

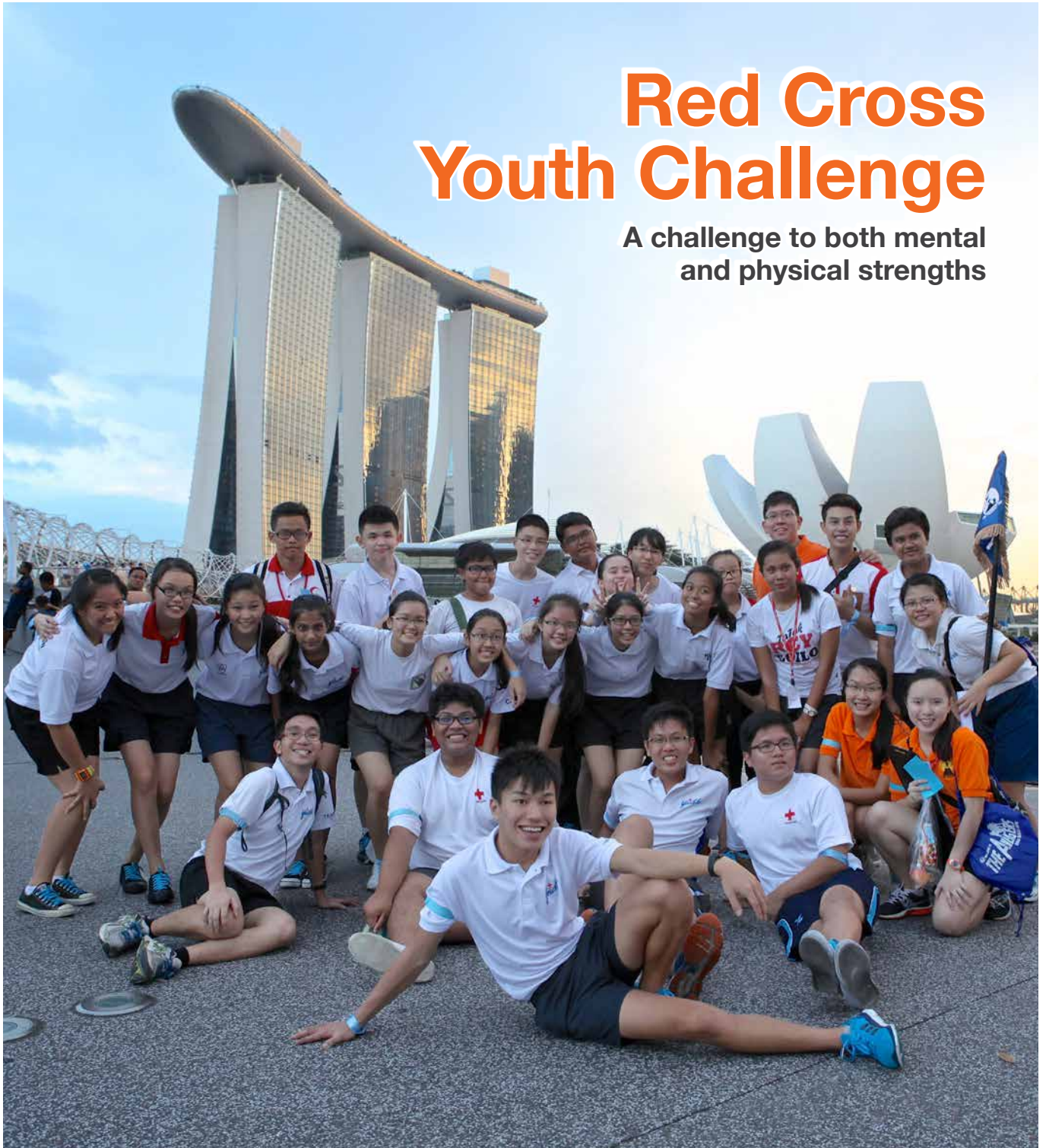
redcross⁺

MCI (P) 018/03/2015 | ISSUE **ONE** 2015

A newsletter by the Singapore Red Cross

Red Cross Youth Challenge

A challenge to both mental
and physical strengths



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Sec Gen's note

I hope you are having a great start to 2015!

Singapore Red Cross started 2015 with a bang—expanding our services to the vulnerable in our community. In January we launched the **Community-Led Action for REsilience (CLARE)** programme in Tampines West. CLARE mobilises and empowers volunteers to provide first response to anyone in a medical emergency, as well as first aid, eldercare and befriending services to vulnerable groups within the community they live in. In light of an aging population, enhancing the community's resilience will depend significantly on how well prepared the most vulnerable, in many instances, the elderly, is to face adversities. Bearing this in mind, the SRC conceptualised this neighbourhood-based network of first response and community support - mobilising the power of local communities to meet unmet needs of the vulnerable. We believe this is the most sustainable approach to enhancing the nation's resilience. If you are keen to know more about the programme and play a part in it, please see *p10-11*.

As we expand our humanitarian services, mobilising the needed resources becomes a critical challenge. On Sunday 15 March, we will hold the much-anticipated Red Cross International Bazaar at Ngee Ann City, Civic Plaza. Besides raising funds for our local humanitarian services, it will also be a day of great fun and enjoyment. The diplomatic community's participation will give the day an international flavour - of taste, sounds and sights. Spread the message to your friends and loved ones to come and spend a fun-filled day with us. For a preview of what you can expect, see *p12*.

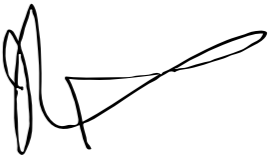
Your donations, big or small, make an impact far larger than you can imagine. In this issue, we share the story of Mdm Tang Geok Huay, whose family we assist through the Red Cross Home for the Disabled and FoodAid (*p16*). There are many others like Mdm Tang, whom we reach 24/7 with our humanitarian services, away from the public spotlight. I appeal to you to consider making monthly donations to the Singapore Red Cross to support these families facing difficulties and economic challenges. You can sign up instantly to become a regular Giro donor (please see *p17*). On behalf of our beneficiaries I wish to thank you for your thoughtful and generous contributions in advance.



I am happy to share an exciting development for the youth-initiated Project RICE. As we celebrate SG50, the project team hopes to bring more than just rice to the beneficiaries. Reinforced as 'Project RICE +' for 2015, the community service aims to bring beneficiary families a range of F&B and essential household items, customised to the needs of these families.

In the year ahead, we will continue to press on with our national goal of having a "first aider in every home", building resilience and to further enhance the robustness of our National Blood Donor Programme. In this regard, we will continue to reach out to the community and schools with knowledge sharing in the areas of first aid, community services, disaster preparedness and management and humanitarian diplomacy. We must also step up our efforts to build national awareness and recruit more blood donors, especially those in their youth. If you are interested and want to play a part in any of these areas, please do get in touch with us at enquiry@redcross.sg.

May 2015 bring you good health and may you continue serving humanity with the Singapore Red Cross!


BENJAMIN WILLIAM
Secretary General & CEO

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Giving the gift of blood during Christmas

To boost blood donation during the lull collection period of December, 150 youth volunteered at 'A Truly Magical Christmas' blood donation drive organised by Red Cross Youth - Singapore Management University (SMU) Chapter. The blood drive, held at Bloodbank @ Dhoby Ghaut and Bloodbank @ Woodlands on 20 and 21 December 2014, collected 366 units of blood.



Donating blood at a Punggol Festival

Held on 18 January, the Bukit Panjang Punggol Festival cum Blood Donation Drive 2015 was organised by Bukit Panjang GROs and supported by Bukit Panjang IRCC, SINDA, Sri Arasakesari Sivan Temple (Sungei Kadut) and Annamalai University Alumni Association (Singapore). Graced by Deputy Prime Minister Tharman Shanmugaratnam and Dr Teo Ho Pin, Mayor of North West District and MP for Bukit Panjang, the blood drive collected 67 units of blood.

Bukit Panjang GROs has been supporting the Singapore Red Cross blood drives since 2001.

Appreciating Bloodmobile Organisers

On 27 November 2014, 66 participants from 41 organisations attended a BMO Appreciation Dinner held at Health Sciences Authority as a follow-up to the 12th BMO Seminar. Participants learnt about the year-to-date bloodmobile performance, issues and challenges faced by the National Blood Donor Recruiter in 2015 and exchanged ideas on generating more greater awareness and recruiting more blood donors.



Training youth to be blood donation ambassadors

From 19 to 22 December 2014, 24 local participants and 12 regional participants from Thailand, Cambodia and Laos were trained to be youth ambassadors of blood donation at a Youth Donor Club Training Workshop and Camp, held at Red Cross Training Campsite. Youth developed their leadership and communication skills as they exchanged pointers on how to organise blood drives and inspire peers and youth to donate blood.



Building community resilience starts young

To commemorate Total Defence Day on 15 February, Singapore Red Cross (SRC) organised a series of school talks and exhibitions in February at Haig Girls' School, Bishan Park Secondary School, Babies Inc. Montessori and St Stephen's School to get youth involved in building community resilience from a young age. Besides learning SRC's role in civil defence, social defence and psychological defence within our community, the youth also learnt the importance of learning first aid, being prepared for emergencies, caring for others, befriending the disadvantaged, volunteering, donating blood and advocating blood donation.

Christmas comes once a year, but giving is all year round

By Jacklin Kwan, Volunteer
Photos by Wong Leong Jeam, Volunteer



As we're bombarded by the bright lights of the holiday season along with its general festivities of "Oooh! A bag at 20 percent off!", we're easily distracted from the traditions of altruism that Christmas strives to uphold. Additionally, such fast-paced metropolitan lifestyle is not making it any easier to remember those in the lower strata of our society. Singapore really has to applaud the efforts of individuals and groups who'd go one step beyond their quotas to build genuine relationships with beneficiaries of charity organisations. Portcullis is one such example.

Portcullis is a trust company that has supported the Red Cross Home for the Disabled (RCHD) since 2007, and its employees have created a special bond with the residents of RCHD ever since. From organising fundraisers and auctions to raise donations for Red Cross, to more intimate group therapy sessions where employees play board games and do arts and crafts with the residents, Portcullis sincerely attempts to engage in a generous breadth of service. As per tradition, a heartwarming celebration in which employees dress up, perform and bring Christmas cheers to the Home was held on 21 November 2014.

Walking around the multi-purpose hall of RCHD where the event was held to the sound of Christmas carols played on the piano, the words that I hear are down-to-earth but

encouraging in their own way. Ms Kim Boo from Portcullis humbly relates to the "difference" they make to the residents and caregivers as "small" to which her husband (still dressed in his Santa outfit) concurs fervently.

"You can never be involved enough," he adds, "I can't help but feel that the main recipients [of help] are us volunteers. Other than the obvious sense of gratitude that this work instills, we get a sense of how hard the staff [of RCHD] work." The RCHD staff smile warmly as the employees from Portcullis feed the residents with specially prepared food and hand out balloons, attaching them to the residents' wheelchairs.

As a student who has noticed the flurry of A-levels come and go, I find it obvious that Singaporeans need no help increasing their already considerable brain power. However, heart, just like intelligence, must be learned with practice and effort. As many from Portcullis can tell you, providing service is not like going down a one-way street. On the contrary, it offers an opportunity to reconnect with a concept so simple yet so disregarded, so fundamental in the human identity yet sidelined for so much chaff - 'give' originates from an Old Saxon word 'giefan' which also means trust. So how apt it is for a company so used to receiving trust, to be entrusting its own in the residents of RCHD for a valuable lesson in the act of charity!





Providing relief after Typhoon Hagupit

A year after the super Typhoon Haiyan devastated millions of lives, another massive storm, Typhoon Hagupit, struck the eastern Philippines on 6 December 2014. In response to the disaster, the Singapore Red Cross (SRC) deployed an advance team of five to the Philippines, three days after the first landfall.

The advance team distributed relief supplies including food, pharmaceuticals and hygiene kits to affected communities in Masbate, Philippines. They also conducted needs assessment of the ground situation.

Through its Disaster Response Emergency Fund, SRC has contributed S\$60,000 to immediate response efforts by the Red Cross Movement Partners, namely the Philippine Red Cross, the International Committee of the Red Cross (ICRC) and the International Federation of Red Cross and Red Crescent Societies (IFRC).

“We are heartened by the positive response from members of the public to our operational updates on social media. We thank the donor community for their support,” said Mr Lim Theam Poh, Deputy Secretary General, Singapore Red Cross.



Project Young Smile— sharing not only knowledge, but happiness

By **Xiong Neng**, Red Cross Youth - NTU Chapter member
Photos by **Xiong Neng**, Red Cross Youth

On 7 December 2014, 15 members of Red Cross Youth - NTU Chapter embarked on a 12-day project of Overseas Humanitarian Programme (OHP) to Quang Khe secondary school, situated in the Bac Kan Province of Vietnam.

Themed around ‘Young Smile’, the OHP project aimed at sharing not only knowledge but joy with the students of Quang Khe secondary school - through lessons of the English language, hygiene, first aid and exchange of culture.

In the beginning, the English lessons were punctuated with miscommunication, but the local teachers provided feedback to our teaching methods. Soon, we modified our teaching plans and moved on to book reading which allowed us to explain complex concepts in simple English. These activities became ‘training and learning for ourselves’ to communicate ideas with clarity and patience.

It was a heartwarming journey for us to see the students incorporate what we taught them into their daily life, and when each of them grabbed a book the moment we put boxes of books into the library.



By the ninth day, the students could read the books on their own. We were so impressed by their passion, curiosity and interest in learning new knowledge. One of the highlights for the team was during the cultural performance, we were heartened to see the students’ choreography incorporated with what they learned about hand-washing.

We achieved our goal of teaching the students English and hopefully bringing some joy and laughter to them. That said, what was truly unforgettable were the moments that we shared with the children - during the lessons and sport activities, the visit to a subterranean cave near the school, the visit to two local families where we donated daily necessities, and many more during the 12-day trip. Beyond the confines of the classroom, the vibrancy of the youth as they frolicked and laughed was infectious. We were glad to join them in blending our happiness with theirs. It was through these interactions that we forged closer ties with the children as we shared joy and memorable time.

SINGAPORE RED CROSS INTERNATIONAL BAZAAR 2015

Sunday, 15 March 2015 | Ngee Ann City, Civic Plaza (Orchard Road) | 10am – 7pm
Guest of Honour: President Dr Tony Tan Keng Yam

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A Community Service by



The Singapore Red Cross will present a smorgasbord for the senses at our biennial signature fundraiser, the Red Cross International Bazaar, on Sunday, 15 March, at Ngee Ann City Civic Plaza.

Our whooping 80-stall showcase of international delicacies and crafts, delightful games and round-the-clock cultural performances by diplomatic missions, civic groups and local and international enterprises, aims to raise \$250,000 for the Singapore Red Cross' local humanitarian services.

Foodies are in for a divine treat with some 20 embassies and high commissions, as well as 35 local and international enterprises, presenting exotic cuisine and local specialties such as pizza, gelato ice cream, beef sandwiches, nasi lemak, laksa and pineapple cakes.

Shoppers will be captivated by the sheer variety of goodies from household and fashion items to cultural handicrafts. Expect fun family activities such as mozaic paintings, kids spa and balloon sculpting too!

Be wowed by all-day stage performances comprising an impressive ensemble of music talents who will bring to stage jamming, a capella and orchestra, as well as an eclectic mix of fashion show, folk and traditional dances, and a martial arts display – courtesy of arts groups such as Ballet Mexico Lindo, French Rock Orchestra, N.P.S International School, Vocablends, and Association of Capoeira Argoia de Ouro.

We know you can't wait! So can't we! See you there ☺

Humanitarian action in a volatile world

By Lim Wei Liang, Volunteer

What challenges do humanitarian workers face when working in the increasingly volatile world of today? Mr Yves Daccord, Director-General of the International Committee of the Red Cross (ICRC), shared his thoughts at the recent Singapore Red Cross Humanitarian Lecture on 28 November 2014 at Park Royal on Beach Road.

The lecture was part of the Humanitarian Lecture Series organised by the Singapore Red Cross Academy, aiming at sharing knowledge and facilitating discussion on topics of humanitarian aid.

In this particular lecture, Mr Daccord spoke about the challenges faced by humanitarian workers today in the increasingly connected and volatile world. Among the challenges he highlighted, were:

- The world we live in is very fragmented. "Sierra Leone, Guinea and Liberia are grappling with the outbreak of Ebola, countries in Europe are facing economic and financial crises... and people in Syria are experiencing war."
- Trust is a rare commodity as people do not trust institutions as much as before. "Therefore, we have to work extra hard to demonstrate accountability and earn trust from our stakeholders as well as our beneficiaries."
- In the area of humanitarian response, there is also a need to re-think the relationships established with our beneficiaries. "With the vast amount of information that is available through traditional and social media channels, the beneficiaries now tend to make comparisons among operations—locally, regionally and even internationally."

Given his distinguished career in humanitarian work, including posts in the field in Israel and the occupied and autonomous

territories, Sudan, Yemen, the northern Caucasus and Georgia, Mr Daccord shared some interesting anecdotes to further illustrate his points.

Mr Daccord shared that his team had gone through great lengths and difficulty to get to a disaster site. But when he reached, they were told point-blank that they were late. The beneficiaries then compared their response in another country. He then shared some learning points that he had gathered over time.

- It is important to remain in close proximity to the people affected by war and by human and natural catastrophes.
- Contrary to what one might think—humility and stubbornness are important traits for humanitarian workers! Be humble in the knowledge that the response could be limited by forces beyond our control, yet stubborn enough to take risks and try.
- Humanitarians should shift away from mere coordination to co-creation of solutions.

A former journalist, Mr Daccord also touched on the topic of new media and its influence on humanitarian aid.

One of the Red Cross volunteers present at this lecture was Mr Amos Kow Yuan Hong, a second-year undergraduate at the National Institute of Education of Nanyang Technological University (NTU). The Red Cross Youth said, "Mr Daccord gave very good insights on how humanitarian work could be carried out in the complex world environment. I feel that the most important message of his lecture is the need for humanitarian groups to mitigate the challenges through better collaboration, and also to learn to work in closer proximity to each other."



Credit: International Committee of the Red Cross (ICRC)



Credit: International Committee of the Red Cross (ICRC)

Doing small things with great love

Singapore Red Cross celebrated International Volunteer Day with more than 120 volunteers at the YWCA Fort Canning Lodge, on 5 December 2014.

"A hero can be anyone. Even a man doing something as simple and reassuring as putting a coat around a young boy's shoulder to let him know that the world hadn't ended."

— *Batman / Bruce Wayne*



'Pause for a cause', our corporate volunteer, hyped up the mood with their troop of superheroes - Naruto, Kamen Rider Kuuga, and three Red Power Rangers of different generation. It's morphin' time!



Everyone was treated to a 'Super hero-ly' menu of delicacies: Heroes' Assemble (Appetizers), Suit Up (Soup), Take Flight (DIY Station), Power Up (Hot Selection), Heroes' Rewards (Dessert).



Volunteers had fun with the props and photo booth created with love by Superhero Concept Cafe and staff from the Red Cross Home for the Disabled.



Volunteer Artist, Dhilina, presented a superhero poster she had designed specially for the event to SRC Chairman, Mr. Lee Tia Ba.



Micro-volunteering: the way to go?

By Chloe Tan, Corporate Communications & Marketing

Last December, some 200 Red Cross Red Crescent volunteers and staff from all over the world converged in Bangkok, Thailand, for The Difference - a Global Volunteering Forum, held in the lead-up to International Volunteer Day 2014. Aimed at tackling challenges facing volunteerism and exploring new approaches to actively and meaningfully engage volunteers, The Difference used Open Space Technology which encourages participation, reflection and open discussion among the participants.

Thought-provoking topics, stimulating ideas, and constructive strategies that emerged from the three-day forum made everyone evaluate and re-think volunteerism. One topic that was discussed during the dialogues was micro-volunteering.

Micro-volunteering refers to volunteering actions that can be completed in short, discrete periods of time. It is often described as an "easy, on demand and low commitment action that contributes to a worthy cause." It can be facilitated by online devices (ie smart phones) for e.g. translating an article online, or off-line for e.g. video editing.

The phenomenon of micro-volunteering has been growing in popularity. This 'wave of the future' has brought about a paradigm shift for many voluntary organisations, including the Red Cross movement. We see more and more people who wish to volunteer their services for as short as a few hours, and engage in short-term projects or activities that can satisfy their immediate interests. Micro-volunteering also encourages the contribution of existing skills and talents.

Though micro-volunteering can take place without the use of technology, the ubiquity and proliferation of information and communication technology such as computers, smartphones and tablets have greatly increased the possibilities of remote, versatile and convenient forms of volunteering. A good example is the translation of the Singapore Red Cross' (SRC) first aid app for which a number of engaged volunteers contributed their respective translations - Chinese, Malay, English, Tamil and Tagalog. The congregation of bite-sized effort from a group of people where small deeds add up to a big impact is exactly what micro-volunteering is about.

Involving minimal training and commitment as well as its flexibility and convenience to fit into our hectic schedules, micro-volunteering seems like the solution to contemporary woes on volunteerism, e.g. time poverty, decline in numbers, new expectations from the younger generation, etc.

However, before we hail this new wave too quickly, we shall recognise the challenges that come with the advantages. For instance, relationship building which is key in volunteer engagement might be difficult due to the lack of interpersonal contact. Micro-volunteers might also find it hard to develop a sense of belonging and identification with the organisation's mission. Without directly interacting with beneficiaries and personally witnessing impact of their contribution, micro-volunteers could lack the motivation to continue their efforts.

Micro-volunteering is also seen as a collaborative effort between volunteers and the community such that the role of the voluntary welfare organisations is minimal and limited to supporting and facilitating. Micro-volunteers can use their creativity to decide on the kind of projects and activities they wish to embark on. Some organisations, however, might find it difficult to provide such platforms or are not suited to do so. For International Volunteer Day 2013, our volunteers initiated the idea of co-creating fashion pieces with residents at the Red Cross Home for the Disabled to raise funds for SRC. They led the whole project from conceptualising to designing the couture, setting up a fashion runway and producing the event video.

Despite some of its challenges, micro-volunteering is still a 'new wave' to embrace given the pervasiveness of technology and the changes in lifestyle and demands of people. To create an ongoing relationship with micro-volunteers and translate micro-volunteering to sustained volunteering are some things to consider when developing and creating micro-volunteering activities and opportunities.

Now, what do YOU think about this phenomenon? We'd love to hear from you! Connect with us on our social channels #sgredcross.

Strength in Adversity

By **Sondra Foo**, Corporate Communications & Marketing
Photo by **Kartini Saat**, Community Services

Tribulations in life sometimes wear us down. Yet, it is also said that what does not break us only makes us stronger. This is definitely the case for Mdm Tang Geok Huay, a beneficiary of SRC FoodAid's Meals with Love, whose daughter is a resident at the Red Cross Home for the Disabled (RCHD).

Mdm Tang, 44, has been taking care of her four children single-handedly for the past five years. Her eldest son, 23, just finished his National Service and is deciding between furthering his studies or getting a job. Her second son, is a final-year student at a local polytechnic. The third who is 19, was led astray by friends, remanded at a girls' home and was just released. And her youngest, Phyllis, is 17 and stays at the RCHD - she was diagnosed with physical and intellectual disabilities when nine months old.

Today, Mdm Tang does not work as she cares for her two-year old granddaughter full-time. The toddler is the child of Mdm Tang's elder daughter.

Despite the curve balls life has thrown towards her, Mdm Tang opts to look on the bright side of things. "I hope my two sons will do well in their studies and secure good jobs in the future, and I hope my 19-year old daughter will find a job soon," she shared.

Mdm Tang finds assurance with the professional care provided by the RCHD to Phyllis. "I am thankful to the staff and therapists of the Red Cross Home for the Disabled. I can see marked improvements in my youngest daughter. She is able to call me Mama and can convey her thoughts and feelings by making sounds whenever I ask her questions," said Mdm Tang as her eyes twinkled with a smile.

In addition, Mdm Tang is also very grateful to the Singapore Red Cross' FoodAid volunteers. Every month, the volunteers bring fresh food, diapers and milk powder to Mdm Tang, and give her shopping vouchers for her groceries. Mdm Tang shared, "I am very touched by how the volunteers spend time with my family; chatting with us, caring for our well-being, playing with my granddaughter and bringing us snacks. We look forward to their visits. Thank you Red Cross for helping us so much!"

You too, can play a part and make a lasting difference! If you are keen to serve with us on FoodAid, please email volunteer@redcross.sg. (FoodAid volunteers are required to commit for a minimum period of one year, with one visit to beneficiary families per month.)

Make a sustained Difference with regular Contributions



EVERY MONTH, groups of underprivileged families and aged grandparents welcome Red Cross volunteers at their doorsteps, happy to receive nutritious food and warm company.



EVERY DAY, a wheelchair-bound patient is looking forward to the Red Cross TransportAid ride to his or her medical appointment.



EVERY HOUR, someone receives blood that the Red Cross rallies the community to donate.



EVERY MINUTE, some 100 disabled adults and children are receiving professional care at the Red Cross Home for the Disabled.



EVERY SECOND, a first aider is out there saving lives in an emergency. And chances are, they were trained by the Red Cross.

Please help us help more people!

Your donation can change lives. Make a difference today.

Simply fill up the form below and post it to us at
15 Penang Lane, Red Cross House, Singapore 238486.

On behalf of our beneficiaries, hearty thanks and big hugs!

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NRIC/FIN/UEN 居民证号码/公司注册号码

Address 地址

Office No. 公室电话

Home No. 住家电话

Handphone No. 手机号码

Email 电邮

Occupation 职业

Company/Organisation/School Name 公司/机构/学校

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Name of Bank

CVV

Visa/Master

Expiry Date 失效期

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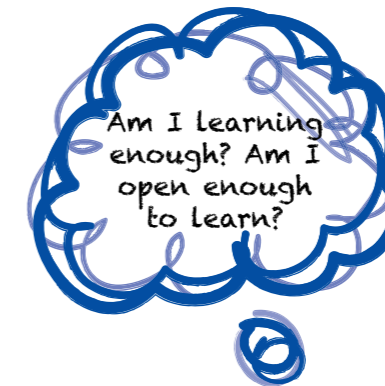
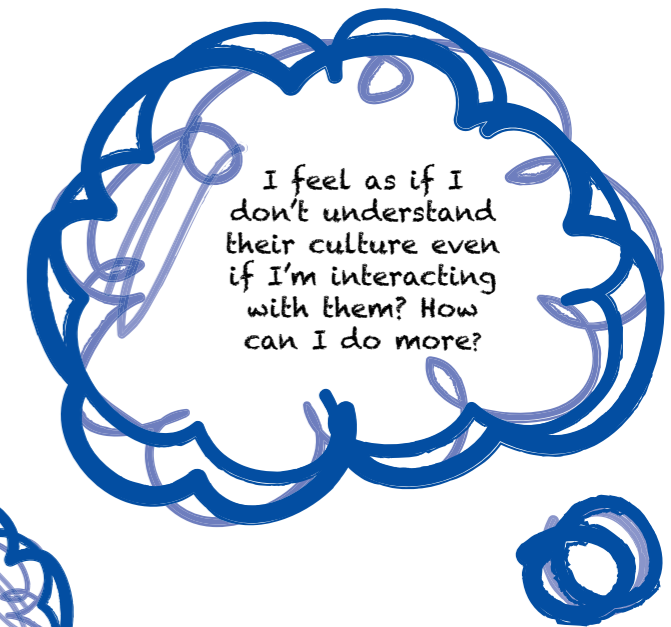
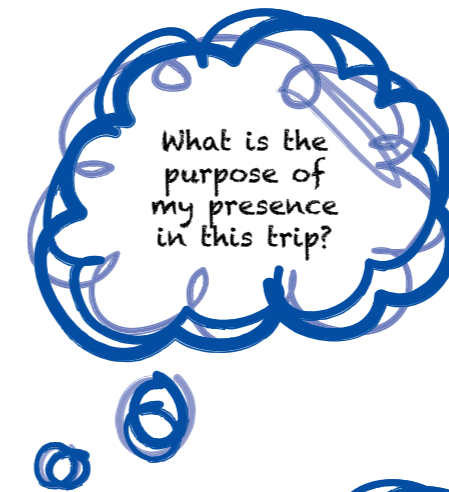
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Please mail the completed form to Singapore Red Cross,
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Serving humanity— a journey of Self-Discovery

By Clive Sin, Volunteer
Photos by Daniel Siew, Red Cross Youth



Watch the
highlights
of our
OHP trip!

Seventeen volunteers and staff of the Singapore Red Cross embarked on an project as part of the Overseas Humanitarian (OHP) to Demak, Indonesia, on 17 December 2014. It was a journey of self-discovery.

Together as a team, we shared memories of events and experienced the taste of foreign culture. Yet, the values and life experiences that we carried along gave us something different. Through our own lenses, we each caught a glimpse of Indonesia that would remain unique and special in our memory for long.

A few chose to entrust this task to their cameras. With the slightest of intuition, the camera would be switched on and positioned, ready to capture anything of interest. Whether it was of two adolescent boys leaping without fear from a wooden plank into a canal, secondary school children of Jerapang school preparing to travel home as they revved up the engines of their motorcycles, or just the horror depicted on the children's faces in Bintoro Primary School as they had their maiden experience with the minty flavor of toothpaste, none of these moments went unnoticed.

The cameras were poised and silent, serving only to magnify and preserve the details of the images that evade our eyes. The string of pictures then became barrels of memory. OHP team members peer into the collection to examine the day's events and to relive their memories.



Others chose to recede back into their thoughts. They constantly processed the information that they received from the environment; their contemplations prompted further questions about the people, place and the culture. You could see them glued to their reflection journals. On the hour-long journey to and fro the hotel and the school, they would be deep in thought. Looking at the sky that seems so much wider than it is in Singapore and the vast lands unimpeded by the clutters of high rise buildings. Time and again, questions would emerge.

Any instance could be a learning point. Any emotion could spark off a series of thoughts that has to be frantically jotted down. These pages became a documentation of their journey in understanding the things around them.

Many of us would chat about the experiences that we shared through the day. The constant exchange of ideas broke down stereotypes that were held within the group, gave us fresh insights into the thoughts of our members and also elicited novel and unique perspectives as the OHP trip progressed.

What we had in common, as we adopted different approaches to make sense of the foreign environment that we were in, was the constant effort to seek understanding and to seek self-discovery. These do not just apply to the tangible things that our senses make out for us. The thoughts and the emotions that spring up within us throughout the trip gave us a sense



of purpose and enabled us to find out more about ourselves.

In this sense, the Service Learning that we have gone through in Demak did not stop at us painting the schools and teaching the Indonesian children English and hygiene. Service Learning became something larger for us. We started to learn more than we teach. We started to receive more than we give. We started to appreciate the difficulties of helping someone else.

It is because of this that we grew stronger as a humanitarian volunteer, as a member of a larger community and as a person.

Humanity can be created in our hands when we understand that.

"Siamo tutti fratelli." We are all brothers.

Do more, Do better, Reach further

By Clive Sin, Volunteer
Photos by ...

Peer-to-Peer Youth Symposium

Themed 'The Global Cause, Our Local Relevance', the inaugural Red Cross Youth Symposium was held on 13 December 2014 at Nanyang Technological University (NTU), with participants from 14 countries in the region. The one-day symposium offered a platform for youths to experience the 'Red Cross Volunteering Spirit', as well as to share and learn from one another and from other Red Cross Red Crescent Societies' best practices.

Inspiring keynote speakers included Jagan Chapagain, Director of International Federation of Red Cross and Red Crescent Societies (IFRC), Asia Pacific Zone, Fiona Barnaby, Legal Officer, Regional Delegation of International Committee of the Red Cross (ICRC), and Mohammad Zaidi Bin Ariffin, Singapore Red Cross (SRC) Council Member. They shared valuable insights on the youth commitments, made at the 2nd Asia Pacific Youth Summit in Beijing last October, to

- contribute to humanitarian diplomacy efforts to strongly advocate for respect of the emblem and security and safety of volunteers;
- continue engaging effectively in national and global youth policies with a strong reinforcement of regional youth networks;
- work with senior leadership as equal partners on the journey towards delivering our collective humanitarian mission more robustly;
- championing innovative use of social media and communications technologies; and most importantly,
- 'Do More, Do Better and Reach Further'.

The participants were tasked to create innovative and sustainable ideas in smaller groups to promote youth empowerment and sustainable volunteerism. One of the ideas generated was on disaster relief and green environment - to challenge and invite peers to collect used plastic bottles

through sharable videos on social media channels, with the aim of having the bottles transformed into life-saving vests to be used during natural disasters. This is an excellent instance of how youths can gather their friends to work on a common cause.

The local and regional youth delegates also had a chance to experience the great satisfaction of delivering direct community service. They brought much joy and smiles to the elderly residents of Jamiyah Home for the Aged (Darul Takrim) on their visit.

Moving forward, the Red Cross Youth will be looking at long-term plans such as contributing to the recently-launched Community Led Action for RESilience (CLARE) programme, to serve the vulnerable by supporting active and positive aging. It is hoped that through volunteerism, youths are able to not only experience the goodness of giving to others, but also learn from and be encouraged by one another's life experiences.

"The choices we make as youths will have an impact on the friendships we gain in life, and it is through volunteerism that we experience the goodness of giving—not only giving to others but what we learn and gain in return is a much more powerful and important experience."

— Amos Kow, President of Symposium Organising Committee, sharing about the three keywords that summarise what the youth obtain from their journey of Red Cross Youth, #choices #friendships #experiences



Red Cross Youth Challenge

by Vincent Toh, Red Cross Youth (RCY) and RCY Challenge 2014 Camp Commandant
Photos by Chng Chee Jean, Farhan Ismail, Leonard Lim, Wan Chye Keong, RCY



A challenge to both mental and physical strengths

The annual Red Cross Youth Challenge (RCYC) was held from 12 to 15 December 2014 at the Singapore Red Cross (SRC) campsite, with participation of close to 400 cadets, chapter members, teachers, volunteers and international delegates.

Themed 'Ready, Render and Reflect', the 2014 RCYC was much anticipated by many, and aimed to inculcate values in our Youth Leaders as well as to engage, enable and empower the participants by exposing them to various survival-skills-needed challenges. The participants were divided into five divisions, competing against one another in a quest to win a tassel (nicknamed "mao mao") which is to be tied to their division's flag as a great honour.

This year, SRC invited fellow youth members from eight National Societies within the Asia Pacific region – namely Cambodia, Hong Kong, Indonesia, Japan, Malaysia, Philippines, South Korea and Thailand – to join RCY in the camp. It is hoped that this would catalyst an active regional network and the collective spirit of graciousness and care.

For the first two days of the camp, the participants were put through a series of challenges testing their mental and physical strengths, around Marina Bay, Gardens by the Bay and Sentosa. Subsequently, a workshop on Youth as Agents of Behavioural Change (YABC) was conducted to introduce self-transformation for positive mindset and behavioural changes.

The participants put the YABC learning into action with a community service project on the third day at East Coast

Park and Pasir Ris Park. They promoted first aid knowledge and awareness in these parks, and shared the role of Red Cross in emergencies. At the end of the day, hundreds of thumbprints from the members of the public were collected on a banner, as a pledge of their support towards the Red Cross humanitarian aid.

On the exchange front during the Cultural Night, the participants were treated to a taste of exotic cultures through exhibitions and performances. Mr Edwin Seah, Council Member of SRC, graced the event as the Guest-of-Honour. And the last night brought the camp to a high with the lighting of campfire, by the Guest-of-Honour, Ms Liew Wei Li, Director of the Ministry of Education's Student Development Curriculum Division.

The last day of the camp saw the participants contesting in a dragon boat race to score the final points for their division. They paddled through the water together and experienced their last chance to complete the race as a team.

The camp concluded with lots of emotion and hugs, tears and cheers. Division Echo, the final winner of the challenge camp, could not have been any happier as their efforts finally paid off. Congratulations to Division Echo for winning the legendary "mao mao" (or "tassel of honour")!

As to the rest of participants, surviving the four-day-three-night camp is no mean feat. Our tears and perspiration may have dried up, but our voices and laughter will continue to echo through our hearts, and the memories of bonds forged will be etched deeply in our minds.

 Give **Blood**. Save Lives.

Become THE HERO WITHIN YOU.

You could rescue someone from a super-villain to become a hero but there's a better way. Every time you donate blood, you can save up to three lives. To become the hero within you, donate blood and start saving lives today.



Muhd Ridhwan B Maznin
6-time blood donor



Gurvinder Sidhu
7-time blood donor



Teo Jie Hao Bear
20-time blood donor



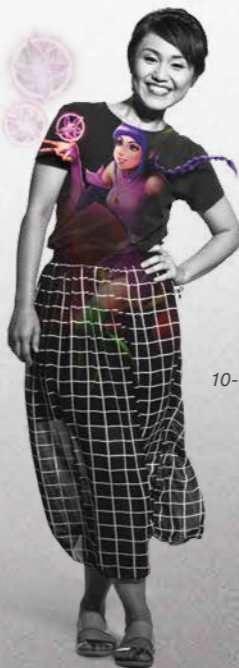
Ang Shi Ying Isebell
4-time blood donor



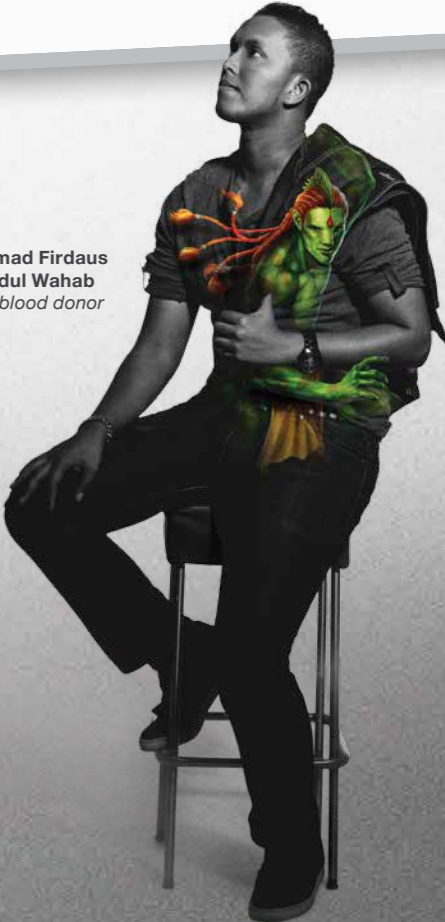
Ariel Cheyenne Day Gleason
5-time blood donor



Liam Riley
1-time blood donor



Goh Min Hui
10-time blood donor



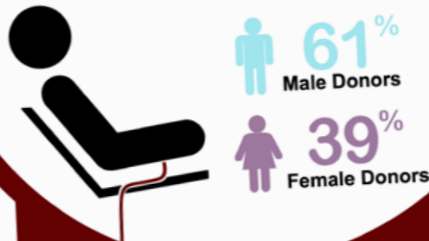
Muhammad Firdaus
Bin Abdul Wahab
32-time blood donor

The Big Blood Picture 2014

As the National Blood Service, HSA aims to supply the safest possible blood to all patients who need blood transfusion.

Blood Donors
68,868 = 1.78%
of Singapore's residential population

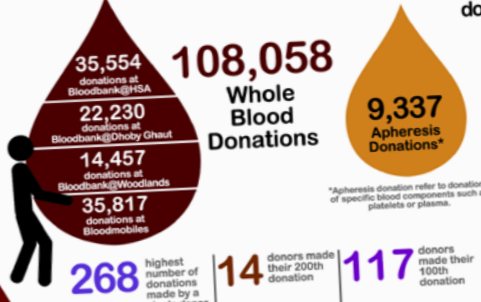
1st Time Donors 29%
Regular Donors 39%
Youth Donors 30%



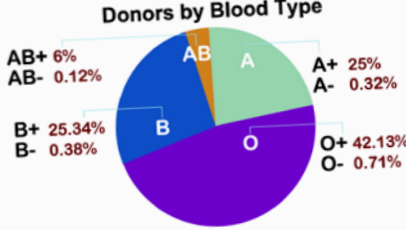
Estimated Blood Usage Rate for 2015



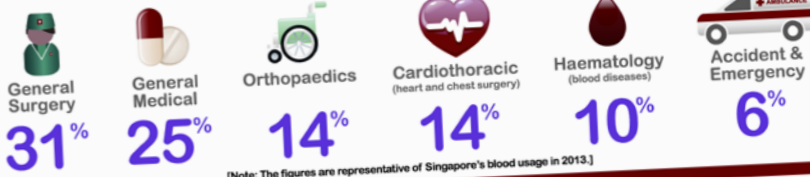
Blood Collection



live the life | 23
Singapore Red Cross (SRC) is the National Blood Donor Recruiter. SRC recruits, retains and educates blood donors to meet national blood needs.



Blood Usage in Singapore



Life-Saving Components of Blood

Medical Condition	Average Number of Units Needed Per Patient
Dengue Haemorrhagic Fever	3 to 4 adult dose platelet units
Thalassemia	3 to 4 red cell units per month
Coronary Artery Bypass Graft (CABG)	7 red cell units
Cancer Treatment	1 red cell unit and 1 adult dose platelet unit daily
Stem Cell Transplant	1 red cell unit and 1 adult dose platelet unit daily
Road Traffic Accident	8 red cell units
Transcatheter Aortic Valve Replacement (TAVI)	6 red cell units
Liver Transplant	10 red cell units

Credit: Health Sciences Authority