

redcross+

ISSUE FOUR 2017 MCI (P) 014/03/2017

A MAGAZINE BY SINGAPORE RED CROSS



**ENHANCING RESILIENCE
IN THE COMMUNITY**

Inside this issue:

**MORE NURSES IN
HUMANITARIAN EFFORTS**

**INTERNATIONAL BAZAAR
TOGETHER FOR HUMANITY**



Passage of Life

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

婚礼,本是人生一大喜事,慧娘一生坎坷的命运,
却以这场婚礼开始,让她的生命历程变得坚强,挚爱。

16 December 2017, Saturday, 8pm
Gateway Theatre (Jalan Bukit Merah)

Inspired by our local Straits culture, Passage of Life brings to life the lavish Peranakan wedding - along with the intricate costumes and finery, set and music. Through the 'Nanyang Style' of dance language, this multifaceted performance will feature diverse aspects of the Peranakan vibrant culture and cuisine through the narration of Hui Niang's life journey. In support of the Singapore Red Cross and under the direction of the Dance Ensemble Singapore Founder and Artistic Director, Mdm Yan Choong Lian, in collaboration with the dramaturg,

Edmond Wong, and renowned Kebaya costume designer, Raymond Wong; with choreography by DES Dance Director, Sharon Low, DES Creative Director, Cai Shiji and DES Resident Choreographer, Goh Yan Dan, and performed by Terene Seow, Jiu Jian, Ang Tallin, Jack Ye Zheng Wen, Passage of Life will be presented as a Chinese dance drama, where audience can indulge in an exquisite balance of oriental and contemporary display of movements with a 'Singaporean' flavour.

For one night only.
Tickets on sale at redcross.sg from \$50 - \$200.
Donations are appreciated,
and entitled to 2.5x tax deduction.

All proceeds to Singapore Red Cross' local humanitarian services for the most vulnerable - ElderAid, FoodAid, TransportAid, Red Cross Home for the Disabled & Day Activity Centre.



SINGAPORE

CONTENTS

SEC GEN'S NOTE

4. Attitude of Gratitude

SCENE

5. "Dancing colours, bridging love"
Sponsorship boosts training capabilities
Equipped to respond to floods
Prepared for overseas relief missions
6. Looking good with a haircut
First Aid over the Airwaves
Gaining insights on disaster risk reduction
Bag-Styled Humanitarian Talks
7. ElderAid Highlights
8. On first aid standby at T4 Opening
Teeing off for a worthy cause
9. Sending humanitarian aid to communities in Cox's Bazar, Bangladesh

HIGHLIGHTS

10. More nurses in humanitarian efforts - locally and abroad
11. Leaving a footprint on foreign shores
12. First aid is for everyone, everywhere
14. Together for Humanity
18. Spot the Difference

PROFILE

19. Befriending our pioneer generation
21. "You are Always there for me"

FEATURE

22. Interesting therapies at Red Cross Home for the Disabled
24. Behind the scenes of Project R.I.C.E+
26. Save now, save a life later
27. Labour of Love

WELLNESS

29. An iron-rich recipe for blood donors

CHAT

30. Giving thanks and looking ahead
32. Off the beaten track

FRESH

34. 12 ways to add meaning to the holidays
35. Festive Gift Ideas

ALERTS

36. Charity Concert
ChariTrees
Youth Humanitarian Leadership Camp
Blood Drives

EDITORIAL COMMITTEE

Tang Chun Tuck
Eileen Cher
Sondra Foo

Patricia Ler
Agnotti Mohamed Kassim
Alina Tee

Hsu Nan-Ting
Ace Woo



First aid is for everyone, everywhere
Pages 12 & 13



"You are always there for me" - FoodAid beneficiary shares story
Page 21



Behind the scenes of Project R.I.C.E+
Pages 24 and 25



The Red Cross Home for the Disabled remains firm in its mission to improve the quality of life of its residents by introducing innovative therapies that bring much excitement and cheer (Pages 22 and 23).

For the first time, we introduced a 'pay it forward' initiative in our traditional fundraiser - the iconic Red Cross International Bazaar (pages 14 to 17), by encouraging donors to gift a shopping treat to beneficiaries. This was win-win. The funds raised went towards our humanitarian causes, and the exercise enabled many families and individuals with less privileged backgrounds to enjoy a memorable excursion to Suntec Singapore, with a variety of bazaar treats to bring home.

The year end holiday season is here again, and so is the time to give thanks for all that is good. Around the globe, we also celebrate the contributions made by volunteers with International Volunteer Day on December 5th.

You may not realise it, but your contributions mean the world to someone out there.

Here at Red Cross, we celebrate your gift of service to humanity, and thank you for your donations of time, resources, skills and blood. All year round, we have witnessed life changing events and even miracles as a result of your charity and generosity, and we are always happy to report on the impact of your donations.

In the case of Ruhana, her chance meeting with Red Cross volunteers transformed her life (Page 21). In her darkest days, she entertained suicidal thoughts. Today, she has a renewed sense of purpose and is enthusiastic about touching the lives of others.

Your contributions impact our beneficiaries on a day-to-day basis. Your helping hand may be the reason a mak-cik is enjoying mee rebus with her neighbours. Your mentorship may be the reason a young father man is enjoying his daughter's piano recital. Your blood donation may be the reason a couple will renew their wedding vows at sunset. Your first aid may be the reason a teacher will live out her childhood aspirations and impact young lives for the rest of her life.

We press on to bring cheer to those we serve. I am proud of the SRC team for not being content with mere service, but always exploring new ways to improve the lives of all those who depend on our humanitarian services.

Take for instance how we distributed emergency kits to 300 elderly households on the occasion of World First Aid Day (Pages 12 & 13), and raised awareness of home safety and fall prevention. Our corporate partner Aviva (on the cover) joined forces with us to do just that.

We are keen to share our humanitarian mission with others and inspire young and/or to-be humanitarians. I am therefore glad to share that we have inked important agreements with the Singapore Nurses Association (Page 10) and Singapore Polytechnic (details in the next issue) to open the doors for more nurses and young people to participate in and learn about our local community services and overseas humanitarian programmes.

As the year draws to a close, I would like to thank all partners, sponsors, volunteers, donors and colleagues for your unstinting support to our lifesaving mission. I look forward to your continued partnership in the year ahead.

Benjamin William
Secretary General / CEO



“DANCING COLOURS, BRIDGING LOVE”

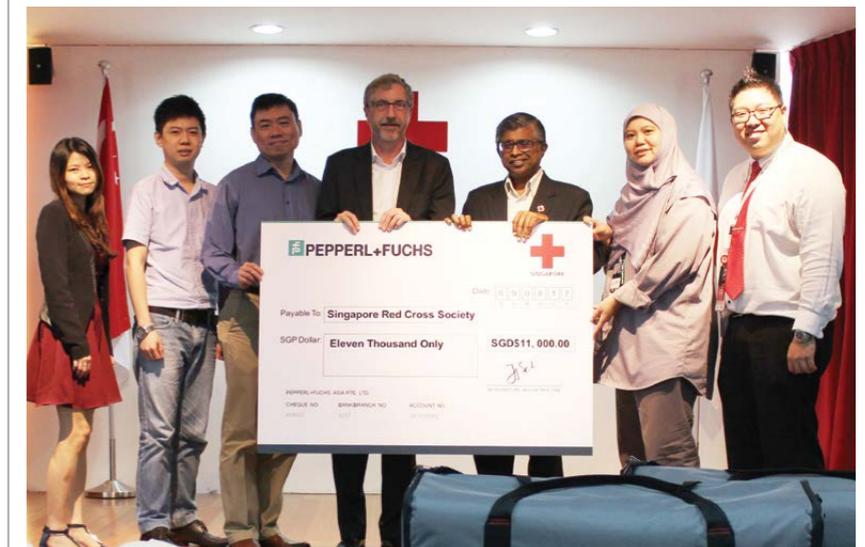
Our residents of Red Cross Home for the Disabled (RCHD) have proven that they too, can play a part in fundraising. They created 20 masterpieces guided by the staff of Grand Copthorne Waterfront Hotel which raised close to \$7,500 at a charity auction, “Dancing Colours, Bridging Love” organised by the Hotel on 6 September.

PREPARED FOR OVERSEAS RELIEF MISSIONS



To enhance our volunteers' capacity in overseas deployment during the acute and rehabilitation phases following a disaster, we conducted an Overseas Disaster Deployment Training (ODDT) for 60 volunteers over four sessions, with the final session held on 16 and 17 September at Red Cross Training Campsite. ODDT proved to be a resounding success and we plan to continue training volunteers in ODDT in the years ahead.

SPONSORSHIP BOOSTS TRAINING CAPABILITIES



We thank Pepperl+Fuchs Asia Pte Ltd for sponsoring Basic Cardiac Life Support mannequins worth \$11,000 for the Singapore Red Cross Academy, thereby boosting training resource capabilities.



EQUIPPED TO RESPOND TO FLOODS

To better equip volunteers to carry out relief missions following floods, we conducted a course on water safety and land-based rescues at East Coast Park (Beachfront) on 26 and 27 August.

LOOKING GOOD WITH A HAIRCUT



Goh Quan Yao, resident of Red Cross Home for the Disabled gets a haircut from one of the volunteers from Beeh Low See Buddhist Temple. The temple has been providing monthly haircuts for our residents for the past 18 years. A big thank you to all the volunteers for your tireless contributions all these years!

FIRST AID OVER THE AIRWAVES



We received extensive media coverage following Singapore Red Cross' launch of Instasave, a series of first aid videos on Instagram on the occasion of World First Aid Day. Check out our Facebook page to watch these interviews.

GAINING INSIGHTS ON DISASTER RISK REDUCTION



Volunteers and staff of Singapore Red Cross (SRC) gleaned valuable insights on disaster risk reduction and management at "Temu Sibat 2017" (translated as Community-Based Response Team National Gathering

2017) in Bogor District, Indonesia from 16 to 20 September.

The SRC team also participated in a community service of tree planting and building of toilets.

BROWN BAG-STYLED HUMANITARIAN TALKS



Singapore Red Cross Academy initiated the Brown Bag lunch talks to promote Humanitarian Education amongst staff and volunteers. Singapore Red Cross (SRC) Secretary General / CEO Benjamin William delivered the first talk, "Humanitarian Challenge - Mobilising the world" on 29 September where he challenged traditional thinking about humanitarian actors. On 26 October, SRC Secretariat Yip Yee Thai, gave a talk on "Humanitarian Action in Practice" where he shared his experiences on his deployment to Phuket following the 2004 Indian Ocean Tsunami.

Look out for the next Brown Bag lunch talk on "humanitarian response to a natural disaster" by Director of Services, Sahari Ani on 31 January 2018.

Scan the following QR code to sign up.



ELDERAID HIGHLIGHTS



1 JULY

In collaboration with Community-Led Action for REsilience (CLARE) volunteers from Red Cross Youth - National University of Singapore Chapter (RCY - NUS Chapter), we engaged more than 30 elders in karaoke, games, handicraft, health talks and exercise.



23 SEPTEMBER

Our ElderAid volunteers engaged 10 elderly and one caregiver in healthy living and eating by baking healthy scones and cooking pasta! Besides the cooking session, 11 elderly and 2 caregivers joined 33 FoodAid beneficiaries and 41 household members on a shopping trip to the Red Cross International Bazaar at Suntec Convention Centre, courtesy of generous donors who sponsored their tickets. The elderly enjoyed themselves thoroughly!



26 AUGUST

Our CLARE volunteers from RCY - NUS Chapter engaged about 70 elders at a Senior Citizens' Tea Party at Wellness at West.



1 OCTOBER

We brought 13 elders from our North East and South East ElderAid programme for a makeover - haircut, manicure and pedicure on International Day for Older Persons! A big thank you to The Hair Secrets for treating our elderly beneficiaries to the makeover and some delicious breakfast while waiting for their turn. We were pleasantly surprised by their transformations!



13 OCTOBER

We let our hair down and bonded over a bowling session, proving that we can volunteer hard and play hard as well!



30 AUGUST

It was a day of fun and games for our beneficiaries at a picnic outing at Changi Beach.



7-8 OCTOBER

Seventeen of our North East volunteers attended the Standard First Aid and Automated External Defibrillator training. Not only did we pick up useful life skills, the training enabled them to bond and gain a sense of belonging to the Red Cross family.



14 OCTOBER

We visited the elderly at Chai Chee with four volunteers from Filos Community Services.

ON FIRST AID STANDBY AT T4 OPENING

Photos by Wong Leong Jeam and Community FirstAid Volunteers

135 dedicated staff and volunteers provided first aid coverage to visitors at the opening of Terminal 4 (T4) from 7 August to 20 August.



TEEING OFF FOR A WORTHY CAUSE

Photos by Wong Leong Jeam, Volunteer

Avid golfers raised \$110,000 for SRC's local humanitarian services at the Singapore Red Cross - RHT Rajan Menon Foundation Charity Golf 2017, at Orchid Country Club on 17 October.



SENDING HUMANITARIAN AID TO COMMUNITIES IN COX'S BAZAR, BANGLADESH



Bangladesh. Red Cross and Red Crescent teams provided relief items to the affected communities, while healthcare, food and water were still needed for the communities who self-settled in the areas surrounding Cox's Bazar.

"The large wave of population movement resulted in a critical humanitarian emergency in the Cox's Bazar area, with the communities facing issues like overcrowding, poor sanitation, and insufficient first aid, medical assistance, clean water and food. These challenges are likely to persist for an extended period of time," said Benjamin William, Secretary General and CEO of Singapore Red Cross.

Singapore Red Cross (SRC) deployed an advanced team to assess the needs of the affected communities, and to assist with relief distribution, in Cox's Bazar, Bangladesh from 4 to 10 October. Working alongside the Bangladesh Red Crescent Society (BDRCS) and International Federation of Red Cross and Red Crescent Societies (IFRC), SRC distributed US\$30,000 worth of relief items to aid the affected communities in the ongoing humanitarian crisis in Rakhine State.

"People would be queuing for two to three hours even before we started distributing relief supplies. You could see how afraid they were of losing their place in the queue. The camp we went to didn't have food distribution for five days before we arrived," said Charis Chan, Head, International Services.

"These people really need help. The smiles on the faces of the refugees when they got their food package. That was really something," shared Nazeer Basir, Executive, International Services.

Earlier in September, SRC launched a public appeal for funds to support relief efforts for the people from Rakhine state, Myanmar. Through the month-long appeal, SRC raised more than SG\$50,000 in donations, all of which will be used in aid of those affected by the current crisis.

Since the crisis began, nearly 587,000 people fled from the Rakhine State of neighbouring Myanmar into

SRC has been providing humanitarian assistance in Rakhine since 2012. In July this year, SRC mobilised a team in Rakhine to distribute USD \$50,000 worth of shelter items, school kits and teaching kits to communities affected by flooding in Rakhine. Earlier on, SRC had also provided assistance to internally displaced person (IDP) camps in Rakhine.

SRC had also previously distributed US\$50,000 worth of relief items in collaboration with BDRCS to support the people who were affected by Cyclone Mora in Bangladesh. Dry food rations and household items were distributed to beneficiaries of the Cyclone Mora, together with toolkits for repairing shelters, and cash grants to help restore lost livelihoods.

Scan the QR code below to read more about our efforts in The New Paper.



MORE NURSES IN HUMANITARIAN EFFORTS – LOCALLY AND ABROAD



Singapore Red Cross (SRC) and Singapore Nurses Association (SNA) inked an agreement on 12 August for nurses to participate in local community services and overseas humanitarian programmes. The MoU signing was witnessed by Guest-of-Honour, SNA Patron Mary Tan, wife of former President Tony Tan.

Specifically, the partnership facilitates nurses' active involvement in community outreach and advocacy; as well as health promotion and mentoring for the elderly and vulnerable persons. This will be done through SRC's local services, such as ElderAid, HoME+ (Home Monitoring & Eldercare) and Clinic-on-Wheels (to be launched end-year). Additionally, nursing students would have the opportunity to participate in SRC's overseas humanitarian programmes, whilst nursing professionals would be able to deliver in-country training programme to build the capacity of

nurses from the region. Such efforts are expected to directly benefit some 500 persons from vulnerable communities in the first year.

“This partnership holds great potential for Singapore’s nursing expertise to be embedded in the humanitarian services that SRC delivers internationally and locally. It will also ignite in the Red Cross Youth members, an interest in the nursing profession, which in turn will help secure our future healthcare. This is a lifesaving partnership, where the impact can be significant and manifold,” said Benjamin William, Secretary General/CEO of Singapore Red Cross.

“Nurses are the bedrock of the entire gamut of health care services, and they play a key role in the promotion

and maintenance of health, disease, prevention and care of the sick. Day-to-day, many go above and beyond the call of duty. We are glad to partner with the Singapore Red Cross to facilitate our nurses' access to humanitarian missions, for them to touch more lives in the communities they choose to serve in,” said Associate Professor Lim Swee Hia, President of Singapore Nurses Association, which is committed to supporting the professional development of nurses.

SRC has, over the years, mobilised volunteer-nurses on several projects, including peacetime missions to Myanmar and Indonesia; disaster response missions following the Nepal earthquakes and Typhoon Haiyan; training of volunteers and health screening at local community outreach, amongst others. These joint-projects were presented in an exhibition by SRC, which Mrs Tan visited, alongside chief nurses and nursing directors of major healthcare institutions.

LEAVING A FOOTPRINT ON FOREIGN SHORES

By Sondra Foo, Corporate Communications and Marketing



Nadiah Erniyanti Maliki (pictured standing, second from right) was part of the second medical team that provided medical and emergency care at a field hospital established by Qatar Red Crescent in Bidur, Nuwakot, in May 2015.

Nadiah Erniyanti Maliki was the first nurse mobilised by SRC Nurses Network, to help in relief efforts following the Nepal earthquake in May 2015.

At that time, a hospital in Nepal had collapsed as a result of the first earthquake. As part of the second medical team, Nadiah provided medical and emergency care at a field hospital established by Qatar Red Crescent in Bidur, Nuwakot, about three to four hours drive from Kathmandu.

“We saw about 200 to 300 patients a day. Most were sprains or fractures,” shared Nadiah.

The relief mission was memorable because she experienced an earthquake first-hand when the second earthquake struck on 12 May 2015.

“At that point, I was wondering if it was an earthquake. However, the locals were familiar with the situation as they feel tremors every now and then,” said Nadiah.

effects of smoking, alcoholism, and chronic diseases,” explained Nadiah.

At Alak Final Dumping Ground, they conducted a health screening for 55 people and taught the local nursing students the use of digital thermometers, automated BP sphygmomanometer and pulse oximeters.

“It was heartwarming that the nursing student volunteers who were attached to us, gained new knowledge. They were truly grateful for the lessons and experiences that we shared with them throughout the journey,” shared Nadiah.

Both the relief mission and the OHP were eye-openers for Nadiah.

“In Singapore, we have all the medical equipment, facilities, ample space, clean tables and stable chairs. In a disaster zone or a village, we had to make do with everything we have there. It was quite a challenge as we had to improvise and conceive novel solutions to deal with the situations at hand. We used empty barrels as makeshift tables. We gave health screening on our feet,” explained Nadiah.

Nadiah is also a key member of Singapore Red Cross' ElderAid workgroup.

The team faced challenges with the lack of available medical equipment and facilities in the disaster zone and the language. Fortunately, there were translators.

In December 2016, Nadiah led a team of nurses from the Nurses Network to provide health assessment and education to 238 people at the Ratnamo Refugee Camp in Kupang, Indonesia, through an Overseas Humanitarian Programme (OHP).

“Most of the adults had chronic pain at their lower backs, a strain from farming. Most of the children had runny nose, cough and fever. We educated parents on proper hygiene, ways to prevent the spreading of common cold, malaria prevention,

“Through this MOU (details on facing page), nurses will have the opportunity to broaden their horizon and enrich their lives with meaningful and rewarding volunteering experiences, both locally and overseas. They will learn to be thankful for the things they have and not take them for granted. They can play a part to bring joy to the elderly and the vulnerable, and make a positive difference,” said Nadiah Erniyanti Maliki, a nurse and volunteer with SRC.

FIRST AID IS FOR EVERYONE

By Vincent Toh, Red Cross Youth Secretariat
Photos by Anthony Chia and Jason Ho, Volunteers



This year's World First Aid Day (WFAD) 2017 celebrations saw different organisations coming together with the common goal of advocating first aid to enhance community resilience. Held at Taman Jurong Community Club on 9 September, WFAD 2017 garnered the support of Ministry of Education, National Youth Council, South West CDC, Taman Jurong C2E and Jurong Spring C2E. Four hundred students from 26 secondary schools, 300 volunteers and teachers, 500 residents came together to commemorate the occasion.

Minister Desmond Lee, Minister for Social and Family Development and Second Minister for National Development, and Adviser to Jurong GRC Grassroots Organisation graced the event as the Guest-of-Honour.

Reinforcing why learning first aid is critical, Minister Lee shared in his speech, "The Singapore Red Cross' goal of having a first aider in every home is aligned with the SGSecure movement's goal of having prepared citizens in each household... As

qualified first aiders, you play an important role in advocating emergency preparedness among your circle of friends. Your skills can help to save lives, and help us stay strong to bounce back quickly from a crisis."

Champion Community First Aiders

Three volunteers were recognised for clocking the highest voluntary service hours in Community FirstAid duty in 2016.

Zoo Yew May, 28, was one of them. Last year, she contributed 58 hours in voluntary service. She has also been volunteering as a First Aider on Wheels for two years. Currently studying nursing, she is also a volunteer first aid instructor.

Yew May recalled an incident where she and a fellow first aider, Jason Wo gave first aid to a boy who fell from his bicycle while learning to cycle at Pulau Ubin.

"We responded and got the situation under control. If you are trained in first aid, you can help the casualty in



Zoo Yew May clocked one of the highest voluntary service hours in Community First Aid duty in 2016

such emergency situations," shared Yew May.

Benjamin William, SRC Secretary General / CEO said, "First aid is for everyone, and no one is too old or too young to pick up these life-saving skills. I am heartened to learn that many youth in our midst today are proficient in first aid. It is encouraging to witness their passion for humanitarian causes and desire to spread first aid awareness within the community."



After the ceremony where People's Association put up a skit while RCY showcased a video on SGSecure, participants were treated to a series of fun-filled activities at the carnival themed "First Aid is for Everyone". Through first aid games, they learnt more about first aid.

The People's Association also highlighted the importance of first aid to the community at their booth. Participants also gained a hands-on experience using the extinguisher, guided by the Singapore Civil Defence Force. The booth set up by the Singapore Police Force shared the importance of staying alert and vigilant of our surroundings.

Emergency Packs for Elders

About 300 youth members and corporate volunteers distributed Emergency Packs (E-pack) to the elderly staying in one room flats / rental flats in Taman Jurong and Jurong Spring (on the cover). Each E-pack contained a first aid kit, N95 Mask, insect repellent and food. The volunteers shared with the elderly about they can do if there is an emergency, and how to use the first aid kit to treat minor injuries if they are injured. This is in line with SRC's Community-Led Action Resilience (CLARE), which mobilises neighbourhood-based volunteers to provide first response, first aid,

eldercare and befriending service to vulnerable groups in their community.

Huang Yu Jing, Matilda, 12, roped her parents Huang Soo Lin, 47 and Marie Koh, 46, in to pack E-packs for the elderly.

Marie had this to say of her younger daughter, "Matilda is very passionate about helping people. No doubt it was only packing work, she did it enthusiastically. We even discussed how we could be more efficient. It brought us together as a family."

A group of 70 employees from Aviva volunteered to distribute the E-Packs to the elderly at Taman Jurong (pictured on cover page).



"It was an eye-opener to understand the living conditions of the beneficiaries. It was very meaningful to share with the elderly about first aid and bring food items to them. We came together as a company, bonded with colleagues, met beneficiaries. It was a meaningful and enjoyable activity," shared Chermaine Yeo, one of the volunteers from Aviva.

RCY would like to thank Taman Jurong Community Club and Taman Jurong C2E for their kind venue sponsorship and provision of administration and logistical support. WFAD 2017 was a success because of all the partners who came together, committed to spreading word on first aid in the community.



TOGETHER FOR HUMANITY

Photos by Ace Woo and Boey Kae Rene, Michael Ozaki, Billy Wong, Wong Leong Jeam, Tai Thanh Vo, Volunteers



Singapore Red Cross (SRC) organised our signature International Bazaar at Suntec Convention Centre on 23 September, raising \$92,000 for beneficiaries of our local humanitarian services.

Hundreds of representatives from diplomatic missions, local and international enterprises, and civic organisations banded together in solidarity for humanity, presenting a

kaleidoscope of international cuisine, cultural products, local delights and performances at the International Bazaar.

AT THE LAUNCH

Guest-of-Honour, Minister Josephine Teo, Minister in the Prime Minister's Office and Second Minister for Home Affairs and Manpower, launched the biennial International Bazaar which aims to enhance community spirit amongst local families and promote international friendship and understanding.



CIVIC GROUPS LEND SUPPORT



Associations, religious organisations, schools, and groups of people presented different items; Mahakaruna Buddhist Society's tea and biscuits, Every Nation Church's plants and pouches, Benevolent Foundation's elephant decorative items, clay paper-weights, Singapore Pakistani Association's shawls, Red Cross supporters' bags.



"We learnt about this bazaar through the Red Cross Home for the Disabled, where we clean wheelchairs every month. We sold potted plants, tee shirts, bags, cards and calligraphy. We organised a separate fundraiser to raise funds to cover the costs of operating this stall. This bazaar is interesting in its diversity. Each stall has something unique to offer. It's not just about giving back to the community but bigger and better than that. We can achieve more when we come together," Tony Stewart, Programme Head, Every Nation Church of Singapore.



"We wish to show our gratitude to Singapore for helping us after the 2011 disaster. Everything we have today is from Rikuzentakata, Iwate which was hit by the earthquake and tsunami. The whole town was destroyed and wiped out; all the products you see here were made from the factories that we rebuilt after the disaster. We showcased pecan chocolate, sparkling sake, rice and sea urchin! We also provided in-season travel information; a lot of people were asking for advice and information which we were happy to offer. Many high government officials came to support this event. It was truly a representation of all the countries coming together for the cause," Mr Kiyoshi Murakami, Senior Executive Advisor, City of Rikuzentakata.

A MELTING POT OF DIFFERENT CULTURES

One could get a sneak peak into the rich heritage, cultures, traditions, and history of each country, without having to take a plane! Shoppers took their pick from the kaleidoscope of things to bring home! They included Egypt's three pyramids paper-weight and Egyptian fan, book on Poland's salt mines and classic music pieces by Frédéric Chopin and Karol Symanowski, Laneige cosmetics and coasters from Korea, Bangladesh biryani and ornament boxes, Sri Lankan's Ceylon tea, blouses in Ukrainian embroidery and chocolates featuring Ukrainian landmarks, Brazilian slippers and dessert, Qatar's Mahalabia dessert and chicken kabasa, Russian dolls, Japanese bookmarks, sake and many more!



"At a time when the world is witnessing ever increasing number of human displacement due to war, conflict and natural disasters, the contribution of the Singapore Red Cross is meaningful. We must all come forward to assist them in whichever way we can in their noble cause for humanity." H.E. Md. Mustafizur Rahman, High Commissioner of Bangladesh to Singapore



"Singapore Red Cross leads the way to plant seeds of hope in people's mind and to safeguard the power of humanity. In this regard, the International Bazaar will give us an opportunity to learn benevolence, giving, and sharing," H.E. Lee Sang-deok, Ambassador of the Republic of Korea.



"The High Commission of Sri Lanka in Singapore is pleased to partner and join Singapore Red Cross in celebration of its signature biennial fundraiser event. The High Commission put up a Ceylon Tea Promotion counter showcasing Sri Lanka's unique premium quality fine Ceylon Tea," H.E. Nimal Weeraratne, High Commissioner for Sri Lanka.



"We have been participating in the bazaar for many years, especially after the Great East Japan Earthquake and Tsunami. We are most grateful for the contributions as well as the support of the Singapore Red Cross and the People of Singapore in helping Japan; people were so forthcoming in helping Japan. We brought wine from Nagano, Yamanashi prefectures and sake from Aichi prefecture, my hometown, a selection of lacquerware, handicrafts, bookmarks, crystal glasses and glass dish from Kyoto," H.E. Kenji Shinoda, Ambassador, Embassy of Japan.





GREAT SHOPPING EXPERIENCE

Shoppers were spoilt for choice as they took their pick from the myriad of offerings.



"I was just walking about when I stumbled upon this fantastic bazaar. It is most interesting that our international friends have come together to fundraise for the local vulnerable. I bought a bag, chocolates from Ukraine, avocado from Sri Lanka, mutton rice from Qatar and a souvenir box," Sun Yang, 47, a travel agent.



"I was in St Margaret's Secondary School's Red Cross Youth unit from 1968 to 1972. Veteran volunteer, Tang Chun Tuck, who taught me drills in Red Cross Youth decades ago, told me about the bazaar. I brought my friend and her young children here so they can be inspired to join Red Cross Youth. I like the food at the bazaar while the children love the games as they found them fun! I am very impressed as it is organised on such a big scale. We bought goodies, a first aid box and key chains," Lee Kin Choo, 62, an administrative officer.



"My husband, who is a volunteer with the Singapore Red Cross, told me about the international bazaar. We bought food, a necklace, some accessories and my children played games," Tina Tam, 36, an Accountant.

"My daughter bought us tickets to the bazaar. She works at Red Cross. It is an opportunity to bond as a family. I enjoyed the performances most and bought food for lunch," Cher Kai Chew, 62, an engineer.

A WORLD STAGE

Dancers, singers, koto performers, cheerleaders and magicians showcased their talent in enthralling performances, all in the name of humanity. A big thank you to all our performers: Superman Ran, Benjamin Eio & Jake, CheerForce Elite Cheerleading Team, East Coast Choir, Greek DanSING group, Women Association of the Indonesian Embassy in Singapore, Koto and Tagal Groups of Japanese Association, Magic Wonderlande, Mr Patrick Wong and his dogs, Red Cross Youth cadets from Seng Kang Secondary School, Students of Sri Lankaramaya Sunday School, Terry Tan and Ya Hui.



OUR CELEBRITY AMBASSADOR, YA HUI

Mediacorp artiste Ya Hui made her first public appearance as Singapore Red Cross' latest celebrity ambassador at the Red Cross International Bazaar (see pages 14 and 15), where she autographed Red Cross teddies, and auctioned off some of her personal items to raise funds for SRC. Emphasising the significance of giving back to society, Ya Hui quipped, "Charity is not just about donations. It's about the joy and laughter you bring to people."

ENJOYABLE SHOPPING EXPERIENCE FOR OUR BENEFICIARIES



A big thank you to all the generous donors who gifted a shopping treat to beneficiaries from Red Cross Home for the Disabled (RCHD), ElderAid, FoodAid. 11 ElderAid beneficiaries, 33 FoodAid beneficiaries and 41 household members as well as three residents of RCHD went on a shopping trip to the Red Cross International Bazaar, courtesy of generous donors who sponsored their tickets.

SPOT THE DIFFERENCE

Image by Ace Woo, Corporate Communications and Marketing

Circle them on **Image B**, scan and email your response to news@redcross.sg with your name, contact number and postal address. All the best!

The first ten entries stand to win attractive prizes!



BEFRIENDING OUR PIONEER GENERATION

By Patricia Ler, Corporate Communications and Marketing



“If you really want to explore a place, you will go to the heart of it.” That is John Mathew’s life motto. The outgoing 31 year-old Indian national, who works at a local IT firm specialising in data storage and backup, shares his insight on how he keeps himself meaningfully occupied amidst his hectic work schedule. He is a nature photography enthusiast with a big heart for the elderly.

John enrolled in a first aid course at Singapore Red Cross (SRC) Academy because he understood the importance of first aid when one of his local rock climbing friends met with a near-fatal accident during his climb.

He received a call from Fara Roslan, SRC’s District Manager for Northeast, under the Community Resilience team. She had introduced him to ElderAid, a service where volunteers befriend

and care for the isolated elders. He swiftly accepted the invitation to join, as he has always been attached to the older generation.

“I admire their fighting spirit,” he said.

John observed that the level of receptiveness from the elders in his home country and Singapore may differ. Yet, their life experiences taught him precious lessons which he would not have gained otherwise. He perceives the elders as his role models.

“You learn many things and get a lot of advice from the elders. Some of them really touched me with their words,” he says with a beaming smile.

Notwithstanding his busy schedule, he visits an elderly beneficiary fortnightly together with volunteers Fong Kwok

Onn and Jennifer Ayson. They conduct regular health assessments on the elderly beneficiary and bring him to picnics or strolls at East Coast Park or Gardens by the Bay. Such excursions bring joy to both the befrienders and the elders as they share common memories together.

“You cannot force anything on anyone. Volunteering means you are stepping out on your own terms,” acknowledged John. He encourages his Singaporean friends to join him on this meaningful journey.

If you are ready to join John in building community resilience with our elderly, volunteer as a befriender in your neighbourhood today. To find out more, please visit <https://redcross.sg/our-services/community-services/elderaid.html>.

THERE ARE 957,246 VEHICLES* IN SINGAPORE. YET FOR SOME, GETTING AROUND IS A CHALLENGE.

It's easy to forget that some of us can't go out or travel on our own. With your help, vulnerable people like Noor will be able to access medical treatment.

Make a difference. Start helping today.

Donate online at redcross.sg.give.asia or fill out the form below and mail to Singapore Red Cross, 15 Penang Lane, Singapore 238486.

*Source: LTA



GLUE ALL SIDES FIRMLY. STAPLING & SPOT SEALING IS DISALLOWED.

Your gift will uplift the lives of the vulnerable.



Buy 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

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.

Monthly gift (Please do NOT tick for one time donation)

Credit/Debit Card Bank: _____ Card No. (VISA/Master Card/Diner) _____ Expiry Date: _____ 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: _____

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)

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

"ALWAYS THERE FOR ME"

By Chiam Choon Yong, Volunteer



Ruhana (second from left) with her SRC friends Abdul Jamal bin Abdul Hameed, Julie bte Khabir and Danny Toh Liew Siew, after successfully completing her First Aid course. Abdul Jamal admires her courage and commends her for her learning ability.

who are always there for me, who listen to me and understand me. I am more positive and more confident now. Life would have been different if I hadn't met my friends from the Red Cross."

Ruhana's inner life shifted; thoughts of suicide, verbal abuse, a negligible sense of self-worth, and feelings of hopelessness, were gently snuffed out. The transformed Ruhana projects renewed aspirations: full-recovery, desire to venture out, enjoy life, and get a job. A visit to President's Challenge squeezed her heart a little more. She even enrolled in a first aid course.

Armed with her first aid skills and knowledge, and a freshly-minted gungho spirit, Ruhana feels more energised and fresh. Her door of opportunities was once closed; but now it is open. She even hopes to live until 90, as she now has a goal in life; to help people in need. Sick or not, she is ready for anything. She yearns to be a person of significance; a role model for people like her, to be someone remembered for helping people.

"If others can do something for me, why can't I do something for others? I feel I belong to the Red Cross family and I want to do something good to help others," affirmed Ruhana.

Ruhana doesn't forget those who made a difference. Huiting always asks after her, telling her to '加油' ('power on' in Mandarin) and prodding her to learn something new. Ruhana says: "谢谢你", (thank you in Mandarin) Huiting!

If you are over 50, not working, living on welfare, battling multiple health problems, including cancer, had seen your marriage dissolve, what would you do? If not for the Singapore Red Cross (SRC), Ruhana Salleh's life would have been very different. This is a timeless tale of people helping people, being touched and touching lives in return.

Ruhana was diagnosed with ovarian cancer in 2014. Chronic diabetes and depression followed. Divorce, a double operation and chemotherapy continued the heartbreaking tale. With no one to turn to for advice, she simply followed doctors' advice, to take one step at a time. Fortunately, Medifund covered her medical costs.

A chance encounter with Fathin Awalludin, Journalist with Singapore Press Holding's Berita Harian / Berita Minggu led her to SRC. Staff from SRC's Community Resilience department set up a meeting and took her on as a FoodAid beneficiary who receives \$120 worth of supermarket vouchers to buy nutritious food every month.

Ruhana's self-imposed loneliness and depressing outlook faded when she found a new world filled with true friends like Su Huiting, her SRC befriender. From strangers, their friendship blossomed to true friends available 24 hours a day.

"After meeting the Red Cross, I don't feel lonely any more as I have friends

Know of someone who needs help? Call us at 6664 0500 today.

INTERESTING THERAPIES AT RED CROSS HOME FOR THE DISABLED

Green fingers. Furry friends. A waft of pastry aroma. We are proud to share that our beneficiaries at Red Cross

Home for the Disabled (RCHD) enjoy regular Baking and Garden Therapies as well as Animal Assisted Activities,

which bring them such cheer! Read on to find out more!

A PAWSITIVE DIFFERENCE

Photos by Healing Paws



SOSD Healing Paws has been volunteering with RCHD since March 2017, mobilising 20 volunteers with seven furry friends with a visit to our beneficiaries for animal-assisted activities every last Saturday of the month. These visits bring immense delight to our residents, improving their quality of life.



FOR THE LOVE OF GARDENING



Every week, a different group of six residents of the Red Cross Home for the Disabled, will tend to the garden, guided by an occupational therapist and a therapy aide. The residents play a part in gardening by seeding, planting, watering and repotting the plants which consist of rosemary and basil amongst others. Gardening therapy is a therapeutic activity that gives the residents the opportunity to enjoy nature and social interaction, experience new stimuli and improve sensory awareness and enhance their sense of achievement and boost self-esteem during different stages of the gardening activity.

BAKING THERAPY SESSIONS IMPROVE QUALITY OF LIFE FOR DISABLED

By Julia Tan, The New Paper, 7 August 2017



Hindered by their severe disabilities, many of the beneficiaries at the Red Cross Home for the Disabled are confined to wheelchairs and have difficulties expressing themselves.

But for at least an hour every day, they look forward to participating in therapy sessions that lift their mood.

Last Thursday was the launch of the Baking Therapy programme, a group therapy initiative between the home and the SPD, a charity organisation for the disabled.

Both organisations, which have been collaborating since 2006, hope to introduce a new therapy programme



every year to improve the physical and cognitive well-being of the severely disabled residents.

During the session, the residents mixed cookie batter and lined the dough on trays for baking, while assisted by a therapist and two or three therapy aides.

Miss Lianna Eu Wen, 25, an occupational therapist from SPD who was facilitating Baking Therapy, said: "It gives them (the beneficiaries) the exposure to do something they might not have the opportunity to do. It also helps in muscle strengthening, increasing activity tolerance and maintaining their attention span."

Source: The New Paper © Singapore Press Holdings Limited. Permission required for reproduction.

BEHIND THE SCENES OF PROJECT R.I.C.E+



Jeslyn Lim, Deputy Project Director of Project R.I.C.E+ 2017

Project R.I.C.E+ is an annual, nationwide collection and distribution drive championed by youth leaders from Red Cross Youth - Chapters to bring food and daily necessities to the vulnerable.

In 2017, the youth raised more than \$195,000 in contributions and delivered hamper sets to some 8,500 beneficiaries including skipped generation, single and low-income households. Red Cross News interviews Jeslyn Lim, Deputy Project Director of Project R.I.C.E+ 2017 to find out more behind the scenes.

What did you do for Project R.I.C.E.+?

Having volunteered with Project R.I.C.E.+ in 2016, I witnessed the positive impact that the project had on its beneficiaries, the volunteers and the public. My volunteering experience motivated me to step up, serve and handover the project's legacy as part of the organising committee of Project R.I.C.E.+ 2017.

I held a strong conviction that Project R.I.C.E.+ has great potential in influencing positive change in people's lives. I set a goal for myself to advance the interests of our beneficiaries and continuously sought effective ways



to improve their welfare. This was a vision I never lost sight of. I learnt more about the less privileged in Singapore and gleaned important life skills; skills in communication, negotiation, decision-making and problem solving - things not taught in school but are essential in the working world.

As the Deputy Project Director of Project R.I.C.E+ 2017, I planned, organised and executed the project, including the Supermarket Phase and Distribution Phase. I worked closely with the Singapore Red Cross (SRC) in many aspects, from proposing new ideas to discussing operational issues. I led 29 youth leaders from the National University of Singapore (NUS), Singapore Management University (SMU) and Nanyang Technological University (NTU) to formulate a holistic and feasible action plan by working in synergy with all 10 teams in the organising committee.

What did you learn from this experience?

Handling a project of such a mammoth scale was not easy. For me, time management and setting priorities were instrumental in juggling between Project R.I.C.E.+ and my other commitments. I always jotted



down a list of things that needed to be done, with their respective deadlines. This systematic way of organising my time made me less overwhelmed and gave me a clear overview of the things to be done.

How did you rally support from everyone?

There were about 750 volunteers for both Supermarket Phase and Distribution Phase. We rallied support mainly through Facebook, Instagram, and an email blast through Red Cross and our respective schools. We held a mini recruitment drive in NUS and reached out to Red Cross Youth - Chapters from other schools to encourage them to support our cause. We had sponsors and corporate partners eager to volunteer with us as part of their corporate social responsibility. Thus, our volunteer pool comprised people from all walks of life.



How long did you take to prepare for Project R.I.C.E.+?

The whole planning took about eight to 10 months. We had our very first meeting in October 2016. The bulk of the preparation came from May 2017 to August 2017.

What was the most memorable experience?

We rallied for public's support for Project R.I.C.E.+ at various Sheng Siong Supermarket outlets. I recall reaching out and sharing with a couple and their two young children - one around five years old and the other still a toddler - on how they can contribute.

"The father asked his five-year-old son if he wanted to donate. The father said to his son that if he donated, he would have to forego ice cream for a week. The boy hesitated before deciding to donate, despite knowing the consequences of his choice."

What was challenging?

I attempted introducing Project R.I.C.E.+ to a man in his fifties. After listening for five seconds, he waved me away. I accepted his rejection readily as my prior experience at the

out there who appreciates what I am doing. That was what kept me going despite the challenges I faced.

What was most rewarding?

The smiles of our kind donors as they contributed to our cause, the smiles of my fellow volunteers when we achieved yet another donation, and the smiles of our beneficiaries who received more items than what was planned (due to the generous donations) were most rewarding. With their smiles, Project R.I.C.E.+ has achieved its objective of contributing to society by raising awareness and lending a helping hand in aid of the vulnerable.

Through Project R.I.C.E+, I learnt that everyone, no matter our age and background, is capable of influencing a positive change in someone else's life in our personal capacity. There is no act of kindness too big or too small!

Any last words?

Project R.I.C.E.+ is a great platform for you to learn about your society and yourself. Every grain counts!



SAVE NOW, TO SAVE A LIFE LATER

Check out **Instasave**, a series of step-by-step first aid videos on Instagram to make first aid more accessible to all in the community; starting with the youth and those on-the-go.

Featuring six bite-sized instructional first aid videos for common conditions

- cardiac arrest, seizure, choking, severe bleeding, stroke, and burn wounds, Instasave was jointly developed by Singapore Red Cross (SRC) and local advertising agency DDB Group Singapore and was launched on World First Aid Day this year.

You can download these videos and “save for later” within the app to gain easy access to these videos in case of emergencies. We encourage you to spread word on Instasave by sharing the videos with your followers, tagging @sgredcross and including hashtags #instasave and #savenowtosavelater.



LABOUR OF LOVE

By Sondra Foo, Corporate Communications and Marketing



“Joining Red Cross Home for the Disabled (RCHD) has given me a different kind of self-fulfillment - I believe I am making a difference by taking on one of the toughest jobs in the healthcare sector,” shared Nyssa Dela Cruz Malicdem, 26, an enrolled nurse with RCHD.

A few years ago, Nyssa was working as a community health nurse in Sto. Nino Health Centre in the Philippines. She provided health assessments for pregnant women, administered immunisations and was involved in the fight against tuberculosis. She then decided to venture out of the Philippines for work. She started out as RCHD’s nursing aide in November 2013. Her primary responsibility was to care for the residents; bathe, feed and attend to their needs. Her role was not without challenges.

Taking care of physically and mentally disabled entails a high demand of physical strength, emotional stability and courage.



“Due to their condition, we need to expend more time and patience in taking care of them. No matter how hard it got, it did not stop me. I can shower the residents with love and care and do my best to relieve their discomfort. I love what I am doing. This is where I am destined to serve,” affirmed Nyssa.

Her dedication in serving the residents has not gone unnoticed. In 2017, she rose through the ranks to become an enrolled nurse.

“I am truly grateful to the Management for giving me such a great opportunity,” shared Nyssa.

Now, her responsibilities have enlarged to include caring for the nursing aides and ensuring the compliance and adherence to the Standard Operating Procedures (SOP’s), including the Standard Practice of Care.

“Besides helping the staff nurses in the ward, I play a supervisory role to my junior nursing staff and inspire them to provide quality nursing care. I also ensure a safe and clean ward while quickly reporting any anomaly,” she explained.

Though she misses her family in the Philippines, she is motivated to stay on with RCHD as she has found a sense of purpose and meaning in her role; showering the residents with love, care and hope.

“I feel this is a noble calling where love and care are essential. I feel blessed to work at RCHD as I am in a position to give hope to the residents and keep their loneliness at bay,” she explained.

She derives satisfaction when family members and volunteers appreciate the hard work that nursing professionals put in.

“They give a simple tap on our shoulders and tell us that we are doing great. They are amazed by how we handle the residents with care. That truly gives us great job satisfaction,” she said.

She encourages people with the heart to serve the disabled to “join the Red Cross family to make a difference through your helping hands. Let us be an agent of love for the residents.”

Transform your life. Be a humanitarian worker today. Check out redcross.sg/get-involved/careers.html

RACE TO THE NEAREST BLOODBANK

YOUR BLOOD IS A LIFELINE FOR SOMEONE

giveblood.sg  Give Blood. Save Lives.
SINGAPORE



Did you know?
Only 1.8% of Singapore donates
blood – we need your help.

Bloodbank@Westgate Tower | Bloodbank@Woodlands | Bloodbank@HSA | Bloodbank@Dhoby Ghaut

Wellness

AN IRON-RICH RECIPE FOR BLOOD DONORS

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! 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 one of six easy-to-prepare iron-rich recipes, specially curated for you by Chef Ben Kirk of The Carbon Chef, in collaboration with the Department of Nutrition & Dietetics, Khoo Teck Puat Hospital.

Pistachio-crust Codfish with String Beans

Difficulty: Medium

Preparation time: 60 minutes

Cooking time: 15 minutes

Ingredients:

1 slice Codfish
50g String Beans
1 tablespoon Mayonnaise
½ tablespoon Dijon Mustard

Pistachio Crust

2 tablespoons Breadcrumbs or Panko
1 tablespoon Pistachio, roasted and chopped
1 spring Thyme leaves
1 spring Tarragon leaves, finely chopped
1 tablespoon Butter, unsalted

Yoghurt Dressing

2 tablespoons Natural Yoghurt
1 teaspoon Honey
½ teaspoon Cayenne Pepper
½ teaspoon Salt
2 teaspoons Lemon Juice
high in Vitamin C to help in absorption of iron!



Method:

- 1) In a small pan, melt the butter and stir-fry the breadcrumbs till golden brown. Season with some salt and add the rest of the pistachio crust ingredients in. Stir fry till fragrant and set aside.
- 2) In a small mixing bowl, combine all the yoghurt dressing ingredients and mix till smooth. Set aside.
- 3) Peel and wash the string beans. Season with a little salt, and steam for 15 minutes.
- 4) Mix the mayonnaise and mustard together. This acts as a "glue" for the pistachio crust.
- 5) Remove the skin of the fish, season with salt, and steam till it is cooked, about 15-20 minutes. Set aside.
- 6) To assemble the dish, spread a thin layer of mustard mayonnaise over the fish and layer a generous portion of crust on top of the fish. Serve with the string beans and yoghurt dressing on the side.

Scan the QR code below and
learn to cook this yummy dish!



GIVING THANKS AND LOOKING AHEAD

As 2017 draws to a close, we ask our volunteers about their experiences, and aspirations for 2018.

"Volunteering in Community FirstAid has allowed me to help those in need. I guide our newest volunteers as they put their first aid skills into practice, some even for their first time. At the end of the day, it benefits everyone!

Each time I volunteer, I remind myself that those I assist may not remember

what I have done or what I said, but they will definitely remember how I made them feel. This applies to people I have treated and to fellow volunteers too! My responsibilities taught me invaluable life skills. It keeps me going to contribute what I can for the greater good," says Mervin Leo, Community First Aider.



"The most memorable experience at Red Cross for me would definitely have to be when I was prompted to intern at Red Cross in the midst of volunteering for the packing of membership package. That was a good start for my journey with Red Cross. In 2017, SRC has provided me with opportunities to lead and serve the community. This cultivated my love for helping others

as well as being an altruist! I hope Red Cross will have more volunteers and blood donors in the year ahead. In 2018, I look forward to planning more events with my fellow volunteer event manager and I will definitely do my best to relieve the workload of the staff," says Tan Jun Yang Elton, Intern at Singapore Red Cross.

"I was excited to join Project R.I.C.E+ to deliver useful items to the less privileged families. While the packing process was fun, the door-to-door delivery enabled me to witness the type of houses they live in. The houses were small, rather cramped and stuffed with many things. They are living in such conditions because of their

financial challenges. I learnt that I must appreciate and show gratitude for the things I have. I hope to be trained as a first aider and participate in more Community First Aid activities," says Huang Yu Jing, Matilda, Volunteer for Project R.I.C.E+ and World First Aid Day.



"In 2018, I hope that Red Cross will provide more volunteering opportunities and I hope to set aside time during weekends to volunteer. I personally look forward

to volunteering for World Blood Donor Day 2018." says Chua Jo Er, Volunteer at World Blood Donor Day 2017

"My most memorable experience was when I was volunteering as a station facilitator at the Humanitarian Experiential Camp 2016 organised by SRCA. At the camp, there was a simulation of a war zone scenario where participants proactively worked as a team to get from one point to another.

In 2018, I look forward to participating in service projects. SRC provides

many avenues for volunteers to help and contribute back to the society. For example, Meals with Love, where volunteers visit beneficiaries with food vouchers and provide a listening ear. I also look forward to conducting more first aid courses in SRCA as first aid skills can save lives. I will continue to volunteer my time and explore new opportunities to contribute in SRCA," says DS Vickram, Associate Instructor with Singapore Red Cross Academy.



"I feel SRC is a factory of happiness; where happiness is made to spread to others. I am blessed. In 2018, I want to take up a first aid course and gain personal satisfaction by walking with Red Cross and helping people.

I hope to join as many events as I can be it donating blood or engaging in social work," says Omar Sakib, Volunteer for Sunday Bazaar and International Bazaar.

"My first time at Red Cross Home for the Disabled (RCHD) was definitely my most memorable moment. I felt a different kind of warmth when I talked to Lim Bee Lian, 56, one of RCHD's residents, who is of the same age as my father. Volunteering with RCHD has been a humbling and fulfilling experience and I have grown a lot through the experience. I learnt to be more open-minded and embrace

people who may seem different from us. I learnt that everything is not permanent, and we should give thanks for the things we have. It helped me appreciate life and what it brings, in terms of positivity, love, warmth, hope and joy. The residents shower us with love, and that keeps me going back for more. I look forward to interacting more with the residents in 2018," says Tony Stewart, Every Nation Church.



"All sessions have been enjoyable and beneficial not only to the residents, and volunteers. One of the residents, Saravanan Shanmugan was not keen on touching any of the dogs at the beginning of the programme. After six sessions, he allows dogs onto his lap, and even pats them. Both the residents of RCHD and the dogs

have grown more patient. Saravanan's example has given us so much encouragement. Each session renews our faith in the healing powers of a dog's unconditional love. We certainly hope to continue serving RCHD, bringing more joy to the beneficiaries in 2018," says Lily Tan of Healing Paws. (See page 22 for more.)

OFF THE BEATEN TRACK

By Alina Tee, Corporate Communications and Marketing
Photo by July De Leon Reyes, Human Resources

The social service sector may not be the top career choice for most graduates. However, we have a growing pool of individuals who have chosen to follow their hearts and take the path less trodden. These young Red Crossers may all have different backgrounds and interests but they share one thing in common - the desire to serve and a quest for personal fulfillment.

Meet some of our young staff and read about their Red Cross journeys.



Alina Tee, 29
Senior Executive, Corporate Communications & Marketing
Journey with SRC: 2 months

"The environment at my previous job is more industrial in nature and I've always felt disconnected with the content that I had to work with. I wanted to join an organisation that deals with issues that are closer to my heart but also offers room for further growth. As the media liaison-in-charge, my work at SRC is dynamic and requires me to work with many different stakeholders. Everyone plays a part and raising awareness of SRC and its services is my way of giving back to the community."



George Tai, 27
Executive, Membership & Volunteer Development
Journey with SRC: 2 years and 6 months

"I got to know about SRC when one of its staff approached the company I was interning at for a donation. Learning about SRC's services and beneficiaries was an eye-opening experience for me. I realised that many people in Singapore require help and there were gaps that needed to be filled within our community. After my internship ended, I made the decision to apply to SRC in hopes of contributing back to society and to make a difference."



Cassandra Chia, 21
Social Work Associate, Red Cross Home for the Disabled
Journey with SRC: 1 year

"I chose to join Singapore Red Cross as its core principle - to serve all without discrimination, regardless of nationality, gender, ethnicity, religion, and socio-economic level - resonated with my own values. Having a purpose in the work I do, working alongside nurturing colleagues, and witnessing the support and value brought to residents and their family members, through the overall efforts and contribution of the larger RCHD team. These motivate me to work at SRC."



Nadiya Binte Mohd Noor, 29
Training Coordinator, Singapore Red Cross Academy
Journey with SRC: 3 years

"Everyday at SRC is a memorable experience for me, and I've made some amazing friends along the way. I feel blessed to have an awesome and understanding boss, and colleagues who have helped me throughout my journey with the society. This is what keeps me going."



Wee Ming Hao, 24
Senior Project Coordinator, Fund Raising
Journey with SRC: 5 months

"I've always wanted a meaningful career that will make a difference in the lives of those less fortunate, and joining Singapore Red Cross has affirmed my passion in working for a non-profit organisation. My most memorable experience was during the International Bazaar this year, where many embassies, local organisations and schools came together to raise funds for a meaningful cause. Witnessing their passion and eagerness made all the hard work SRC put in worthwhile, and that was truly a heartwarming moment for me."



Ruth Lim, 26
Donor Manager, Blood Donor Recruitment Programme
Journey with SRC: 1 year and 6 months

"I wanted to join an organisation whose mission is to leave a positive impact on the community and what can be a better cause than saving lives? Once, I met a donor who had a phobia of needles yet he still chose to step forward to make a blood donation, knowing that one bag of blood can save three lives. I was incredibly touched to see him find the courage to do so."



Rebekah Lim, 26
Executive, International Services
Journey with SRC: 7 months

"It has always been my desire to reach out to those in need. During a work trip to the Philippines after Typhoon Haiyan, I had the chance to hear from people who were affected by the disaster and also witnessed the joyful faces of children, despite the poor living conditions. This made me realise how blessed and sheltered we are in Singapore. I love the meaningful nature of my work! Colleagues who are now my good friends and like-minded people whom I have met through various projects also spurred me on to continue my journey here."



Abdul Ramadan Bin Abdul Raman, 23
Ambulance Driver cum Responder, Community Resilience (Transport Aid)
Journey with SRC: 2 years

"I joined SRC as I wanted a role that would allow me to do more humanitarian work while gaining more experience in this industry. What I enjoy most about my work is being around co-workers who treat me like family. I also get along well with the elderly beneficiaries whom I have helped."



Su Hui Ting, 29
Social Worker, Community Resilience (FoodAid)
Journey with SRC: 1 year and 3 months

"I joined SRC because it is a humanitarian organisation that helps the vulnerable. As a social worker, we collaborate with the family or individual to achieve a certain goal. One of the most heartwarming and rewarding experiences I had was when a SRC beneficiary, whom I befriended, snapped out from depression and is now enthusiastic about volunteering and helping others. She even picked up first aid skills. I enjoy working here as I have nice colleagues and a nurturing boss who leads by example."

12 WAYS TO ADD MEANING TO THE HOLIDAYS

- 

1 Your blood is a gift of life! Head down to the nearest blood bank with your friends and family this holiday season and save lives!
- 

2 Thinking of getting a most useful gift? Consider the practical first aid kit for home worth \$29.90, or a multi-purpose first aid kit at \$19.90!
- 

3 Bring on the joy of giving by automating monthly donations to the Singapore Red Cross in aid of the vulnerable!
- 

4 Help a disadvantaged family with FoodAid. A donation of \$50 can provide a family of 4 with nutritious food for five days - and you'll enjoy 2.5 times tax deduction on your donation.
- 

5 Shop for Christmas presents at one of our two thrift shops! Check out brand new or preloved toys, books, accessories and household items at great prices!
- 

6 Gift a precious new skill. We offer a range of first aid classes tailored to different needs. Sign a new mum for infants, or a caregiver for first aid for elderly. A most thoughtful gesture! Learn first aid together with your friends at Singapore Red Cross Academy! Now that's a Christmas to remember!
- 

7 Make it your new year resolution to volunteer with the Singapore Red Cross! There are many opportunities for your diverse interests!
- 

8 Celebratory giving at its finest. Make a donation to our local humanitarian services in honour of your loved one. Imagine his/her surprise when we send a Thank You!
- 

9 Post-Christmas, re-gift to Shop@RedCross thrift shop! Let your unused gift raise funds for our local humanitarian efforts.
- 

10 Bring smiles to the residents of the Red Cross Home for the Disabled by visiting and interacting with them!
- 

11 Organise a mini bazaar within your company to fundraise for the local humanitarian services of Singapore Red Cross.
- 

12 Trained in first aid? Set aside a weekend and join as a First Aider on Wheels to provide first aid treatments to park-goers.



FESTIVE GIFT IDEAS

Photos by Tan Wan Ling, Fundraising

With the festive season round the corner, Red Cross News unravels some treasures from Shop@RedCross that will make great gifts for your family and friends!

Apparel for men



Buying gifts for your boyfriend, husband or father can be mind-boggling. If you know their sizes and favourite colours, consider giving them a brand new look this festive season! You can also enhance their cool-factor with trendy sunglasses!

Jeans \$8 to \$15, Men's Shoes \$12 to \$15, Sunglasses \$10

Bags and shoes for ladies



Put a smile on her face with a classic bag with floral motif or a red clutch that's perfect for parties. We have brand new shoes, bags and charms for your pick.

Ladies Bag \$15 to \$18, Ladies Shoes \$15 to \$20

Toys for the little ones



We have great gifts for children who are fans of Disney movies, and for those children who love arts and crafts. Get a Play-Doh set for hours of enjoyment! Gift a Christmas stocking and fill it with little trinkets for pretend play!

Hammer Toy \$6, Children's Bag \$8, Playdoh \$2

Tea set for grandma



Invited to a party and unsure what to bring? Check out this porcelain tea set intricately painted in beautiful floral designs. This makes for great tea parties!

Tea Sets \$8 to \$10

For Shop@RedCross' opening hours, check out the back page of our magazine.

JOIN US

ChariTrees 2017 

Visit ChariTrees, Christmas trees lined against the picturesque Singapore skyline, along the Waterfront Promenade. Jointly organised by the Singapore Red Cross and Community Chest, the seventh edition of ChariTrees is aimed at promoting social inclusion, and spreading joy to the vulnerable in the community during the festive season.

Dates: 17 November 2017 (Friday) to
27 December (Wednesday)

Venue: Marina Bay Sands
Waterfront Promenade

Passage of Life 

Get your tickets to our Charity Concert today! All proceeds go towards Singapore Red Cross' local humanitarian services.

See page 2 for details.

Date: 16 December (Saturday)

Time: 8.00pm

Venue: Gateway Theatre (Jalan Bukit Merah)

For more information,
scan the QR code below

**RED CROSS HOUSE**

15 Penang Lane,
Singapore 238486
Tel: 6664 0500

Email: enquiry@redcross.sg
redcross.sg

**LoveFAD** 

Love For A Dollar (FAD) 2017 is a youth-led volunteerism project that provides gift-wrapping services at shopping malls island-wide during the festive season, in support of its adopted charities. Visit the two malls below to support this meaningful fundraiser or volunteer by signing up at event.lovefad.org/events.

Dates: 15 to 24 December 2017

Venue: Bedok Mall (B2 MRT Linkway
beside Old Chang Kee) and
JEM (Level 3 outside Challenger)

Magical Christmas Blood Drive 

Blood stocks usually run low during the school holidays. Give your gift of life this festive season! This blood drive is organised by CHIJ St Theresa's Convent.

Date: 23 December (Saturday)

Time: 12 - 6pm

Venue: TreeTop Walk, 2 Orchard Link,
*SCAPE, Level 5, Singapore 237978

The following blood drive is organised  by SMRT.

Date: 8 December (Friday)

Time: 11am to 5pm

Venue: Raffles Place MRT Station
(Concourse level)

Season of Joy & Giving 

Take part in this community event organised by the Marine Terrace Breeze Residents Committee, over three Saturdays in December. A breakfast date with Santa? Unleash your creativity at the Art & Craft booths? Funds raised from the activities will be donated to the Singapore Red Cross.

Dates: 2, 9, 23 December 2017
(Saturday)

Venue: Blk 50A Marine Terrace
Admission: Free for All

Singapore Red Cross Flag Day 2018 

Come support our island-wide donation drive for humanity. We will be out on the streets on 4 March 2018 to raise funds for our local humanitarian services to help the vulnerable in our society. Make a generous donation when you see our tin bearers! Every donation counts.

Dates: 4 March 2018 (Sunday)

Venue: Island-wide

**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

@Red Cross Training Campsite - 62 Jalan Khairuddin, Singapore 457524

(Opens every Friday, 10.30am to 3.30pm)

@Red Cross House - 15 Penang Lane, Singapore 238486

(Opens every Wednesday, 11am to 4pm)

Blood Collection Centres

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

Bloodbank@Dhoby Ghaut Dhoby Xchange, 11 Orchard Road, #B1-05 to 10,
Singapore 238826

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

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

Singapore Red Cross Academy

@ Red Cross House 15 Penang Lane, Level 3, Singapore 238486

@ Atrium International Involvement Hub (I2Hub) 60A Orchard Road, Level 4M Tower 1,
#04-02 Singapore 238890

