

Nee Soon News

义顺情缘

Rangkaian Nee Soon

நீ சூன் இணைப்பு

Our Vision: Home With A Heart

Our Mission: Building a safe, inclusive, sustainable and vibrant Town

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Our PM in Parliament

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The New Normal

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THERE'S NO PLACE LIKE HOME

游子归国，打造温馨家园

TIADA TEMPAT SEPERTI TANAH AIR SENDIRI

ஏடு இணையில்லாதது இல்லம்



Derrick poses with Nanas and Squish in front of the Town Council office 吴顺喜与义顺市镇会吉祥物Nanas和Squish在市镇会办公室前留影

Mr Derrick Goh is the newly minted MP of Nee Soon Link and Nee Soon Town Council chairman. In this interview, he shares with us about his homecoming and plans to continue building a Home with a Heart.

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胜选后担任义顺岭议员的吴顺喜，走马上任，成为义顺市镇理事会的新任主席。他在专访中与我们分享他旅居国外多年后归国的心得，及在义顺继续打造温馨家园的计划。

文续第2页

Encik Derrick Goh adalah Anggota Parlimen (MP) baru bagi Nee Soon Link dan juga adalah pengurus Majlis Perbandaran Nee Soon. Dalam sesi temu bual ini, beliau berkongsi tentang kepulangannya dan rancangan-rancangan untuk terus membina sebuah kawasan kediaman yang lebih baik (Home with a Heart).

Sambung ke muka surat 2

புதிதாக நியமிக்கப்பட்ட நாடாஞ்சமன்ற உறுப்பினரான திரு டெரிக் கோ, நீ சூன் விங்க், மற்றும் நீ சூன் நகர் மன்றத் தலைவராகவும் புதிதாகப் பொறுப்பேற்றிருக்கிறார். இந்த நேர்காணலில், தம் தாயகம் திரும்பிய கதையையும், அன்பான இல்லத்தைத் தொடர்ந்து உருவாக்குவதற்கான தம் திட்டங்களையும் அவர் நம்முடன் பகிர்ந்து கொள்கிறார்.

தொடர்ச்சி முன்றாம் பக்கத்தில்



Get to know our MP



Derrick tells us about his plans for Nee Soon 吴顺喜阐述他为义顺所拟定的计划

Continued from page 1

After 10 years in Paris, London and New York, Derrick chose to return to Singapore in 2007.

In his own words: "Singapore is [my] home. My family is home, my parents and friends are here. I've always wanted my children to grow up in Singapore."

Returning home, Derrick started serving the community in various capacities, including the South West Community Development Council, HomeTeamNS and National Library Board.

Passionate Volunteer

Derrick is a member of the Board of Governors at HomeTeamNS, which Minister K Shanmugam chairs. At his encouragement, Derrick started volunteering in Chong Pang in 2017.

As the Managing Director and Head of Group Audit for DBS Bank, Derrick leverages on his expertise to advise residents on financial issues. "I remember one middle-aged couple who fell on hard times and were unable to fulfill their purchase of a three-room flat. I helped them appeal to HDB to work out an extended plan involving lower instalments to support the purchase," he recounted.

Plans for Nee Soon Town

Working with other Nee Soon MPs, new chairman Derrick prioritises effective town council response and upgrading projects based on residents' feedback. "Residents can look forward to projects that are more impactful and that will come faster on stream, so that they can live, work and play much better in our community," he said.

While building more covered walkways, improving bus services and traffic lights are easier to implement, Derrick notes that there are large projects that require a longer gestation period. "We engage the government very early on, to push relevant agencies to think through some areas that need attention, such as increased traffic volume at Yishun Dam. These are important projects that will take some time [to take off]," he elaborated.

Improving the Lives of Nee Soon Link Residents

Derrick fondly refers to Nee Soon Link as the "younger sibling" of our Nee Soon family. He will fulfill his promises for both mature and newer estates in Nee Soon Link.

"I want to hasten the Home Improvement Programme for HDB flats built since 1986, and get more bus services and childcare facilities ready for young families in the Build-To-Order (BTO) precincts," he said. The longer-term plan is to build a new community club with full facilities.

A staunch advocate for social mobility, Derrick also piloted an online tuition programme for children from low income families, held at the Residents' Committee Centre.

There are also job fairs with career coaches from the Employment and Employability Institute (e2i). Derrick advised: "There is change; jobs will change. If residents are open to learning new things, everyone will emerge stronger."



吴顺喜走访咖啡店时，以碰拳向居民打招呼

文接第1页

来自银行界的吴顺喜旅居巴黎、伦敦和纽约10年后，因为心系新加坡，于2007年决定回家。

他说： "新加坡是我的家。有家人的地方才是家，我的父母与朋友都在这里。我一直希望我的孩子们在新加坡成长。"

之后，他开始服务社区，包括在西南社区发展理事会、内政团队战备人员协会及新加坡国家图书馆管理局义务服务。

满怀热忱的义工

吴顺喜担任内政团队战备人员协会董事。尚穆根部长是协会董事局主席。在后者的鼓励下，吴顺喜从2017年开始在忠邦区做义工。

身为星展银行董事总经理兼集团审计部主管，吴顺喜运用他丰富的金融知识与专长，给居民财务建议。他回忆： "我记得一对中年夫妻，陷入财务危机，不能如愿购买三房式组屋。我帮他们向建屋局提出申请，允许他们更长的还贷款期限及更低的月供购买组屋。"

改善义顺市镇的计划

吴顺喜如今掌管市镇理事会，他与其他义顺集选区议员合作，根据居民反馈，以市镇会的效率和社区提升计划为优先考量。他说： "居民可以期待带来更大改善的计划，会更快地获得实施，让他们能在社区更好地居住、工作及消遣。"

如建设有盖走道、改善巴士服务和交通灯等相对容易落实，但吴顺喜指出，有些工程则不可避免地需要较长的酝酿期。 "我们及早和政府合作，促请相关部门开始思考需要关注的课题，如靠近义顺堤坝路段交通量增长的现象。这些重大的工程因牵涉的范围较广，需要较长的时间才能施工。"

为义顺居民谋福祉

吴顺喜形容，本届大选新划分出来的义顺岭，就像是义顺大家庭的“弟弟或妹妹”。他表示，会实现诺言，更新义顺岭较旧的组屋，并在新的邻里增设更多设施。

吴顺喜说： "我要为1986年后建设的政府组屋加快家居改进计划，同时在预购组屋区增加巴士服务路线及年轻家庭所需要的托儿所。" 此外，较长远的计划是建设一座设备齐全的民众俱乐部。

吴顺喜坚信人尽其才，致力促进社会流动性，一些试行中的计划包括在居民委员会中心，为低收入家庭的孩子提供线上补习。

义顺岭也与全国职工总会就业与技能培训中心合办职业展，并提供职业辅导，帮助居民寻找合适的工作。吴顺喜指出： "变化是必然的；职业性质将会改变。如果居民能适应并胜任新工作，敞开心胸学习新的东西，每个人将能越战越勇。"

Sambungan dari muka surat 1

Selepas 10 tahun berada di Paris, London dan New York, Derrick mengambil keputusan untuk kembali ke Singapura pada tahun 2007.

Beliau berkata: "Singapura adalah tanah air [saya]. Keluarga, ibu bapa dan kawan-kawan saya berada di sini. Saya sentiasa berharap anak-anak saya boleh membesar di Singapura."

Setelah kembali ke tanah air, Derrick mula berkhidmat untuk masyarakat dalam pelbagai kapasiti, yang antaranya termasuk Majlis Pembangunan Masyarakat (CDC) South West, HomeTeamNS dan Lembaga Perpustakaan Negara.

Sukarelawan yang Bersemangat

Derrick adalah anggota Lembaga Gabenor HomeTeamNS, yang dipengerusikan oleh Menteri K Shanmugam. Dengan dorongannya, Derrick mula membuat kerja-kerja sukarela di Chong Pang pada tahun 2017.

Sebagai Pengarah Urusan dan Ketua Audit Kumpulan Bank DBS, Derrick memanfaatkan kepakarannya untuk memberi nasihat kepada penduduk dalam hal-hal kewangan. "Saya masih ingat sepasang suami isteri dalam usia pertengahan yang menghadapi masalah dan tidak dapat memenuhi syarat pembelian sebuah flat tiga bilik. Saya menolong mereka membuat rayuan kepada HDB untuk melakarkan satu pelan jangka masa lebih panjang yang melibatkan bayaran ansuran lebih rendah untuk membeli flat itu," beliau mengimbau kembali.

Rancangan-rancangan untuk Bandar Nee Soon

Pengerusi baru Derrick bekerjasama dengan anggota-anggota Parlimen (MP) GRC Nee Soon yang lain untuk memberi keutamaan kepada tindak balas yang efektif dari majlis perbandaran serta projek naik taraf berdasarkan maklum balas penduduk. "Para penduduk boleh menantikan projek-projek yang lebih berkesan, yang akan dialirkan dengan lebih cepat supaya mereka boleh hidup, bekerja dan bermain dengan lebih baik di dalam masyarakat kita," kata beliau.

PM'S PARLIAMENTARY SPEECH

The annual National Day Rally is an important political speech where the Prime Minister will lay out key issues that the Government will prioritise in the years ahead.

This year, due to COVID-19, the National Day Rally was unable to take place. Prime Minister delivered his speech in Parliament on 2 September 2020. Here are six key excerpts:

SOROTAN PENTING UCAPAN PARLIMEN PM

Rapat Umum Hari Kebangsaan tahunan merupakan ucapan politik yang penting, di mana Perdana Menteri membentangkan isu-isu yang Pemerintah akan mengutamakan buat tahun-tahun yang akan datang. Tahun ini, Rapat Umum Hari Kebangsaan tidak dapat diadakan disebabkan penularan COVID-19. Perdana Menteri memberi ucapannya di Parlimen pada 2 September 2020. Berikut adalah enam petikan penting:



01

Government Always on the Side of Singaporeans

"The government will always be on the side of Singaporeans... Ultimately, our aim is to grow the economy, create good jobs for Singaporeans and raise our standards of living."

政府与人民站在同一阵线

“政府将一直与新加坡人民站在同一阵线...我们的最终目标是使经济蓬勃发展、为国人创造良好的就业机会及提高生活水准。”

Pemerintah Sentiasa Berada di Sisi Rakyat Singapura

“Pemerintah akan sentiasa berada di sisi rakyat Singapura... Akhirnya, matlamat kita adalah untuk pertumbuhan ekonomi, mewujudkan pekerjaan yang baik untuk rakyat Singapura dan meningkatkan taraf kehidupan kita.”

அரசாங்கம் எப்போதும் சிங்கப்பூர்களின் பக்கமே இருக்கும்

“அரசாங்கம் எப்போதும் சிங்கப்பூர்களின் பக்கமே இருக்கும்... பொருளியலை வளர்த்து. சிங்கப்பூர்களுக்காக நல்ல வேலைகளை உருவாக்கி, நமது வாழ்க்கைத் தற்கை உயர்த்துவதே எங்களின் இறுதியான இலக்கு.”



02

Social Safety Nets to Protect the Vulnerable

"These schemes and many others are targeted at the lower income, and those who have fallen on hard times... we know greater challenges lie ahead. We need to do more, and we are ready to do more."

社会安全网保护弱势群体

“这些援助计划和其他配套旨在帮助低收入者，及陷入困境的人民...我们知道未来还有更大的挑战。我们必须做得更多，也已准备好这么做。”

Jaringan Keselamatan Sosial untuk Melindungi Golongan yang Mudah Terdedah

“Skim ini dan banyak lagi disasarkan kepada golongan berpendapatan rendah dan mereka yang berada dalam kesukaran... kita tahu cabaran-cabarannya besar yang bakal ditempuh. Kita perlu membuat sesuatu yang lebih, dan kita bersedia untuk melakukan sesuatu yang lebih itu.”

எனிதில் பாதிக்கப்படக்கூடியவர்களைப் பாதுகாக்கச் சமூகப் பாதுகாப்பு வலைகள்

“மற்ற பல திட்டங்களைப்போல் இத்திட்டங்களும் குறைந்த வருமானம் ஈட்டுவோரையும், இக்கட்டான் தழிநிலைகளில் இருப்பவர்களையும் குறி வைக்கின்றன... எதிர்க்கலத்தில் இன்னும் பெரிய சவால்கள் காத்திருக்கின்றன என்பதை நாங்கள் அறிவோம். நாங்கள் இன்னும் அதிகம் செய்யவேண்டும், அதற்கு நாங்கள் தயாராக இருக்கிறோம்.”



03

COVID-19: Stay Vigilant

"The COVID-19 virus remains as infectious and potent as it was before... What has changed is that we have taken measures and we have built up our capabilities to contain it. If we relax these measures now, because the numbers have come down, we will have a resurgence."

冠状19疫情：保持警惕

“冠状19病毒仍有高传染性及强度...但不同的是我们已采取防范措施和加强了遏制病毒传播的能力。如果我们因为受感染患者数目减少，就开始放宽这些措施，病毒将会卷土重来。”

COVID-19: Kekal Berwaspada

“Virus COVID-19 terus berjangkit dan kuat seperti sebelumnya... Apa yang berubah adalah langkah yang kita telah ambil dan peningkatan keupayaan kita bagi membendung virus ini. Jika kita melonggarkan langkah-langkah ini sekarang kerana bilangan kes semakin berkurangan, kita akan berdepan dengan kemunculannya semula.”

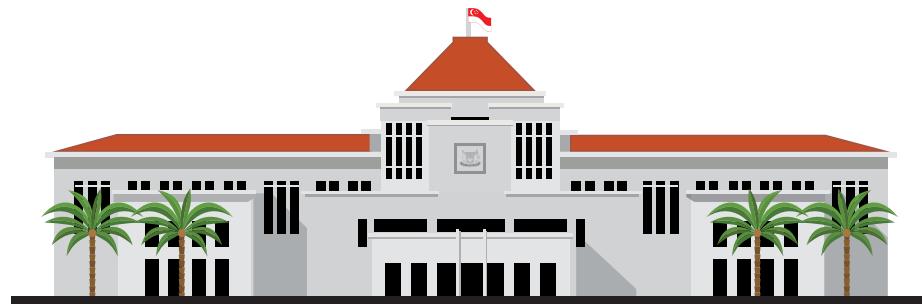
கொவிட்-19: விழிப்புடன் இருங்கள்

“கொவிட்-19 கிருமி முன்பு போலவே இப்போதும் தொற்றுக்கூடியதாகவும் ஆற்றல்மிக்கதாகவும் இருக்கிறது... நாங்கள் தகுந்த நடவடிக்கைகளை மேற்கொண்டு, அதனைக் கட்டுப்படுத்துவதற்கான ஆற்றலை மேலும் வளர்த்துக் கொண்டிருக்கிறோம் என்பதுதான் மாற்றம். என்னிக்கைகள் குறைந்திருப்பதால் இந்நடவடிக்கைகளை நாம் இப்போது தளர்த்தினால், மீண்டும் என்னிக்கை உயர்த்துவதான்கூடும்.”

李显龙总理国

年度国庆群众大会总理献词是重要的政治演讲，阐述政府未来几年将专注的课题。今年，有鉴于冠病19疫情，群众

CH HIGHLIGHTS



会演讲摘要

大会无法举行。李总理于2020年9月2日在国会发表演讲。以下是六大摘要：



04

Beware of Fake News

“The issue of concentration [of a single foreign nationality in a company] can easily be played up, and we know there are some people who are stirring this up.”

提防假新闻

“员工国籍比例很容易被当作新闻炒作，而我们知道有些人正在煽动这种假新闻。”

Berjaga-jaga dengan Berita Palsu

“Isu penumpuan [kewarganegaraan asing yang tunggal dalam satu syarikat] boleh dipergiatkan dengan mudah, dan kita tahu bahawa ada yang menimbulkan masalah ini.”

பொய்ச் செய்திகள் குறித்து எச்சரிக்கையாக இருங்கள்

“ஒரு நிறுவனத்தில் ஒரே நாட்டைச் சேர்ந்த வெளிநாட்டினர்கள் அதிகமாக இருக்கும் விவகாரம் எனில் மிகைப்படுத்தப்படலாம். சிலர் அதனைச் செய்து குழப்புவதை நாங்கள் அறிவோம்.”

பிரதமரின் நாடாஞ்சன்ற உரையின் முக்கிய கூறுகள்

எதிர்வரும் ஆண்டுகளில் அரசாங்கம் முன்னிறுத்திக் கவனிக்கவிருக்கும் விவகாரங்களைப் பற்றிப் பிரதமர் அறிவிப்பதே ஆண்டுதோறும் நடைபெறும் முக்கியமான தேசிய தினக்கூட்டு உரையாகும். கொவிட்-19 காரணமாகத் தேசிய தினக்கூட்டும் இவ்வாண்டு நடைபெறவில்லை. 2 செப்டம்பர் 2020 அன்று பிரதமர் நாடாஞ்சன்றத்தில் தமது உரையை ஆற்றினார். அந்த உரையில் இடம்பெற்ற ஆறு முக்கிய பகுதிகள் இவை:



05

Protecting Our International Reputation

“By being open to talent from around the world, we create more opportunities for ourselves. Singapore has succeeded by being an international hub, tapping talents worldwide, and serving a global market.”

捍卫新加坡国际声誉

“当我们对来自世界各地的人才持开放态度时，我们其实为自己创造更多机会。新加坡有今天的成就，归功于我国是个国际枢纽，能善用全球顶尖人才，为全世界服务。”

Melindungi Reputasi Antarabangsa Kita

“Dengan sikap terbuka kepada bakat dari merata dunia, kita mewujudkan lebih banyak peluang untuk kita sendiri. Singapura telah berjaya menjadi sebuah hab antarabangsa, mencungkil bakat dari seluruh dunia, dan menyajikan kepada pasaran global.”

நமது அனைத்துலக நன்மதிப்பைப் பாதுகாப்போம்

“உலகெங்கிலுமிருந்து திறனாளர்களை வரவேற்றுதல்வழி நமக்கு அதிகமான வாய்ப்புகளை உருவாக்குகிறோம். சிங்கப்பூர் அனைத்துலக மையமாகத் திகழ்வதாலும், உலகெங்கிலுமிருந்து திறனாளர்களைப் பயன்படுத்துவதாலும், உலகளாவிய சந்தைக்குச் சேவையாற்றுவதாலுமே வெற்றி அடைந்திருக்கிறது.”



06

Getting Our Politics Right

“At the most fundamental level, to make our politics work, both the government and opposition must share an overriding objective – to work for Singapore, and not just for our party or our supporters.”

设立正确政治基调

“在最基本的层面上，我们的政治要成功，政府与反对党都必需有共同的目标，那就是为新加坡谋求福祉，而不是狭隘地局限于自己的政党或支持者。”

Membetulkan Politik Kita

“Pada tahap paling asas, untuk melaksanakan politik kita berjalan dengan baik, kedua-dua pemerintah dan pembangkang perlu berkongsi objektif utama – berkhidmat untuk Singapura, dan bukan hanya untuk parti atau penyokong-penyokong kita sahaja.”

நமது அரசியல் நடைமுறை சரியாக இருக்கவேண்டும்

“நமது அரசியல் நடைமுறை முறையாக செயல்பட அரசாங்கமும் எதிர்க்கட்சியும் அடிப்படையில் மேலோங்கிய குறிக்கோளைக் கொண்டிருக்க வேண்டும் – கட்சிக்காகவோ ஆதரவாளர்களுக்காகவோ மட்டுமல்லது. சிங்கப்பூர்க்காகச் செயல்படவேண்டும் என்பதில்தான் அக்குறிக்கோள் அமைந்திருக்கவேண்டும்.”



HOMETEAMNS KHATIB CLUBHOUSE WELCOMES VISITORS



The T-Play indoor playground is a hit among families with kids



One of the F&B outlets available on the premises



A visitor uses a self-help kiosk to complete her booking

The much-anticipated HomeTeamNS Khatib Clubhouse opened its doors on 1 August 2020. The 21,000 sqm clubhouse boasts five storeys of facilities and outlets for our visitors, which opened progressively in view of COVID-19 safety guidelines.

Among the facilities offered are event spaces, a 1,500 sqm gym with state-of-the-art equipment, a swimming pool and hang-out spots known as "ManCaves". Others include a multi-installation indoor adventure hub, a kids' play area and a members' lounge. Catering to different members of the community, there is something for individuals and families alike.

HomeTeamNS Khatib will also house TactSim, an indoor player-vs-player (PvP) airsoft arena – the first of its kind in Singapore. Combining recreation, enrichment, entertainment, F&B and function rooms under one roof, the clubhouse provides an all-encompassing lifestyle experience.

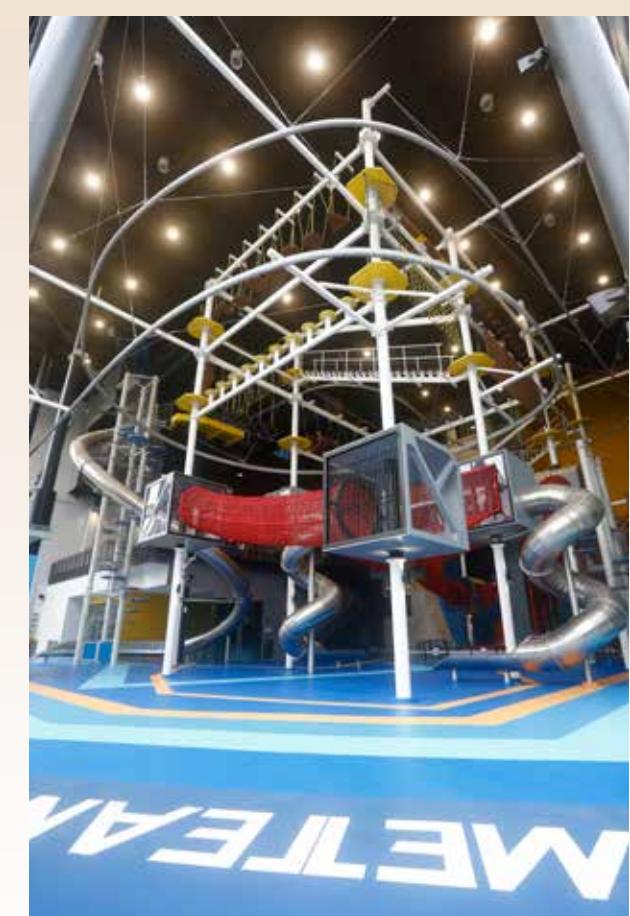
Open seven days a week, self-help kiosks are available to allow contactless and seamless booking of facilities. Visitors can also enjoy their visit, with the assurance that the necessary Safe Management Measures are in place. Temperature checks and SafeEntry are mandatory upon entry.



The clubhouse features an eco-filtration swimming pool



Members rest and relax at the lounge

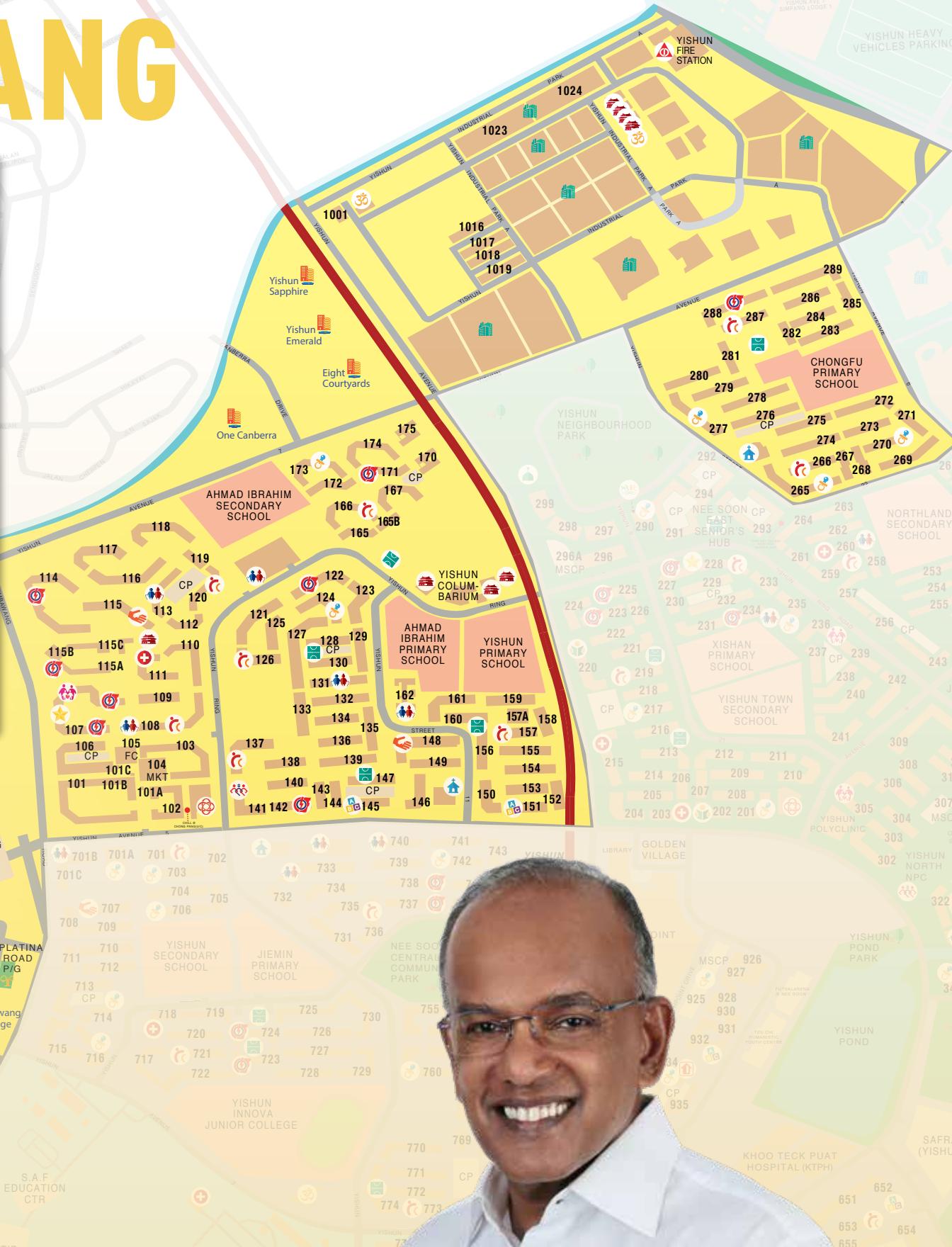


A look at one of the features coming to Adventure HQ

NEE SOON TOWN MAP CHONG PANG

KEY FACILITIES

	Community Clubs and Centres		Chinese Temples
	Residents' Committee Centres		Churches
	Meet-The-People Sessions (MPS)		Hindu Temples
	PCF Kindergartens		Mosques
	NPPs and NPCs		Sikh Gurdwara
	Fire Stations and Posts		Child Care Centres
	Town Council Offices		Student Care Centres
	HDB Branch Offices		Children and Youth VWOs
	Multi-purpose Court/Field		General Health VWOs
	Condominiums		Elderly VWOs
	Private Estates		Family VWOs
	Industrial Estates		Community VWOs
	North-South Line		Thomson Line



Mr K Shanmugam
Minister for Home Affairs and Minister for Law
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions
Address: BLK 107 Yishun Ring Road, #01-207, Singapore 760107
Tel: 6758 3039 | WA: +65 8249 4662
Email: mps@chongpang.org
Operating hours: Tuesdays 7.30pm onwards (except PH & eve of PH)
f K Shanmugam Sc i kshanmugam_ t K Shanmugam

NEE SOON CENTRAL



Assoc Prof Muhammad Faishal Ibrahim
 Minister of State for Ministry of Home Affairs and
 Ministry of National Development
 MP for Nee Soon GRC
 Adviser to Nee Soon Town Council

Meet-the-People Sessions

Address: BLK 609 Yishun St 61, #01-235, Singapore 760609

Tel: 6752 2532

Email: MPS.NSC@gmail.com

Operating hours: Mondays 7pm onwards (except PH & eve of PH)

muhammad.faishal.ibrahim1 muhammadfaishalibrahim

NEE SOON EAST



Mr Louis Ng Kok Kwang
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions

Address: BLK 227 Yishun St 21, #01-520, Singapore 76022

Tel: 6755 1946

Email: Louisng4nse@gmail.com

nee.soon.east.mps@pap.org.sg

Operating hours: Mondays 7.30pm - 9pm

(first 4 Mondays of the month, except PH & eve of PH)

 louisngkokkwang

NEE SOON LINK



NEE SOON SOUTH



Ms Carrie Tan Huimin
MP for Nee Soon GRC
Vice-Chairperson of Nee Soon Town Council

Meet-the-People Sessions

Address: BLK 850 Yishun St 81, #01-94, Singapore 760850

Tel: 6759 3413 | WA: +65 9634 5259

Email: CarrieTanNSS@gmail.com

Operating hours: Mondays 7.30pm - 9.30pm (except PH & eve of PH)

 CarrieTanCares carrietancares

RECEIVING HELP ON A JOB HUNT



Photo: Derrick Goh's Facebook

Phoebe thanks MP Derrick with a fist bump during a chance meeting at the coffeeshop

When Phoebe Suppiah started looking for a new job earlier this year, she faced a tough challenge. The 55-year-old had been working full-time in F&B for many years, but the long working hours were starting to take a toll on her, and she wanted to find something less taxing on her health.

Unfortunately, that was during Circuit Breaker, and there were many other jobseekers as well. She applied for some positions through various websites and even went through a few interviews, but found herself unable to land a job.

Even with all this going on, Phoebe still made it a point to continue with volunteer work at her neighbourhood community centre. There, she met a friend who encouraged her to apply for one of the new jobs created by the government in light of COVID-19.

Getting Good News

“A month after applying, that friend called to check in, and I told him I hadn’t heard back. I’m not sure what he did after that, but turns out he told my Member of Parliament, Mr Derrick Goh, and a few days later I got a call saying I got the job,” Phoebe said.

Soon after, she ran into Derrick and had the opportunity to thank him. “It was a Sunday and he was doing a walkabout at the coffeeshop where I was having breakfast. I told him I got the job, and he said he was happy for me,” she recalled.

As Phoebe’s current role is on a contract basis, she later also expressed concern to Derrick about having to job-hunt all over again soon.

“He told me not to worry about it first, just finish the 11 months. After that, they’ll see what else they can do for me, because there will be more jobs coming along. That was the best response he could’ve given me,” she said.

Expressing Gratitude

Now that she has found this job suited to her needs, Phoebe finds that she has more time and energy for herself.

She said: “I am so grateful and thank everyone from my heart for helping me get this job. I worked very hard in F&B, and it was tough for me at my age. All my life has been about work, but this job has given me more time for things I really miss doing, like exercise. And once the borders open, I can visit my family members in Malaysia.”

SALUTE TO OUR HEALTHCARE WORKERS

On the morning of 9 August, residents young and old lined the streets of Nee Soon in celebration of this year's National Day.

They were there to greet the National Day Parade (NDP) mobile column – a convoy of 66 vehicles and other assets from the Singapore Armed Forces (SAF), the Singapore Police Force (SPF) and the Singapore Civil Defence Force (SCDF). The convoy started out from Khatib at 10am, and made its way to Yishun area by about 11am.

As a tribute to frontline and essential workers fighting the ongoing battle against COVID-19, the mobile column also drove past Khoo Teck Puat Hospital (KTPH) and performed a salute in honour of the healthcare workers there.

Overhead, six F-15 fighter jets performed a tribute of their own by flying in formation over eight hospitals in Singapore, including KTPH. Called the Roar of Unity, the flight path also includes some of Singapore's heartlands, as a way of bringing NDP2020 closer to home for citizens.



A Leopard 2SG Main Battle Tank drives by Khoo Teck Puat Hospital as F-15SG fighter jets fly overhead

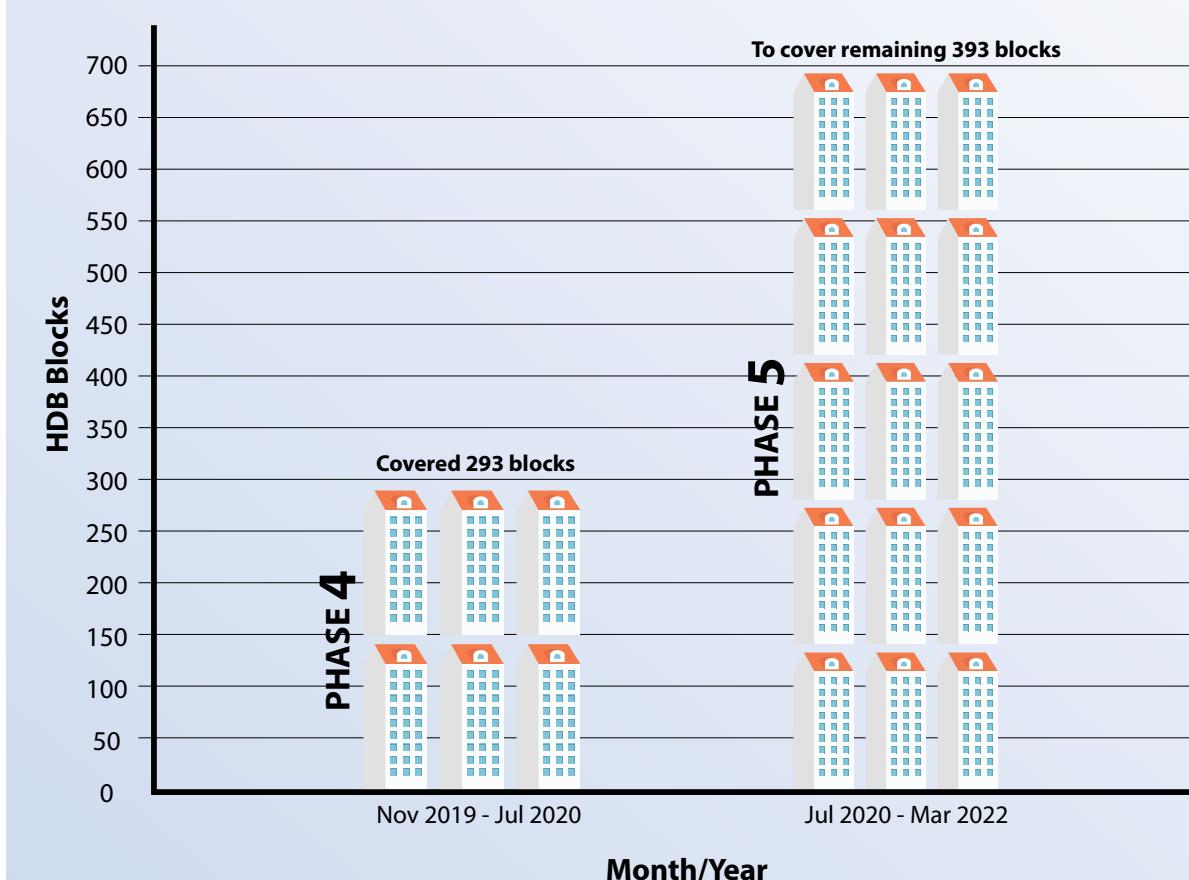


Residents wave their Singapore flags to greet the mobile column

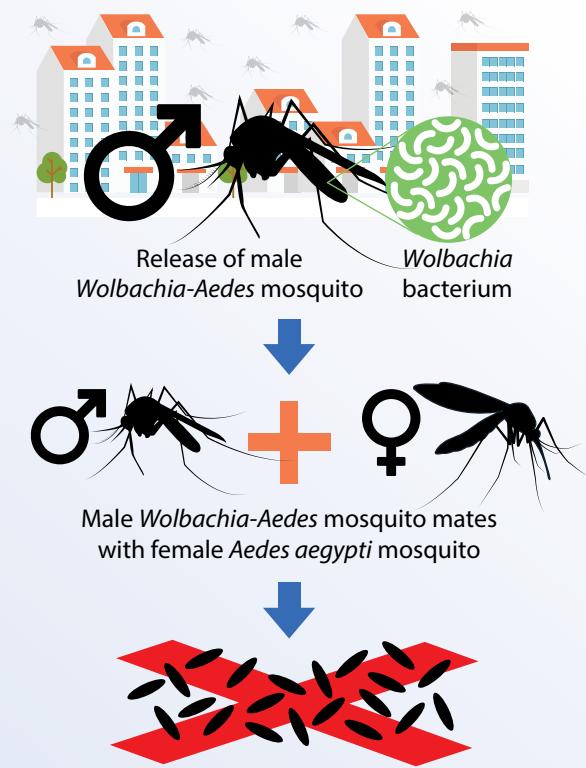


Residents line the streets to join in National Day festivities

PROJECT WOLBACHIA EXPANDED TO COVER ALL HDB BLOCKS IN YISHUN



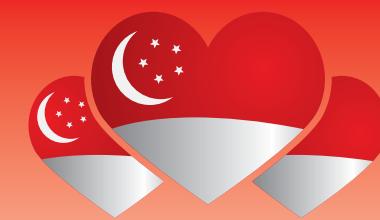
What is Project Wolbachia?



Congratulations to Our National Day 2020 Awardees!

The Public Service Star (BBM)
Mr Low Poh Seng | Patron, Nee Soon East CCC

The Public Service Medal (PBM)
Mr Koh Chye Ghuan | Vice-Chairman, Chong Pang CCC
Mr Yee Kum Hong | Chairman, Chong Pang Zone 4 RC
Mdm Chan Shui Ying | Chairperson, Nee Soon Central C2E
Mr Ng Yeong Poh | Chairman, Nee Soon Central Zone 2 RC
Mr Kay Teck Hui | Chairman, Yishun Greenwalk RC
Mr Chua King Wah | Patron, Nee Soon South CCC
Mr Toh Meng Yak | Member, Nee Soon South CCC



YISHUN UNITE
of the year



Know an extraordinary individual living in Nee Soon?

Tell us more about this special person!

Submit your nomination to: feedback@nstc.org.sg
or <http://nstc.org.sg/yoty>

with:

1. A short write-up of your nominee and his/her achievements or contributions.
2. Photo(s) of nominee.
3. Contact details for you and your nominee.

CRITERIA:

1. Nominee must be a current Nee Soon GRC resident.
2. Nominee has contributed to the community and embodies the spirit of service, giving and community spirit.
3. Nominee has made Nee Soon, a Home with a Heart!

*Shortlisted residents will be featured on NSTC publicity materials.

Both you and your nominee stand to win a Family Photoshoot Package.
Check out NSTC Facebook for more details.

Nurse Supports The Community Amid COVID



“I understand the difficulties and challenges they face when I interact closely with them.”



A patient takes her blood pressure with Wan Ting's guidance



Wan Ting monitors her patient during a teleconsultation session

Healthcare professionals have been in the spotlight recently due to the key role they play in combating COVID-19. Besides acute care professionals in hospitals and polyclinics, another group of people deserves to be recognised for the holistic health management services they provide. Known as Community Nurses, they deliver long-term personalised support to residents in the areas of disease detection, prevention and management.

One such nurse is Ms Tan Wan Ting, a Senior Staff Nurse from Khoo Teck Puat Hospital Population Health and Community Transformation team. Wan Ting serves at the Wellness Kampung 260 Community Nurse Post (CNP) at Blk 260 Yishun St 22. She has spent 15 years in the community nursing sector, the last three of which were with the CNP.

There are three Wellness Kampung centres across Nee Soon. “[CNP] is not restricted to hospital premises,” she said. “The care and support can be available on a long-term basis, and it does not require high-end complex medical equipment and specialised technical skills. Most importantly, we get to spend valuable time with residents...”

More face time with residents means that more tailored healthcare solutions are being provided. “I understand the difficulties and challenges they face when I interact closely with them,” Wan Ting explained.

Seniors Staying Active During Circuit Breaker (CB)

One potential challenge seniors are likely to face during periods like CB is social isolation. Wan Ting has been keeping an active lookout for signs of such cases. However, she reported that “many have increased their exercise frequency and duration” – a good sign that they are “coping well at home”. “Some have called me after my working hours when they need my health advice or just to have someone they can talk to.”

Offering a listening ear is a natural part of the care provided by a community care professional. This care model is important, Wan Ting said, because “we look at residents' well-being as a whole”. This means that their physical, psychosocial and mental well-being are being taken care of.

For example, she recommends programmes on TV featuring exercises, healthy cooking methods and expert advice, to her patients. She helps them maintain their health and fitness levels while keeping their mental faculties sharp during the CB period.

Helping With Health Issues...Online

While the CB resulted in the suspension of CNP sessions, they have since resumed with the help of videoconferencing technology. This allows residents and nurses to see one another for consultations, despite being unable to meet in person.

On top of these video consultations, she now provides health counselling, coaching and assessment through phone consultations. She also works closely with Wellness Kampung 260 Manager Mr Teoh to send out important updates to patients via a WhatsApp group chat. In it, they provide resources such as sites for mask collection and support helplines.

Even though interactions with residents have changed in nature, Wan Ting still feels the familiar sense of fulfilment that comes from easing their worries and burdens.

“There was once I did a teleconsultation with an elderly husband and wife who used to come to the CNP. I helped them check their doctor's appointments so they would not miss them. Even though it was just a small gesture, it seemed like a great favour to them. It saved them time and trouble to go through the appointment hotlines which can be a hassle to some.”

Facing COVID Without Fear

During the COVID-19 (pre-CB) period, CNP sessions were increased from one to five per week to ensure adherence to safe distancing measures. Wan Ting told us that she did not mind the longer hours, as her priority is to serve the residents well.

When asked whether she runs a risk of contracting COVID-19 by coming into contact with so many patients, she said, “When I chose to be a frontline healthcare professional 15 years ago, I put aside my fear. I have a very supportive family as well. In fact, I am very honoured and proud to be on the front line at this critical period to battle COVID-19 together with my colleagues.”

The community care sector welcomes anyone who is interested in the following:



Empowering people to make healthy lifestyle changes.



Strengthening relationships among individuals and families.



Creating a supportive community for people to continue making positive health changes to their lives and the lives of others.



For more information about a career in nursing, please visit www.caretogobeyond.sg

冠病疫情来袭，护士支援社区

“我与居民交流后，会了解他们面临的难处及挑战。”

专业医疗人员在对抗2019新型冠状病毒疫情所扮演的重要角色，成了公众近来的焦点。除了在医院及综合诊疗所的医护人员，还有另一批人在提供全面医疗服务方面同样功不可没。他们的正式名称是社区护士，在检测、预防及监控疾病方面，为居民提供长期及个人化的服务和帮助。

陈婉婷女士在邱德拔医院任职，是人口保健和社群转型部的高级社区护士。婉婷服务于义顺22街大牌260的综合养生村社区护士健康检查站。她在社区护理领域有15年的经验，过去的三年则坚守健康检查站的岗位。

义顺区总共有三所综合养生村。婉婷说：“社区护士健康检查站并不局限于医院范围。看护与支援服务是长期的工作，不需要高端、复杂的医疗器材及专门的技术。最重要的是，我们可以好好地陪伴居民。”

与居民面对面沟通，较容易为他们提供更多个人化的医疗方案。婉婷解释：“我与居民交流后，会了解他们面临的难处及挑战。”

年长者在阻断措施期间保持身心活跃

年长者在类似阻断措施期间可能要应对的挑战之一，是感觉被孤立。婉婷为此一直密切留意这类情况。但是她发现“多数年长者增加运动次数与时间”，证明他们“适应居家生活”。“有些乐龄人士如果需要我的健康建议或想找人聊天，会在我下班后拨电给我。”

聆听居民的心声，是社区关怀专业人员照顾居民的过程中，很自然的一部分。婉婷说：“这套呵护模式很重要，我们全面照顾居民的福祉，包括他们的生理、社会心理及心理健康。”



病患举起泡罩包装，方便视频另一端的婉婷确认药品

比方说，她推荐融合运动、健康烹饪及专家忠告等元素的电视节目，帮助年长者在阻断措施期间保持身心活跃，头脑清晰灵敏。

线上提供医疗帮助

冠病大大改变了婉婷给予的预防性医护与病毒早期检测等医疗服务模式。

社区护士健康检查站虽然因为阻断措施而无法开放，但视频会议技术让检查站重新启动。居民可通过虚拟的视频会议室，与社区护士预约。护士可以在视频里看到居民，与他们会诊，而无需面对面的接触。

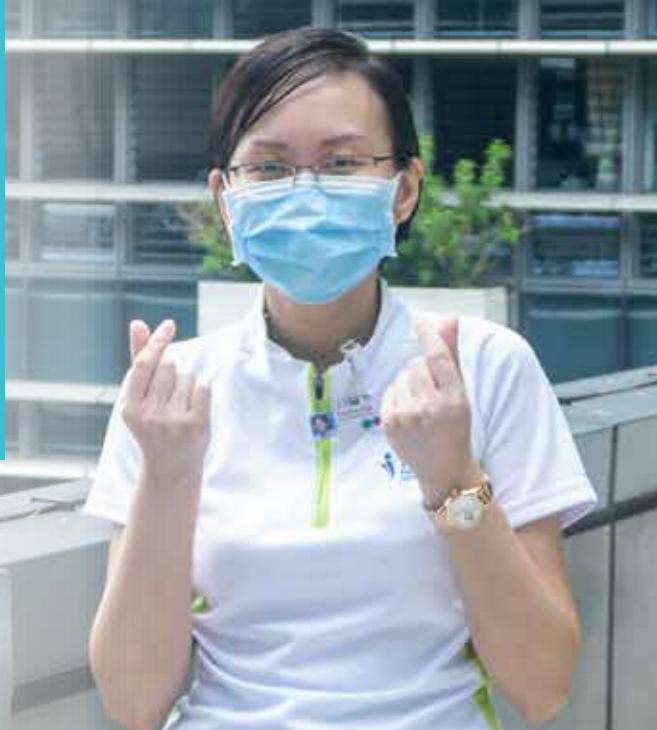
婉婷除了视频会诊，也通过电话会诊提供健康咨询、指导及评估的服务。她也和大牌260的综合养生村经理张先生密切合作，通过手机通讯程式WhatsApp群组，发送最新的重要讯息给居民。他们在群组分享领取口罩的地点和援助热线。

婉婷觉得，即使与居民的交流方式改变了，但帮助居民减轻忧虑和负担所得到的满足感不变，令她感到欣慰。

“我有一次与一对常来检查站的年长夫妻进行电话会诊。我帮他们查阅并提醒他们医生的会诊预约，他们才不会忘记看医生。尽管这仅仅是个小举措，但他们却觉得是个大恩惠。这不但省时，对一些人来说，也省去拨热线查询会诊日期的麻烦。”



病患依照婉婷的指示测量血压



勇敢应对疫情

社区护士健康检查站在实施阻断措施前，从每周1次增加至5次，以确保遵循安全距离的条例。婉婷透露，她并不介意较长的工作时间，因为好好地服务居民是她的首要考量。

问及是否顾虑因为接触许多冠病患者而被面对风险，婉婷说：“我15年前选择当前线的医疗专业人员时，早已抛开恐惧。而且，我有非常支持我的家庭。其实，我感觉非常荣幸且骄傲，能在这个关键时刻，站在前线与同事并肩作战，一起防疫。”

社区医疗领域欢迎任何对以下有兴趣的居民加入他们的行列：



让人们自主地培养健康的生活习惯。



强化个人与家庭的关系。



创造一个互相激励的环境，继续在健康方面，改善自己及其他人的生活。



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