnic, Aloysius thinks RCY is not just a CCA, but "a way of life."

"Now that I am armed with these skills and knowledge, it is up to me to make a difference."



# CHEF WITH A HEART

By Sondra Foo,  
Corporate Communications and Marketing



**Mr Glynn Maung, 38, has worked in cafes, restaurants and hotels such as Hotel President Wilson in Geneva, Switzerland. He has also worked with a three Michelin star chef at Marina Bay Sands and joined the ranks of celebrity chefs in Singapore by appearing on “The Five Show” featuring Grandpa’s PoCoRice with Randy Jackson and Wil Tay as guests. Two years ago, he joined the Red Cross Home for the Disabled (RCHD) as Chief Chef to do something meaningful for society.**

“During my years of working, I have seen many people wasting good food at buffets. Yet, there are people who are less fortunate, and deprived of good food. Hence, I took the leap of faith and joined the Singapore Red Cross, a renowned charitable organisation, so that I can channel my culinary skills to do something meaningful for the disadvantaged,” Mr Maung explained.

‘Chef’ as he is fondly referred to by everyone at the Home, is fiercely

committed to preparing healthy meals for the residents.

“Everyone loves good food. We have much local fare in Singapore which our residents may not have the privilege of enjoying. I inject variety into the dishes, such as fried rice, hor fun, pasta, porridge and oats, for those who are not on soft diet. I also make fusion food at times. I make the dishes healthy by adding more vegetables and less sugar,” he explained.

Just as every chef is proud to create something that continues as his legacy, Mr Maung is no exception. He shares how he conceived the idea of ‘cheese rocks’.

“I always wanted to create something special. When I was having pasta in Europe one day, I noticed that we always add grated cheese into the pasta. Either you add too much cheese, you will get cheese flavour or too little cheese, you will have tomato flavour. Then I created the cheese rock. Pair it with pasta and you will have two distinct flavours (cheese flavour & tomato flavour).”

His desire to leave a legacy through his cheese rocks and his compassion for the residents of the home inspired him to do good for humanity. In December 2015, Mr Maung decided to rope in his mother, Mdm Helen Seah, 63, to bake “Cheese Rocks” as a gift to volunteers who visit residents at RCHD. “We wanted the volunteers to know they are appreciated for their effort and time. The cheese rocks are just a small token from us,” he said.

The son-and-mother team is also donating the proceeds from the sale of cheese rocks to the Singapore Red Cross. Visit [www.facebook.com/hph.good](http://www.facebook.com/hph.good) if you’d like a taste of the cheese rocks for a great cause!

# THE STRENGTH OF THE HUMAN SPIRIT

*Photos by Wong Leong Jeam, Volunteer*



In commemoration of the 5<sup>th</sup> anniversary of the Great East Japan earthquake and tsunami, the Singapore Red Cross (SRC) presented a photo exhibition, a photobook and a set of documentaries entitled “The Strength of the Human Spirit”.

From the donors’ magnanimity to the survivors’ courage, the stories of strength were documented by nine youth who visited facilities funded by donors through the SRC.

The exhibition launch at Ion Orchard on 2 March was graced by Guest-of-Honour Dr Vivian Balakrishnan, Minister for Foreign Affairs.

“I am heartened that the Singapore Red Cross’ rebuilding projects have been welcomed by the local communities. I am also glad that in a small way, our contributions have helped rebuild lives and renew the hope of our Japanese friends,” said Minister.

The photo exhibition, which roved to Ion Orchard, VivoCity,

Westgate and The Star Vista, depicted how communities in Minamisanriku, Shichigahama, Rikuzentakata, Miyako and Soma across Miyagi, Iwate and Fukushima prefectures have benefitted from the four major projects rebuilt by SRC.

“Besides the swift and effective emergency aid in the aftermath of the earthquake and tsunami, the Singapore Red Cross also initiated four major rebuilding projects in the devastated Thoku region. All four centers have now been opened and are serving the needs of the community well. We, the Japanese people will always remain grateful for your support and compassion at the time of difficulty,” said Mr Haruhisa Takeuchi, Ambassador of Japan to Singapore.

**“Conscious of our humanitarian responsibility to ensure that the funds entrusted to us were translated to tangible and sustainable outcomes, we engaged the local communities in identifying and delivering projects that meet needs and create sustainable impact. The rebuilding projects may be “bricks and mortar”, but they mean a lot more to the survivors than we may ever comprehend,” SRC Chairman Tee Tua Ba**







*Solidarity, as seen through the lens of the students of Republic Polytechnic's School of Management and Communication.*

Five years on, SRC presents a series of commemorative documentaries that share untold stories that bear testimony to the courage of our Japanese friends in standing tall in the face of adversity. The documentary pays tribute to the strength and magnanimity of the human spirit – from the resilience of the survivors to the compassion of the donor community. See this on the Singapore Red Cross YouTube channel.

### **SRC contributes to wide-ranging rehabilitation projects in Iwate, Miyagi prefectures**

The SRC concluding disbursement supports six rehabilitation projects worth S\$4 million (~300 million yen), targeted at education, childcare and public welfare:

#### **Six Projects in the Pipeline**

- Miyako Athletic Field in Miyako, Iwate Prefecture
- Singapore-Rikuzentakata Scholarship Fund in Rikuzentakata, Iwate Prefecture
- Rikuzentakata City Library in Rikuzentakata, Iwate Prefecture
- Minamisanriku Town Library in Minamisanriku, Miyagi Prefecture
- Shichigahama Hamagiku Children's Center in Shichigahama, Miyagi Prefecture
- Psychosocial Support in Schools in Soma, Fukushima Prefecture







## 5 YEARS ON GREAT EAST JAPAN EARTHQUAKE AND TSUNAMI

*Photos by  
Wong Leong Jeam,  
Isebel Ang,  
Loh Lee Lin  
Jana Yar*







**ION Orchard**  
2-6 March

**VivoCity**  
8-13 March

**Westgate**  
15-27 March

**The Star Vista**  
1-3 April





There are 7 of us, aged 5 to 14. We have not seen our parents in a long time. Grandma cares for us while Grandpa works. While other kids have tasty meals, we eat **only instant noodles almost everyday**. One day, we finally had a taste of **fresh foods** like rice, meat, vegetables and fruits. Now, we look forward to **Red Cross house visits everyday!**

The impact your gift makes may be more than you will ever know. We know, because they do.

Today she **smiles**, because you **cared**.



## When was the last time you made a difference?

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



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



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



**FEEDS a FAMILY**  
of **4** for



**1 WHOLE MONTH**

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



A GIFT OF  
**\$20**

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



A GIFT OF  
**\$50**

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



A GIFT OF  
**\$90**



A GIFT OF  
**\$250**

### Yes! I want to make a difference

☐ Monthly gift (Please do **NOT** tick for one time donation) ☐ \$20 ☐ \$50 ☐ \$90 ☐ \$250 ☐ Other: \_\_\_\_\_

☐ Credit/Debit Card Bank: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Card No. (VISA/MasterCard/Diner) \_\_\_\_\_ 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) \_\_\_\_\_ (In BLOCK LETTERS, please underline your surname)

NRIC No./FIN No./UEN No.: \_\_\_\_\_ Occupation: \_\_\_\_\_

(For automatic tax inclusion by IRAS. We will not issue tax deductible receipt.)

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_ Mobile: \_\_\_\_\_ Tel: \_\_\_\_\_ (Home/Office)

### 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 Fundraising department at 6664.0500 or [fundraising@redcross.sg](mailto:fundraising@redcross.sg))

For more information, please visit [www.redcross.org.sg](http://www.redcross.org.sg) or connect with us at [facebook.com/sgredcross](https://www.facebook.com/sgredcross).

**In a gentle way, you can shake the world.**



# GOING THE EXTRA MILE FOR A NEIGHBOUR

Story and Photo by Joyce Tan,  
Corporate Communications and Marketing



Twelve years ago, Mdm Fatimah\* received a phone call from her neighbour, Ms Nadia\* that changed her life completely.

Ms Nadia\* had just been sentenced to a lengthy prison term for drug-related offenses. She was also heavily pregnant. She asked if Mdm Fatimah\* could care for her child as her husband was a violent alcoholic who continually ran into trouble with the law. Ms Nadia has two older children, who were living in a children's home. Mdm Fatimah could not bear the thought of another child being raised without the love of a parent. Her answer to Ms Nadia was yes, and she has not looked back since.

A beneficiary of Singapore Red Cross' FoodAid programme, Mdm Fatimah is a mother of three children. After that phone call, Mdm Fatimah assumed a maternal role to Ms Nadia's three children. Mdm Fatimah raised Ms Nadia's youngest child from birth, whilst the elder ones residing at a children's home stay with Mdm Fatimah on weekends.

The household of eight now lives on a meagre monthly salary of Mdm Fatimah's husband, who works as

a cleaner, and monthly allowance from National Service, contributed by Ali\*, 18 - Mdm Fatimah's eldest child. Though he wishes to further his studies at an ITE, the family is unable to afford the school fees.

Personally, it is rare to encounter families who'd care for children of people who are not related by blood, and especially rare for those whose expenses are constantly heavily stretched in order to make ends meet.

Mdm Fatimah's regular bills include groceries for eight people, rental for their one-room flat, utilities, electricity,

top-up of prepaid SIM cards and transportation expenses. The children are on various schemes

to support their education: School Pocket Money Fund, KiFAS (Kindergarten Fee Assistance Scheme) and MOE financial assistance.

When asked about her decision to care for more children, Mdm Fatimah said, "I believe that every child deserves the love and care of a parent. They are innocent and should not have to pay for the mistakes made by their parents."

Had Mdm Fatimah chosen not to lend a hand, the siblings might have become another statistic in the multitude of children from dysfunctional families in need of shelter in Singapore.

Mdm Fatimah contacted the Singapore Red Cross on the recommendation of her friend, who is also a FoodAid beneficiary.

**"I am very happy and grateful for the help, because it is primarily for my children. The monthly food vouchers take a big load off my shoulders, as the cost of living in Singapore is high. The health of my family is very important to me, and it's getting more difficult to get healthy food at a reasonable price. Now, we are able to use the money that we normally spend on groceries to help supplement other household expenditure"**  
Mdm Fatimah

When asked about her hopes for the future, Mdm Fatimah responded, "My husband and I are already old, we have no dreams of our own. My only wish is for the children to be healthy and happy. I hope that they will be able to support one another and provide for themselves when we are no longer

able to look after them."

\* not their real names

# FISH FOR FOOD 2015

*Photo by Eileen Cher,  
Corporate Communications and Marketing*



Releasing fishes (catch) on Boxing Day for the first charity fishing tournament: (from left) Ms Tan Su-Lin, Deputy Digital Head, Singapore Press Holdings, Mr Benjamin William, Secretary General/CEO, Singapore Red Cross, Mr Darren Seng, Director, D'Best Fishing Recreation, Mr Alan Tan, Senior Executive, Shimano Singapore, Mr Alfred Chia, CEO, SingCapital.

Over 250 anglers and families gathered at D'Best Fishing on 26 December 2015 for Singapore's very first fishing fundraiser. Organised by the Singapore Red Cross (SRC), the fishing fundraising competition is part of a month-long series of "Fish For Food" activities aimed at garnering support for SRC's FoodAid beneficiaries.

Various partners came forward to support this initiative. Restaurants dedicated portions of their sales proceeds from one of their signature dishes. Anglers at D'Best fishing pond donated some or all their catches to our FoodAid beneficiaries to complement their food rations with nutritious fresh fish. Sponsors chipped

in to ensure that SRC's FoodAid service continues to touch the lives of the vulnerable; namely skipped generation, single-parent and working poor beneficiaries and their families.

A total of S\$47,652 was raised at the Fish for Food event for beneficiaries of our local humanitarian services, including the FoodAid service.

Mr Khoo Boo Huat caught the biggest fish weighing 7.03 kg and walked away with \$2,500 CASH, a Fireblood S70MH (Rod) and Twinpower C3000HG (Reel) prize, sponsored by Shimano.



## HIGHLIGHTS OF OVERSEAS HUMANITARIAN PROGRAMME 2015

*Photos and captions by Tilynn Low and Ng Hui Chun,  
Red Cross Youth*

Banda Aceh, Indonesia  
20 DEC 2015 to  
2 JAN 2016

19 Red Cross Youth  
- Chapter members,  
accompanied by Red  
Cross Youth Project  
Manager Ms Tilynn Low

Youth exchanged  
first aid and  
casualty  
evacuation tips  
and honed their  
skills



Working hand-in-hand with Palang Merah Indonesia (Indonesian Red Cross) the youths painted and cleaned a school.

The team performed a skit which incorporated a dance on hygiene to reinforce the importance of good habits



The youth presented four stations; Team Work, Disaster Management (Flood), Red Cross Knowledge (Origin of Red Cross and Red Crescent) and First Aid.

Batam OHP  
20 DEC 2015 to  
24 DEC 2015

22 Red Cross Youth - Chapter Members, three RCY Club Members, one RCY Volunteer Instructor, accompanied by Ms Ng Hui Chun, Red Cross Youth Project Manager and Ms Celesta Chee, Executive, Community Services, Mr Prathivmohan, RCY Deputy Director and staff/ volunteers of Palang Merah Indonesia.



It was a day of excitement and curiosity; the OHP team shared, learnt and had fun through role plays, hypothetical dramatisations, handwashing dances and disaster management.



The school carried out an evacuation simulation drill for tsunami and earthquake.



The OHP team felt enlightened, empowered and enriched, leaving with a suitcase full of new memories, countless amazing bonds, a novel humanitarian experience and... a burning desire to help, again.



# HUMANITARIAN AID FOR SURVIVORS OF FIJI CYCLONE WINSTON

*Photos by the International Federation of Red Cross  
and Red Crescent Societies (IFRC)*



**Ms Charis Chan, Head of International Services, Singapore Red Cross, coordinates the packing and air freight of relief supplies to Fiji.**

The Singapore Red Cross (SRC) will distribute US\$50,000 worth of relief items such as tarpaulin sheets, rub halls (shelters) and hygiene kits to communities affected by Cyclone Winston, that had left a trail of destruction in many remote islands and villages in Fiji.

“We are working closely with the international Red Cross Movement and our partners on-ground to ascertain the immediate to mid-term needs. While we foresee challenges in navigating the remote areas to reach people who are affected, the Red Cross in Fiji is well-prepared, with a strong network of staff and volunteers, to meet the needs of survivors,” said Benjamin William, SRC’s Secretary General/CEO.

A representative of the SRC was in the IFRC Asia Pacific Zone warehouse to oversee the packing of relief supplies, suited to the needs on-ground.

While the SRC has not launched a public fundraising appeal, donations can be made at Red Cross House, 15 Penang Lane, Singapore 238486, during office hours (Monday to Friday, 9am to 6pm). Cheques can be made to ‘Singapore Red Cross Society’ and posted to the above address.



## PSYCHOLOGICAL FIRST AID

Learn to provide trainees with approaches to connect and communicate compassionately, and to offer comfort and practical assistance to help affected people address their immediate needs

Duration: 8 hours (includes role play, paired/group activities, peer-to-peer observations)

Fee: \$120 (includes PFA Learner’s Guide & Certificate)

Register: Email [academy@redcross.sg](mailto:academy@redcross.sg) / Call 6664 0500

For more information: [www.redcross.sg](http://www.redcross.sg)

## PROVIDING AID TO SOUTH INDIA FLOOD SURVIVORS

*Photos by Indian Red Cross Society,  
Tony Kee, Volunteer and Charis Chan, International Services Singapore Red Cross*



**Singapore Red Cross (SRC) launched a month-long public appeal on 7 December 2015 to raise funds in aid of the survivors of the South India floods. The Government of Singapore contributed US\$75,000 to kickstart the public appeal. SRC contributed US\$150,000 worth of relief supplies, through its Red Cross partners in India.**

SRC also deployed its response team, comprising three volunteers and one staff, to Chennai, Tamil Nadu on 9 December 2015 to help with the distribution of relief items and to conduct on-ground assessments.

Besides meeting the Indian Red Cross Society (IRCS) at Chennai, Tamil Nadu, the response team also

participated in IRCS' distribution of more than 1,000 relief packs containing items such as towel, mosquito nets, blanket and bread to the survivors.

The response team also conducted ground assessments and supported the relief activities in Surya Nagar, Kallukotai and other north and northeastern parts of Chennai. The team returned to Singapore on 13 December 2015.

Another comprising Secretary General/CEO Mr Benjamin William and Head International Services, Ms Charis Chan visited Chennai from 8 to 11 March to distribute relief items.

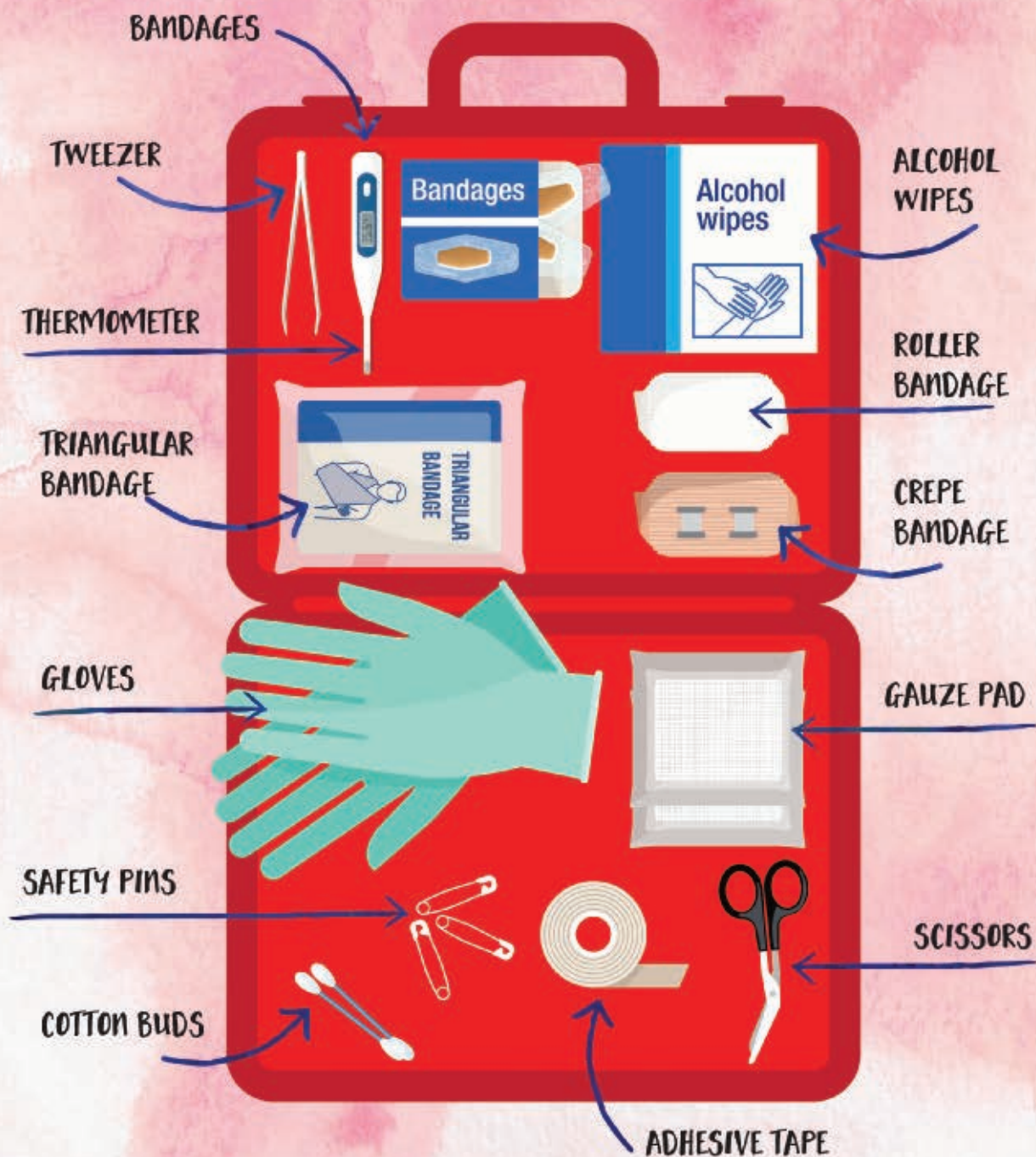
As of 28 March, S\$576,433.34 was raised for the South India Floods.



# DO YOU HAVE A FIRST AID KIT AT HOME?



To be prepared for emergencies, every home should have a well-stocked First Aid Kit.





## SINGAPORE RED CROSS FIRST TO PROVIDE CITIZEN RESPONDER TRAINING



### Highlights

- How to deal with eight common time-critical situations such as fainting, shock and unconsciousness and stroke
- A short theory and practical test

### Registration Details

Duration: Half a day

Fees: S\$45

To register, visit  
[www.redcross.sg](http://www.redcross.sg)

*(Learn > First aid > Citizen  
First Responder Programme)*

To mark National Life Saving Day, Deputy Prime Minister and Coordinating Minister for National Security Teo Chee Hean today launched Singapore's first certifiable Citizen First Responder Training Programme in Pasir Ris-Punggol GRC on 17 January, where 400 residents received the first Citizen First Responder certification.

Pioneered by the National Resuscitation Council and the National First Aid Council, the 5-hour skills-based training programme covers Citizen First Aid, Cardiopulmonary Resuscitation & Automated External Defibrillator (CPR+AED). The organisations

encourage people who would not otherwise attend the usual 24-hour first aid programmes, to pick up lifesaving skills.

"You have taken this important step to empower yourselves to save lives in the community, at work, and in public places. Please share with your family and friends, the importance of learning life-saving skills, so that we can train even more citizen first responders. Together, we can promote self-help, care for one another, and make Singapore a more resilient community" said DPM Teo, who was Guest-of-Honour at the launch event at the Pasir Ris Sports & Recreation Centre.

"The Singapore Red Cross is pleased to be the first to make available the Citizen First Responder training to the community. The National First Aid Council, together with the National Resuscitation Council, aim to train large segments of the population in lifesaving skills. We need to work towards greater involvement of our citizens in this training so that we can become a society where first response by the community is a norm," said Mr Benjamin William, Honorary Secretary of National First Aid Council, and Secretary General/CEO of Singapore Red Cross.

# FINDING LOVE IN HUMANITARIAN SERVICE

By Candace Zhou, Blood Donor Recruitment Programme

In this Valentine's Day Special, we speak to couples who have found each other through the Singapore Red Cross.



**Mr Leonard Lim, 26, Learning and Development Manager and Ms Chanel Lam, 25, Senior Staff Nurse share their love story.**

**How did you meet each other?**

**Describe in three sentences.**

Chanel: We got to know each other in the same CCA - Red Cross Youth in Fairfield Methodist School (Secondary). Leonard was then the outgoing unit leader and I was

to step up as his successor. It was during this handing-over process that we started interacting and learning much more about each other.

**How long have you been together?**

We dated for nine years, before finally tying the knot in 2015. We had just celebrated our first wedding anniversary on 10 January.

**Three words to describe your spouse.**

Leonard: Beautiful, compassionate, supportive

Chanel: Committed, charming, my best friend!

**What's your favourite thing about being married?**

Leonard: Having someone to share my best and worst moments with, everyday.

Chanel: Going home to him everyday

**Who would be your ideal Valentine's Day date (aside from your spouse)? It can be anyone, dead or alive. Why?**

Leonard: Mother Teresa. She's always been one of my role models. I'd like to learn of what drives her to do what she did for her community.

Chanel: No one in mind, have dated Leonard all my life, and still am dating (:

**What are you doing this Valentine's Day?**

Probably trying to whip up a new recipe at home and inviting some close friends over for dinner.

**Mr Michael Lim, 30, Membership Executive of the Singapore Red Cross and Ms Debbie Liew, 28, Curriculum Developer got to know each other through the Red Cross too! Their baby, Jasper Lim was born in December 2015.**

**How did you meet each other?**

**Describe in 3 sentences.**

We met each other at Singapore Red Cross' National Disaster

Response Training. Our friendship strengthened as we volunteered regularly (usually doing full shifts) at First Aider on Wheels (FAOW).

**How long have you been together?**

518 days or 1 year and 5 months (as at 14 Feb 2016)

**Three words to describe your spouse.**

Michael: Knowledgeable, forgiving, stubborn

Debbie: Unromantic but sweet

**What's your favourite thing about being married?**

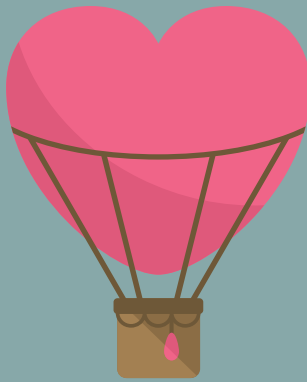
Michael: Having a personal assistant to manage my finances

Debbie: Waking up to see him sleeping soundly next to me

**Who would be your ideal Valentine's Day date (aside from your spouse)? It can be anyone, dead or alive. Why?**

Michael: Peter Parker (Spiderman)

Debbie: Donald Duck, to see who pouts better



**Ms Yeo Zhi Wei, 26, a nurse, Mr Ong Chin Hock, 26, a stockbroker, spent their first date at the Bloodbank. How long have you been together?**  
Two years and seven months

**How did you get to know each other?**

Zhi Wei: We got to know each other through the Social Development Network (SDN). Our first date was to donate blood together at Dhoby Ghaut blood bank! It was an impromptu plan on that day - we received a flyer about blood donation and I suggested that we go for it. Initially he was rather taken aback and thought that I was joking - donating blood on the first date?! Somehow, he agreed, and we did it! He is now a regular blood donor and donating blood helped us make many wonderful memories during our courtship days.

**Three words to describe your other half.**

Chin Hock: Understanding, smart, kind  
Zhi Wei: Appreciative, supportive, accepting

**What are you looking forward to in marriage?**

Chin Hock: Spending the rest of my life with

Zhi Wei

Zhi Wei: Experiencing a new phase of life together

**Who would be your ideal Valentine's Day date (aside from your spouse)? It can be anyone, dead or alive. Why?**

Chin Hock: None, I can't imagine anyone else.

Zhi Wei: My grandfather who adored me and made me a happy kid when I was younger.

**What are you doing this Valentine's Day? Will you be donating blood together?**

Chin Hock: My next donation day is actually on Valentine's Day and we will be donating together again!



**What are you doing this Valentine's Day?**

We will be spending our Valentine's Day clearing our room and re-organising our prince Jasper's clothes. There's no better way to celebrate Valentine's Day (a time when people show feelings of love, affection and friendship) than to carry out acts of love for our fruit of love, by keeping our place tidy, safe and cozy.



## JOIN US

### World Blood Donor Day 2016

World Blood Donor Day recognises champion donors and bloodmobile organisers for their commitment in the life-saving mission.

Date: 4 June (Saturday)

Venue: The Sports Hub

By invitation only

### SRC 41<sup>st</sup> Annual General Meeting

All are welcome to the Annual General Meeting. Red Cross members will have voting rights.

The event will be held on:

Date: 27 June (Monday),

Time: 6.00pm

Venue: Red Cross House,  
Singapore 238486,  
Haw Par Hall

### Launch of Red Cross Youth Club

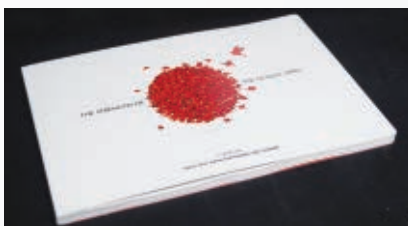
The Launch of Red Cross Youth Club is a full day event which includes a launch ceremony, exhibition, career fair and a carnival for the public to take part in.

Through the event, we hope to recruit new members to join the Red Cross Movement.

Date: 23 April 2016 (Saturday)

Time: 9.30 - 5.00pm

Venue: Tampines  
Community Plaza



LIKE & SHARE

### Photobook and Documentary

If you couldn't make it to "The Strength of the Human Spirit" photo exhibitions, you can purchase the photobook at S\$25 at Red Cross House. The proceeds will be channelled to Singapore Red Cross' local humanitarian services.

You can also watch the video documentary on YouTube. Just search "The Strength of the Human Spirit". There are six episodes in all. Alternatively, scan the QR Code to watch it.



**Need help or know of someone who does?  
Get in touch at the locations below or call 6664 0500.**



SINGAPORE

### RED CROSS HOUSE

15 Penang Lane,  
Singapore 238486  
Tel: 6664 0500

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

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

### 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

Shop@Red Cross Red Cross House 15 Penang Lane, Singapore 238486

### BLOOD COLLECTION CENTRES

**Bloodbank@HSA** Health Sciences Authority, 11 Outram Road, Singapore 169078

**Bloodbank@Dhoby** Ghaut Dhoby Xchange, 11 Orchard Road, #B1-05 to 09,  
Singapore 238826

**Bloodbank@Woodlands** Woodlands Civic Centre 900 South Woodlands Drive,  
#05-07, Singapore 730900

**Bloodbank@Westgate** tower, Westgate 1 Gateway Drive, #10-01 to 05,  
Singapore 608531

**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

