

**Our Vision:** Home With A Heart

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



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# YISHUNITE OF THE YEAR!



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Visit these places to keep fit

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### Helping Future Generations

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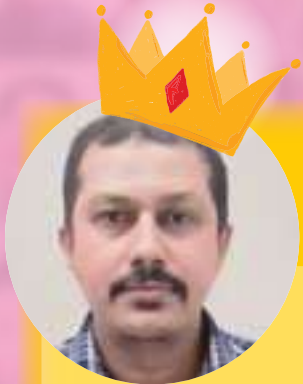
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# YISHUNITE

## of the year 2021

This year's Yishunite of the Year award saw a bumper crop of nominees, as Yishun residents sent in many nominations for who they believe deserve to win. Five nominees were chosen from the list, and after a period of voting, Mr Mohamed Mansoor Bin Khalid has emerged as the winner. Read on to find out more about our nominees and winner!



### Yishunite of the Year **WINNER**

*Mohamed Mansoor Bin Khalid*  
**Volunteer at Willing Hearts**

Mansoor has spent much time volunteering for various social causes in Yishun, ensuring that the needy are able to get by. Helping out with Willing Hearts' food distribution every morning and grocery distribution every month, the compassion that Mansoor shows to his fellow Yishun residents has brightened the day of all who are touched by his kindness.

Not only has Mansoor generously given up his time to help others, he has also inspired his family members to do so as well, through the promotion of family volunteerism, ensuring the next generation can also contribute positively to society. His efforts and sincerity to help others have earned the respect of many of his fellow volunteers, and has made Nee Soon a better place to live.

Mansoor's efforts to better the community have not gone unnoticed, and as recognition of his selfless work, residents have voted for Mansoor to be this year's Yishunite of the Year. Learn more about Mansoor and his volunteerism by reading our article featuring him on page 8-9!



### 1st runner-up

*Stephanie Ong Hui Xin*  
**Youth Leader for Project Love Lunch**

As a youth leader for Project Love Lunch, Stephanie has devoted a large amount of her time caring for children during outdoor activities and events, and also distributing groceries to the less fortunate. She has even given up her previous free time on the weekends to help out at these events, bringing joy to those in need.

Stephanie is always eager to help whenever possible, including helping the elderly to clean their rental flats, as well as taking initiative to help sort groceries and food before distributing them to the community.



### 2nd runner-up

*Velton Han Zhi Wei*  
**Grassroots Volunteer**

An active member of the grassroots community in Yishun, Velton has spent a lot of time participating in various events to help the less fortunate, including going door to door to hand out masks and hand sanitisers to various Yishun residents during the pandemic.

The avid Liverpool supporter is well-liked by his fellow Yishun residents, and his affable personality has made him a popular figure in the community. His friendly nature, coupled with his willingness to help the needy in his community, makes Nee Soon a better place for all.



### Nominee

*Rahimah Rahim*  
**Initiated a Community Fridge for Needy Residents**

Returning to Singapore from Johor Bahru as a single mother with a 7-year-old in tow, Rahimah had few possessions of her own and even had to live with a friend before moving to Yishun. Instead of wallowing in despair about her situation, Rahimah took it upon herself to rebuild her life and improve her surroundings by volunteering with Free Food For All (FFFA) to help underprivileged families. Volunteering up to 30 hours a week, Rahimah helped start a community fridge at her block and stock it with food, ensuring that nobody goes hungry. In addition, Rahimah also looks out for her neighbours through a group chat and makes sure that her block is a brighter place for all of its residents. Using her experience as a single mother, Rahimah has turned it into a tool and a source of strength for other single mothers going through what she did, empowering them and helping them to overcome any challenges they may face.



### Nominee

*Vinid Kumar*  
**Overcoming Adversity**

Despite having issues with his hearing, Vinid has never let it get him down. The administrative logistics officer at the Ministry of Manpower has faced many difficulties in life but he has always remained positive. Believing in the importance of determination, Vinid has also instilled good values in his loved ones, teaching them not to give up when faced with challenges, and to instead try to achieve their goals. Through his example, his family, as well as Yishun residents, can learn the importance of confidence in the face of adversity.



# OUTDOORS FUN IN *Nee Soon!*

In light of the COVID-19 pandemic, we must remember to keep ourselves active both physically and mentally to stay healthy. Here are some places in our backyard to explore during the December holidays. Check out the itinerary we have planned for your family!

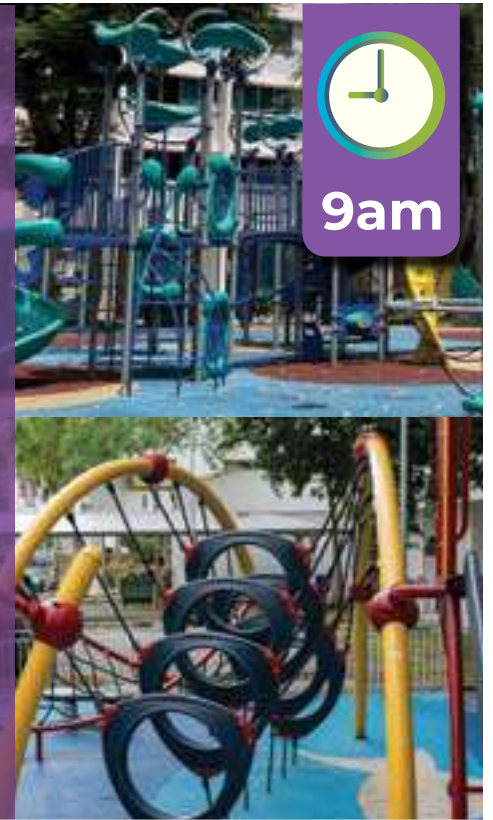
## Blk 120 Playground

Blk 120 Yishun Ring Road, S760120

Get your exercise in bright and early by visiting one of Yishun's many community playgrounds. The brightly coloured playground at Blk 120 Yishun Ring Road offers a wide range of activities. Children can look forward to a fun-filled time here!



9am



## Blk 269A Playground

Blk 269A Yishun Street 22, S761269

Parents can sit at a nearby gazebo while their children have their fun at this delightful playground. With an assortment of different activities, children will no doubt have a lot of fun climbing and jumping on the various structures.

## Jing Si Books and Café

30A Yishun Central 1, #01-07, S768796

Reminiscent of a Taiwanese teahouse, Jing Si Books and Café offers a carefully curated selection of books aimed towards spiritual development and betterment, serving as an oasis of calm in the hustle and bustle of modern society. Ruminant on life as you sip on a freshly brewed pot of tea, or simply watch the world pass by. Tummy rumbling? Head over to Slow Bakes just next door for artisan pastries and bread, or their local breakfast set, for a satisfying meal.



11am

## Just Ants

928 Yishun Central 1, #01-143, S760928

Ants may not be the first thing that come to mind when getting a pet, but Just Ants is looking to change that. Offering ants as well as various related paraphernalia, the hobby shop is the perfect place to explore ant keeping. Regardless of age, ant keeping can be a fulfilling hobby, and you can get started with the Ant Starter Kit for only \$14.90!

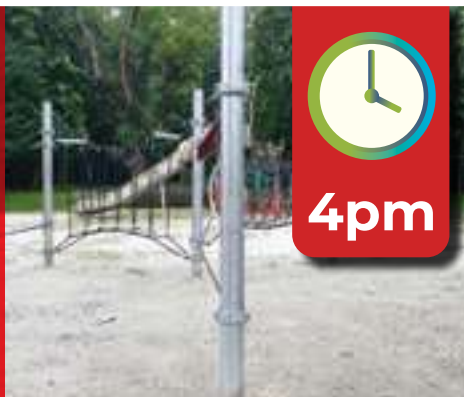


2pm

## Yishun Park Playground

Near the junction of Yishun Ring Road and Yishun Avenue 11

Nestled amidst the lush greenery of Yishun Park lies Yishun Park playground, with an assortment of fun activities for children to take part in, including a jungle gym, monkey bars, and many more! While children have their fun, adults can get some exercise done at the fitness area!



4pm

## T-Play at HomeTeamNS Khatib

2 Yishun Walk, S767944

Make play educational when you bring your little ones to T-Play at HomeTeamNS Khatib. Partnered with Peranakan museum The Intan, T-Play provides the opportunity for children to learn about Peranakan culture as they experience all that the indoor playground has to offer. Remember to book early as capacity is limited, and each booking is limited to 5 pax per transaction.



## ORTO

81 Lorong Chencharu #01-01, S769198

End your day at ORTO, a massive park with a multitude of facilities such as a fishing pond, a trampoline park, a karting track and even a paintball arena! No matter what you enjoy, there will definitely be something for you at ORTO. ORTO is also home to a wide variety of eateries, so rest assured that there will be something for your palate as you end your day with a hearty meal.



6pm



# Renewing the SPIRIT of CHONG PANG

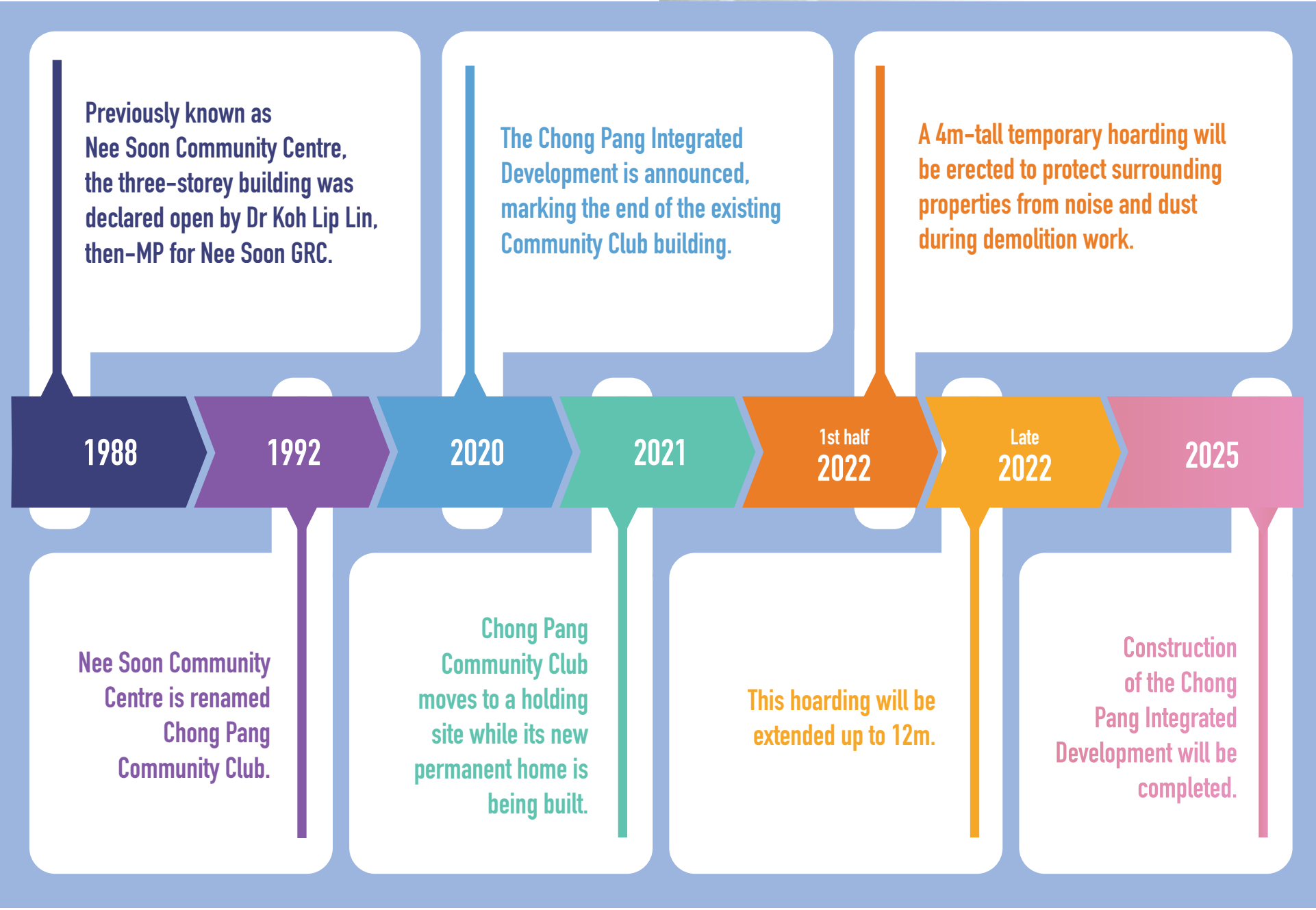


After serving the community for more than 30 years, it is time to say goodbye to Chong Pang Community Club at 21 Yishun Ring Road. The demolition of the building, which housed the community club, is part of a rejuvenation project in Chong Pang City to make way for a new integrated development, targeted for completion in 2025.

Pending its construction, which is expected to start in the second half of 2022, residents can head over to its holding site at Blk 126 Yishun Street 11, #01-427.

Chong Pang City, the first-ever neighbourhood centre in Yishun New Town, will be undergoing a major facelift. Minister K Shanmugam, Adviser to Nee Soon GRC grassroots organisations, announced last year: “Chong Pang Community Club has been in the same building since I became Grassroots Adviser 32 years ago. The Chong Pang Market and Food Centre was built in 1984 [...] The new integrated development will bring more vibrancy to Chong Pang City and give all Yishun residents more convenient recreation and lifestyle options.”

## FROM THE 1980s TO THE 2020s





# Reimagining CHONG PANG NEIGHBOURHOOD CENTRE



The Chong Pang Integrated Development has residents excited over the long-awaited upgrades to current ageing facilities.

Designated as an all-encompassing neighbourhood hub for Nee Soon residents, the Chong Pang Integrated Development will have three swimming pools, a gymnasium, fitness studios, as well as various commercial shops, along with a new community club, and an upgraded market and hawker centre. Existing hawkers will be offered places at the new development upon its construction.

These new developments will rejuvenate Nee Soon, as well as provide a community node from which residents can participate in all sorts of activities, promoting a healthy lifestyle and interaction with residents from all walks of life.

Construction of the Chong Pang Integrated Development is expected to begin in the second half of 2022 and finish in 2025.



## 重新构想忠邦城邻里枢纽

在忠邦城综合发展项目下，现有设施将获得期待已久的翻新，让居民感到雀跃万分。

该综合发展项目将来竣工后，居民可享有全新的忠邦民众俱乐部、三座游泳池、健身房，餐饮和增益学校等商业设施，以及一座替代巴刹和小贩中心。现任摊主们也将被邀请入驻新的发展项目，继续营业。

这些新发展将为义顺社区注入新的活力，并为居民们提供一个良好的邻里枢纽，让他们能够参与各种活动，保持身心活跃，同时与来自不同背景和种族的新加坡人联结在一起，凝聚人心。

忠邦城综合发展项目预计在2022年下半年开始动工，2025年落成。

## MEMBAYANGKAN SEMULA PUSAT KEJIRANAN CHONG PANG

Pembangunan Bersepadu Chong Pang membuatkan penduduk teruja dengan peningkatan kemudahan sedia ada yang semakin menua kerana hal ini sudah lama dinantikan.

Ditetapkan sebagai hab kejiranan menyeluruh untuk penduduk Nee Soon, Pembangunan Bersepadu Chong Pang akan mempunyai tiga buah kolam renang, sebuah gim, beberapa buah studio kesihatan, serta pelbagai kedai komersial, sebuah kelab masyarakat baru, dan pasar serta pusat penjaja yang dinaik taraf. Para penjaja yang sedia ada akan ditawarkan tempat di kawasan pembangunan baru apabila siap dibina kelak.

Perkembangan baru ini bertujuan untuk memberi nafas baru kepada Nee Soon, serta menyediakan ruang masyarakat di mana penduduk boleh mengambil bahagian dalam pelbagai jenis aktiviti, mempromosikan gaya hidup sihat dan berinteraksi dengan penduduk daripada semua lapisan masyarakat.

Pembinaan Pembangunan Bersepadu Chong Pang dijangka bermula pada penggal kedua tahun 2022 dan selesai pada tahun 2025.



## புதுவடிவம் பெறும் சொங் பாங் அக்கம்பக்க நிலையம்

தற்போதுள்ள பழைய வசதிகளை மேம்படுத்திப் புது வசதிகளைச் சொங்பாங் ஒருங்கிணைந்த திட்டம் வழங்கவிருப்பதால் நம் குடியிருப்பாளர்கள் மிகுந்த உற்சாகம் அடைந்துள்ளனர்.

நீ தூன் வட்டாரத்தில் வசிப்போருக்கான ஒரு முழுமையான அக்கம்பக்க மையமாகத் திட்டமிடப்படும் சொங்பாங் ஒருங்கிணைந்த வளர்ச்சித்திட்டம், மூன்று நீச்சல் குளங்கள், ஓர் உடற்பயிற்சிக்கூடம், உடற்கட்டுக்கூடம், பற்பல கடைகள் ஆகியவற்றுடன் புதிய சமூக மன்றத்தையும் கொண்டிருக்கும். அதோடு தற்போதைய சொங்பாங் சந்தையும் உணவு நிலையமும் மேம்படுத்தப்படும். புதிய மையம் கட்டி முடிக்கப்பட்டவுடன் தற்போதைய உணவங்காடிக் கடைக்காரர்களுக்குப் புதிய மையத்தில் இடமளிக்கப்படும்.

இப்புதிய மேம்பாடுகள் நீ தூன் வட்டாரத்திற்குப் புத்துயிருட்டும். அதுமட்டுமின்றிக் குடியிருப்பாளர்களுக்குப் பலவகையான நடவடிக்கைகளிலும் பங்குபெறக்கூடிய சமூக மையத்தையும் உருவாக்கித்தரும். இதன்வழி, அனைத்துப் பின்னணிகளைச் சார்ந்த குடியிருப்பாளர்களுக்கிடையில் ஆரோக்கிய வாழ்க்கைமுறையோடு நல்ல தொடர்பையும் மேம்படுத்தும்.

சொங்பாங் ஒருங்கிணைந்த திட்டத்தின் கட்டுமானம் 2022-ஆம் ஆண்டின் இரண்டாம் பாதியில் தொடங்கி 2025-ஆம் ஆண்டில் நிறைவடையும் என எதிர்பார்க்கப்படுகிறது.





# COMMUNITY Gives Back TO TOWN COUNCIL WORKERS



Whether it's keeping our surroundings clean, or to keep services and facilities in our Town Council running, our Town Council workers work tirelessly behind the scenes to ensure that everything continues to run smoothly in Nee Soon even in the midst of the COVID-19 pandemic.

Our Town Council workers, particularly our cleaners, have become even more important in light of the COVID-19 pandemic, as they toil day in, day out to make our estate clean and hygienic. To pay tribute to them, several groups came forward to show their appreciation. Nee Soon Link residents Stephanie and Ricky started the ball rolling by giving care packs and bento sets to our Town Council cleaners. Not long after, The Social Kitchen, a social enterprise that employs vulnerable individuals and their caregivers, treated cleaners in Nee Soon East to yummy plant-based burgers. In June, a Chong Pang resident donated BTS McDonald's meals to cleaners in Chong Pang and Nee Soon Central, on behalf of BTS fans to show their gratitude.

In August, Singapore Kindness Movement and Old Chang Kee made generous donations of their Singa Puffs and Potato Chips to cleaners in Nee Soon Town. Town Council cleaners in Chong Pang division also received chicken briyani from Super Penyet Singapore in the same month.

Free Food For All chipped in with bottles of honey, hand sanitisers and face masks as a show of appreciation to cleaners hard at work deep cleaning Chong Pang Market.

These acts of kindness herald the dawn of social cohesiveness where the community comes together to drive meaningful initiatives for one another. Bright smiles, cheerful ambience and gratitude are telltale signs that the Nee Soon community has attained a breakthrough in engendering positivity among Nee Soon residents.



# LET'S RECYCLE WASTE PAPER FOR REWARDS

Our machines are located at:

- Blk 102 Yishun Ave 5
- Blk 293 Yishun St 22
- Blk 414 Yishun Ring Rd
- Blk 751 Yishun St 72
- Blk 844 Yishun St 81



# Recycle FOR NEE SOON

Singapore is looking towards a more sustainable future through the implementation of the Singapore Green Plan. In order to help achieve the goals outlined by the Green Plan, Nee Soon Town Council has collaborated with SGRecycle under the overarching Action for Green Towns initiative to help Nee Soon residents earn rewards when they recycle. Simply register at [sgrecycle.com](http://sgrecycle.com) or scan the QR code below before approaching any of these blue boxes around Nee Soon to recycle your waste paper. The scheme has been met with a positive response, with 7989.48 kg of paper collected from these five machines in October. We look forward to greater participation as we play our part to make Nee Soon a more sustainable town!



THIS GREEN INITIATIVE IS BROUGHT TO YOU BY





# YISHUNITE OF THE YEAR 2021:

## Beneficiary to Volunteer

**“I don’t do this for the recognition or anything. I just do it voluntarily to help the community.”**

Mr Mohamed Mansoor Bin Khalid’s popularity in Yishun was apparent as he walked around the void deck of Block 107, where it seemed everyone he passed knew him and had a friendly word to say. Block 107, of course, is where Mr Mansoor would hand out cooked meals daily to residents in need.

However, Mr Mansoor, voted Yishunite of the Year 2021, was modest when acknowledging his award. “I don’t do this for the recognition or anything. I just do it voluntarily to help the community,” Mr Mansoor chuckled. The Yishun resident of more than 40 years has been helping out at Willing Hearts during the pandemic, when he found himself having to receive handouts after seeing a downturn in his transportation business. However, he did not let it get him down, and he is now a regular volunteer for Willing Hearts, distributing food 365 days a year, even on weekends and public holidays. With the number of people receiving meals from Willing Hearts increasing from 40 to 170 over the year, volunteers are getting busier than ever.





### Building Community Spirit

Spending time as a volunteer has allowed Mr Mansoor to grow closer with his neighbours. Gesticulating towards the area where he distributes food, he comments, "We will provide breakfast, some tea and coffee for people every morning. There really is a kampung spirit here." In light of the COVID-19 pandemic, many residents have found solace volunteering with Mr Mansoor, joining in for the companionship it provides as well as the atmosphere. While it is heartening to see people volunteering to help those affected financially, sometimes, they have to be turned away. "I have to turn people away when they are not feeling well. I tell them, if you are sick and come, you put others at risk as well. Make sure you recover, then come."

While distributing food, Mr Mansoor also has to maintain impartiality. "Sometimes people ask for extra, or for their neighbours. I tell them, if they need, they have to come down themselves. I can only give the amount they register with Willing Hearts. Only if I have extra servings, then I can distribute extra."

### Starting From Young

His willingness to help others stemmed from his childhood, where he was a frequent volunteer alongside his father at a mosque. With the value of helping others being inculcated in him from a young age, Mr Mansoor has sought to impart the same traits in his children too.

"It is second nature to them," he proudly reveals with a smile. "They understand that they have to share what they have, and even if they don't have enough for themselves, they don't complain."

Finally, Mr Mansoor also had a message to send to his fellow Yishun residents. "As a human being, try to have an open heart. Try not to judge people. I don't view anyone as Malay, Chinese, or Indian. We are all human beings, so if you want to help, help everybody."



## 'YISHUNITE OF THE YEAR' 2021: DARIPADA PENERIMA BANTUAN KEPADA SUKARELAWAN

**"Saya melakukan ini bukan semata-mata untuk mendapatkan pengiktirafan atau apa-apa. Saya hanya melakukannya secara sukarela untuk membantu masyarakat."**

Kepopularan Encik Mohamed Mansoor Bin Khalid di Yishun terserlah ketika beliau berjalan mengelilingi kolong Blok 107, di mana nampaknya semua yang bersua dengan beliau mengenalinya dan memberikan kata-kata yang mesra kepadanya. Sesungguhnya, Blok 107 merupakan tempat Encik Mansoor mengagihkan makanan yang dimasak kepada penduduk yang memerlukannya pada setiap hari.

Walau bagaimanapun, Encik Mansoor yang dipilih sebagai 'Yishunite of the Year' atau Penduduk Teladan Yishun Tahun 2021 dengan rendah hati menerima anugerahnya. "Saya melakukan ini bukan semata-mata untuk mendapatkan pengiktirafan atau apa-apa. Saya hanya melakukannya secara sukarela untuk membantu masyarakat," Encik Mansoor tergelak kecil.

Penduduk Yishun selama lebih daripada 40 tahun itu telah membantu di Willing Hearts semasa wabak melanda, apabila beliau terpaksa menerima bantuan selepas perniagaan pengangkutannya mengalami kemerosotan. Walau bagaimanapun, dia tidak merasa kecewa dan kini menjadi sukarelawan tetap untuk Willing Hearts, di mana beliau mengedarkan makanan 365 hari setahun, termasuk pada hujung minggu dan cuti-cuti umum. Dengan bilangan orang yang menerima makanan daripada Willing Hearts meningkat daripada 40 kepada 170 sepanjang tahun ini, para sukarelawan semakin sibuk berbanding sebelum ini.

### Membina Semangat Kemasyarakatan

Mengisikan masanya dengan membuat kerja sukarela telah membolehkan Encik Mansoor menjadi lebih erat dengan jiran-jirannya. Sambil menunjukkan arah kawasan tempat beliau mengedarkan makanan, beliau mengulas, "Kami akan menyediakan sarapan, termasuk teh dan kopi, untuk orang ramai setiap pagi. Memang ada semangat kampung di sini." Berkaitan dengan pandemik COVID-19, ramai penduduk telah menemui ketenangan dengan membuat kerja sukarela bersama Encik Mansoor. Mereka juga menyertainya untuk menjalin persahabatan

dan kerana menyukai suasananya. Walaupun ia amat menggembirakan untuk melihat ramai orang secara sukarela ingin membantu mereka yang terjejas dari segi kewangan, kadangkala, mereka terpaksa ditolak. "Saya perlu menolak orang apabila mereka tidak sihat. Saya memberitahu mereka, jika mereka sakit dan tetap datang, mereka akan membahayakan orang lain. Saya pastikan mereka sudah sembuh, barulah boleh datang."

Semasa mengagihkan makanan, Encik Mansoor juga perlu mengekalkan kesaksamaan. "Kadang-kadang orang meminta lebih, atau untuk jiran mereka. Saya memberitahu mereka, jika jiran tersebut memerlukannya, mereka harus hadir sendiri. Saya hanya boleh memberikan mereka jumlah yang didaftarkan melalui Willing Hearts. Hanya jika saya mempunyai hidangan tambahan, maka saya boleh mengedarkan lebih."

### Bermula Dari Muda

Kesediaannya untuk membantu orang lain bermula dari zaman kanak-kanaknya, di mana beliau sering membuat kerja sukarela bersama bapanya di masjid. Dengan nilai membantu orang lain yang diterapkan dalam dirinya sejak kecil, Encik Mansoor berusaha untuk mewariskan sifat yang sama kepada anak-anaknya juga.

"Sifat ini sudah sehati dengan diri mereka," beliau mendedahkan dengan bangga sambil tersenyum. "Mereka faham bahawa mereka perlu berkongsi apa yang mereka ada, dan meskipun tidak mencukupi untuk diri mereka sendiri, mereka tidak merungut."

Akhir sekali, Encik Mansoor juga mempunyai pesan kepada rakan-rakan penduduk Yishun. "Sebagai manusia, cubalah berlapang dada. Cuba untuk tidak menilai orang lain. Saya tidak mengira bangsa, sama ada Melayu, Cina mahupun India. Kita semua manusia, jadi jika anda ingin membantu, bantulah semua orang."





# Completed TOWN IMPROVEMENT PROJECTS IN 2021

Throughout 2021, Nee Soon Town Council has been working hard to improve the facilities of Nee Soon to make it a better place for residents. Here is a look at some of the upgrades that have been made this year!

## Upgrades to Playgrounds



Blk 333D Yishun St 31



Blk 703 Yishun Ave 5



Blk 761 Yishun St 72



Blk 458 Yishun Ave 11



Blk 432D Yishun Ave 11



Blk 115B Yishun Ring Road



Blk 121/122 Yishun St 11



Blk 315B Yishun Ave 9



Blk 705 Yishun Ave 5



Blk 432B Yishun Ave 1



Blk 453 Yishun St 41



Blk 432D Yishun Ave 11



Blk 334B Yishun St 31



Blk 166 Yishun Ring Road



Blk 426A/B Yishun Ave 11

## Upgrades to Fitness Corners



## Construction of Shelters/ Awnings/Linkways



Awnings at Blk 202, 217, 219, 220, 223 and 225 Yishun St 21



Awnings at Blk 363, 366 and 367 Yishun Ring Road



Awnings at Blk 250, 259 and 260 Yishun St 22/Ave 9



Linkway at Blk 784 to 785 Yishun Ave 2



Shelter at Rockridge Park near Blk 502B Yishun St 51



Awnings at Blk 795 Yishun Ring Road



Shelter at Blk 787/788/791/792 Yishun Ring Road



Linkway at Blk 863 Yishun Ave 4 to Naval Base Primary School



Upgrading of the precinct marker at Adora Green, Yishun Avenue 11



Upgrading of letterboxes at Blks 236-242 Yishun Ring Road



Construction of a community garden at Blk 431 MSCP Yishun Ave 1



Installation of a new CCTV system at Blks 504-513 Yishun Street 51



Upgrading of lift lobbies at Blk 926, 927, 928, 930, 931, 932 and 935 Yishun Central 1



Construction of banner structure near Blk 932 Yishun Central 1

## Other Projects



Reconstruction of BBQ pits and construction of new shelter over BBQ pits and a toilet near Blks 728/729 Yishun Street 71

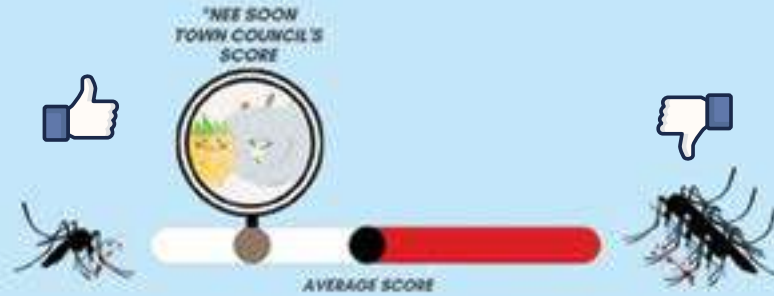


## Cleaner hawkker centre toilets in Nee Soon!



\*Score is based on the NEA biannual benchmarking report for Town Councils for the period of NOV 2020 to JUN 2021

## Fewer cases of mosquito breeding reported in Nee Soon!



\*Score is based on the NEA biannual benchmarking report for Town Councils for the period of NOV 2020 to JUN 2021

## Fewer rodent burrows in Nee Soon!



\*Score is based on the NEA biannual benchmarking report for Town Councils for the period of NOV 2020 to JUN 2021

## Nee Soon Town Council is introducing a newly enhanced service!



**1** You can now choose to receive your S&CC notices via SMS notification.



Be part of this sustainable movement and a more convenient way of life by scanning the QR Code below for a short application form.

Successful applications stand a chance to win NTUC FairPrice vouchers.\*

**Lucky Draw: 31 Dec 2021**  
 15 Winners x \$20 NTUC Voucher  
 3 Winners x \$50 NTUC Voucher

Submission received on and before 31 Dec 2021.

\*The lucky draw is open to all Nee Soon residents living in a NEE flat and only 1 submission per residential unit will be accepted. All winners will be notified via SMS. The lucky draw will end on 31 December 2021.



To find out more about the latest happenings in Nee Soon, follow us on:



neesoon.tc



neesoon.tc



@neesoon.tc



## SIGNS & SYMPTOMS OF ACUTE STRESS REACTION (ASR) AFTER A TRAUMATIC EVENT

### Think differently

- Poor concentration during a normal routine
- Recurrent dreams of the incident
- Flashbacks of the traumatic event
- Negative thoughts of suicide and self-harm

### Behave differently

- Withdrawn from people
- Inability to have a good sleep
- Changes in appetite

### Feel differently

- Excessive anxiety or fearfulness of re-occurrence of the incident
- Persistently feeling low and lack of energy
- Irritation when questioned about matters related to the incident
- Avoiding thoughts, feelings, people, or places that are associated with the traumatic event

### What can you do if you experience ASR?

- Reach out for support from friends and family
- Engage in meaningful and enjoyable activities
- Be patient with yourself as it takes time to recover
- Seek professional help if you are unable to cope. E.g. a counselor, psychologist

In Collaboration With the Central Region Trauma Services

## Ask Jasmine

Dr Jasmine Siang is a licensed behavioural specialist and psychotherapist with more than 12 years of experience in Individuals, Couples and Family Therapy. Her expertise includes abuse, anxiety, eating disorders, relationships, emotional issues, trauma, etc.

She firmly believes change is always possible and healing is an art. It takes time. It takes practice. It takes trust.

*This column is not intended to serve as a substitute for any financial, medical, legal or other professional advice.*

*If you have specific concerns or an urgent situation in which you require professional, psychological or medical help, you should seek help from a licensed professional, physician or mental health professional.*

### Dear Jasmine,

My 5-year-old daughter seems to struggle with asking for help and expressing herself in general.

For example, when she wants help packing her bag before going out, she would say, "My things are too big for my bag." I am not sure if she is asking for help as sometimes, she just wants more time to work on the problem.

I have to repeatedly ask if she needs help before she gives me an answer, and if I don't ask her when she needs help, she will have a meltdown. I find it challenging to parent her and read her mind since she doesn't say what she wants directly and likes to give hints instead. This can be difficult and makes things very confusing.

I have tried tackling this issue with her before but it ended in another meltdown with her saying, "I just don't know how to say what I want!" I am afraid that this will make it hard for her when she starts going to primary school in the future and she might struggle in silence.

**Yours sincerely,  
Concerned Mum**

### Dear Concerned Mum,

From the example you have given, it seems like your child is no longer looking for a solution to the problem. Your child is aware that there is a problem, so you will have to change her perspective. Presenting her with another option will change how your child views the problem. For example, instead of repeatedly asking if she needs help, you can suggest to her that maybe her bag is too small, to show your child what else can be done about it.

As for your child giving hints, it might be a result of trying to read her mind. From your child's perspective, it appears as if you are trying to guess what the issue is, so she facilitates that by providing hints instead of the answer. You need to have clear communication to build a relationship with your child. Try using words and questions to find out more about what she needs. Requests like "Can you help me hold this?" or "Can you do this for me?" teach your child how to ask for help, and that it is ok to ask for help.

Your child is able to express herself by saying that her things are too big, but she may also understand that asking for help may make some people unpleasant, which is why she may feel hesitant asking for help. However, as she helps you with your requests, she can learn that it feels good to help others and may be more inclined to seek help if she needs it.

**Jasmine Siang,  
Behavioural Specialist/Psychotherapist**

Help is always available

**For women and sexual assault care:**  
Association of Women for Action and Research (AWARE): 1800 777 5555

**For marital relationships:**  
Care Corner Counselling Centre: 6353 1180

**For mediation and dispute resolution:**  
Eagles Mediation and Counselling Centre: 6788 8220

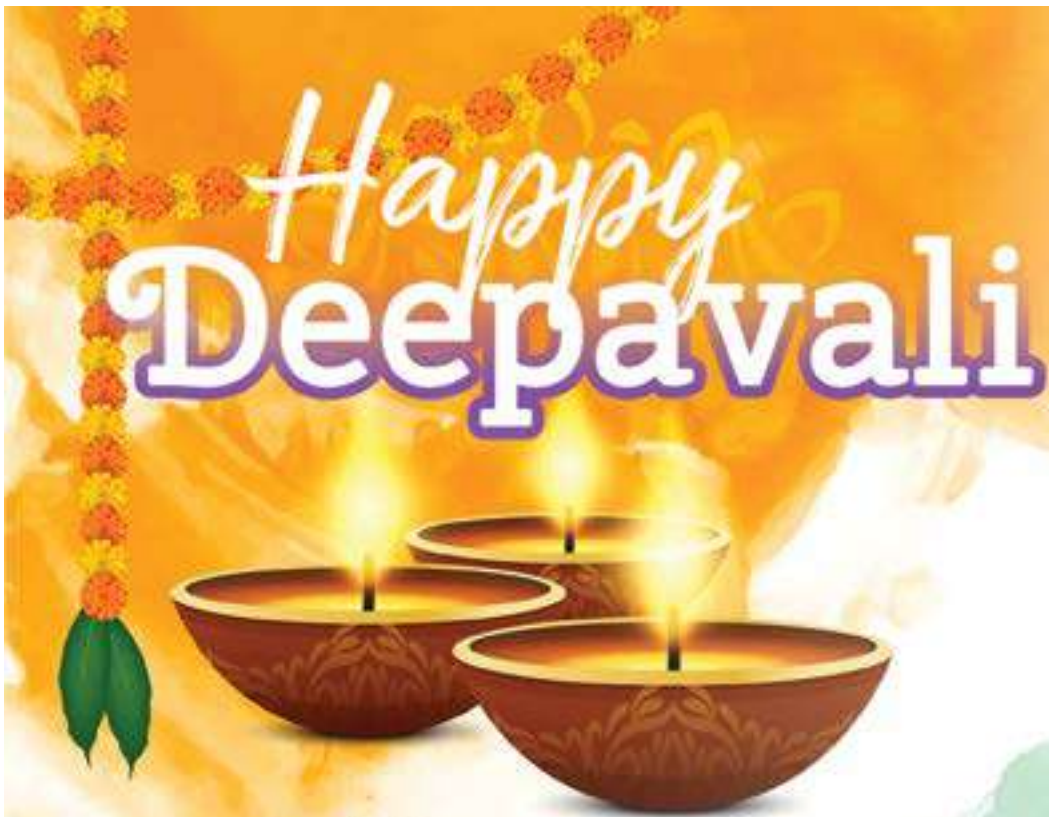
**For children- and youth-related issues:**  
WINGS Counselling Centre: 6383 5745

**For mental health issues:**  
Shan You Counselling Centre:  
6741 9293 / 6745 9293



**Have a concern?**  
Simply scan this QR code and submit your entry here to be shortlisted.





### Sudoku

6		8				7	5	3
3	2	4		9			8	
7	1	5			3			
8			4	3				
4	3	2				1	9	8
				8	2			4
			1			9	3	6
	8			5		4	1	7
9	6	1				8		5

Difficulty Level: Easy

Join the dots to celebrate Deepavali with Nanas, Squish and all our Hindu residents!

Answer

5	8	1	9	6				
2	1	4	5	7	3			
9	6	3	1	2				
7	2	8	6	5	4			
8	6	1	7	2	3			
3	5	2	4	1	9			
1	9	3	6	5	7			
1	8	7	6	2	4			
5	3	1	2	8	9			



### CHONG PANG



**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 9350 9004  
Email: mps@chongpang.org  
Operating hours: Tuesdays 7.30pm onwards (except PH & eve of PH)  
f K Shanmugam Sc @kshanmugam\_ 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)  
f 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 760227  
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)  
f @ louisngkokkwang

### NEE SOON LINK



**Mr Derrick Goh Soon Hee**  
MP for Nee Soon GRC  
Chairman of Nee Soon Town Council

**Meet-the-People Sessions**  
Address: Blk 445 Yishun Ring Road, #01-44, Singapore 760445  
Email: derrickgohsh.mps@gmail.com  
Operating hours: Mondays 7.30pm - 9.30pm  
(first 4 Mondays of the month, except PH & eve of PH)  
f @ derrickgohsh

### NEE SOON SOUTH



**Ms Carrie Tan Huimin**  
MP for Nee Soon GRC  
Vice-Chairman 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)  
f CarrieTanCares @ carrietancares

### LOCATE US

**Yishun**  
Blk 290 Yishun St 22, S(760290)  
**Nee Soon Central**  
Blk 751 Yishun St 72, #01-186, S(760751)  
**Nee Soon South**  
Blk 845 Yishun St 81, #02-00, S(760845)  
**Nee Soon Link**  
Blk 411 Yishun Ring Rd, #01-1819, S(760411)



**Essential Maintenance Service Unit (EMSU)**  
After office hours: 1800 241 7711



Tel: 6758 0129  
Email: feedback@nstc.org.sg  
f Nee Soon Town Council  
@ neesoontc  
Nee Soon Town Council  
NeeSoonIC



# Nurturing YOUNG HEARTS IN NEE SOON EAST

The Singapore Red Cross has been supporting the community in Nee Soon for years, first by distributing food vouchers, and since 2019, running a tuition programme for underprivileged children. The pilot tuition programme in Nee Soon East, known as Young Hearts, has grown from strength to strength, benefitting many children from low-income households in Blocks 269A and 269B at Yishun Street 22. It has even increased its scope to include a Young Scientist programme and robotics classes.

Selene Ong, head of the Red Cross' Community Resilience department who runs the programme, candidly shares anecdotes about the children that she meets through it, the challenges that they face trying to better their lives, and elaborates more on what the Red Cross wants to achieve through Young Hearts.

The programme has seen widespread positive effects for its students, both academically and on their character. Academic results are tracked through an individual progress report, allowing parents to observe their performance in examinations and track their progress, and allows them to factor in outside influences on the child's academic performance.

"The long-term aim of the programme is to break intergenerational poverty, so just giving out food vouchers is not sufficient," Selene explained. It is hoped that through Young Hearts, children can go on to pursue a higher level of education in order to break out of the poverty cycle.

However, academics are not the only thing Young Hearts wishes to help with. "Being responsible with their attendance, making the right decisions, thoughtfulness, appreciation of others, self-awareness, we want to impart skills such as these that will benefit them in life," added Selene.

The programme, however, has faced its share of problems. As the COVID-19 pandemic rages on, Young Hearts has had to make changes to its operations, such as moving towards a hybrid system, incorporating both home-based learning and in-person classes in its office, with its meeting room doubling up as a classroom.

While the Red Cross has managed to provide the children with laptops for home-based learning, issues remain. "Laptops are only a band-aid for the problem," Selene mused, citing several examples of children with unconducive households that make studying a difficult proposition, further emphasising the need for Young Hearts to provide a space for children like these.

Ultimately, Young Hearts is more than just a tuition centre. "At the end of the day, we just want to provide them with a safe space, not just for studying but also for them to talk about any issues they may have," Selene concluded. Young Hearts are constantly on the lookout for volunteers as they look to expand the programme, and anyone interested can contact the Red Cross to indicate their availability.







## “The long-term aim of the programme is to break intergenerational poverty, so just giving out food vouchers is not sufficient.”

### 为义顺东培育新一代

新加坡红十字会服务义顺社区已有多多年，起先是发送食品礼券，自2019年以来，又为弱势儿童开办补习班。这个名为“年轻之心计划”的试点项目，在义顺东落实以来，已让不少来自义顺22街大牌269A及269B低收入家庭的孩童受惠。年轻之心计划还增设了课程，包括年轻科学家计划与机器人编程课程。

新加坡红十字会的社区韧性部门主管王诗琳女士，很坦率地分享了照顾这些孩童的经历。其中谈及为他们改善生活时所面对的种种挑战，也阐明了新加坡红十字会通过年轻之心计划来提供援助的愿景。

年轻之心计划推行以来，在学生们学业与人格成长方面所取得的成果，是有目共睹的。孩童的学业成绩都在个人进展报告里有系统地反映出来，家长可从而明白他们在考试期间的表现，跟进孩子的学习进度。家长也能从中分析影响孩子学业的外在因素。

王诗琳解释说：“计划的长远目标是要消除跨代贫穷的问题，所以单单发送食品礼券是不够的。”年轻之心计划的宗旨是为孩童们奠定良好的学习基础，好让他们更有能力追求高等教育，从而达至脱贫的愿景。

然而，学业进步并不是年轻之心计划唯一的考量。王诗琳补充说：“我们要灌输能改善他们生活的技能及价值观，如有责任感地看待出席率，做出正确的判断，为别人着想，感恩于他人的协助，以及认识自我。”

所谓好事多磨，在冠病19疫情肆虐下，年轻之心计划不得不在运作方面做出各种调整，如实施混合型运作模式，采取在线居家学习的网上教学，兼有现场教学，以会所的会议室充当课堂。

红十字会固然能为孩子们提供笔记本电脑，方便他们居家学习，但是学习道路仍然崎岖。王诗琳说：“笔记本电脑只能解燃眉之急。”她举例说，有的家庭环境并非是最好的学习场所，可见年轻之心计划为这些孩童们提供良好学习环境，是有多重要。

年轻之心计划最终的目的并不止于建立一所补习中心。王诗琳最后也强调说：“我们的理想是要提供一个安全空间，让孩童们不仅仅能来这里温习功课，更可以畅所欲言，分享任何问题。”年轻之心计划还在不断地招募义工，拓展活动，欢迎有意出一份力的善心人，直接联系红十字会。

### Memupuk Program ‘Young Hearts’ di Nee Soon East

Sudah bertahun-tahun lamanya Palang Merah Singapura memberikan sokongan kepada masyarakat di Nee Soon, bermula dengan mengedarkan baucar makanan, dan sejak 2019, menjalankan program tuisyen untuk kanak-kanak yang kurang bernasib baik. Program tuisyen perintis di Nee Soon East, yang dikenali sebagai ‘Young Hearts’, berkembang pesat dari semasa ke semasa dan memanfaatkan ramai kanak-kanak daripada keluarga berpendapatan rendah di Blok 269A dan 269B di Yishun Street 22. Malahan, program berkenaan telah meningkatkan skopnya untuk memasukkan program ‘Young Scientist’ (Saintis Muda) dan kelas robotik.

Selene Ong, ketua Jabatan Daya Tahan Komuniti di Palang Merah yang mengendalikan program ini, secara terus-terang berkongsi anekdot tentang kanak-kanak yang beliau temui dan cabaran yang mereka hadapi demi memperbaiki kehidupan mereka. Beliau

menghuraikan dengan lebih lanjut lagi mengenai apa yang ingin dicapai oleh Palang Merah melalui ‘Young Hearts’.

Program ini telah memperlihatkan kesan positif yang meluas buat pelajarnya dari segi akademik dan perwatakan mereka. Keputusan akademik dijejaki melalui laporan kemajuan individu yang membolehkan ibu bapa memerhati prestasi mereka dalam peperiksaan dan memantau kemajuan mereka, serta membolehkan mereka mengambil kira pengaruh luar terhadap prestasi akademik anak mereka.

“Matlamat jangka panjang program ini adalah untuk mengatasi kemiskinan antara generasi, maka sekadar memberi baucar makanan tidaklah mencukupi,” jelas Selene. Melalui ‘Young Hearts’, diharapkan kanak-kanak dapat meneruskan pelajaran ke peringkat yang lebih tinggi agar dapat keluar daripada kitaran kemiskinan.

Walau bagaimanapun, ‘Young Hearts’ bukan semata-mata untuk membantu menerusi aspek akademik. “Bertanggungjawab dengan kehadiran mereka, membuat keputusan yang betul, bertimbang rasa, menghargai orang lain, mempunyai kesedaran diri; kami ingin menyampaikan kemahiran seperti ini yang akan memberi manfaat kepada mereka dalam kehidupan,” tambah Selene.

Program ini, bagaimanapun, juga menghadapi pelbagai masalah. Ketika wabak COVID-19 semakin melarat, ‘Young Hearts’ terpaksa membuat perubahan pada operasinya, seperti bergerak ke arah sistem hibrid yang menggabungkan pembelajaran di rumah dengan kelas bersemuka di pejabatnya. Bilik mesyuaratnya juga digabung fungsinya menjadi sebuah bilik darjah.

Walaupun Palang Merah telah berjaya membekalkan kanak-kanak dengan komputer riba untuk pembelajaran di rumah, beberapa isu tetap wujud. “Komputer riba hanyalah alat bantu sementara untuk masalah ini,” Selene merenung sambil memetik beberapa contoh kanak-kanak dari isi rumah yang keadannya tidak sesuai, lantas saranan untuk menelaah pelajaran seperti ini merupakan sesuatu yang menyukarkan. Beliau seterusnya menekankan perlunya ‘Young Hearts’ menyediakan ruang untuk kanak-kanak seperti ini.

Akhir kata, ‘Young Hearts’ bukan sekadar sebuah pusat tuisyen. Malah, lebih daripada itu. “Sudahnya nanti, kami hanya mahu memberikan mereka ruang yang selamat, bukan sahaja untuk belajar tetapi juga untuk mereka bercakap mengenai apa saja isu yang mungkin mereka hadapi,” Selene mengakhiri. ‘Young Hearts’ sentiasa mencari sukarelawan kerana mereka ingin mengembangkan program, dan sesiapa yang berminat, boleh menghubungi Palang Merah untuk menyatakan kesediaan mereka.

### கிழக்கு நீ துனில் யங் ஹார்ட்ஸை வளர்த்தல்

சிங்கப்பூர்ச் செஞ்சிலுவைச் சங்கம் நீ துன் சமூகத்தினருக்குப் பல ஆண்டுகளாக உணவுப்பற்றுச்சீட்டுகள் விநியோகித்ததோடு 2019 முதல் வசதி குறைந்த பிள்ளைகளுக்கு உதவிப் பாடத்திட்டத்தையும் நடத்தி வருகிறது. கிழக்கு நீ துனில் நடத்தப்படும் யங் ஹார்ட்ஸ் என்றழைக்கப்படும் இந்த உதவிப்பாடத்திட்டம், நாளுக்கு நாள் நன்கு வளர்ச்சியடைந்துள்ளது. இது யிதன் சாலை 22-இல் உள்ள புளோக் 269A மற்றும் 269B ஆகிய பகுதிகளில் வாழும் பல குறைந்த வருமானமுள்ள குடும்பங்களைச் சேர்ந்த பிள்ளைகளுக்கு மிகவும் பயனளித்துள்ளது. இளம் விஞ்ஞானிகளை உருவாக்கும் திட்டத்தோடு ரோபோட்டிக்ஸ் வகுப்புகளை நடத்தும் அளவுக்கு அதன் நிலை உயர்ந்துள்ளது.

இந்தத் திட்டத்தை நடத்தி வரும் செஞ்சிலுவைச் சங்கச் சமூக மீள்திறன் துறைத் தலைவரான செலீன் ஓங், இந்தத் திட்டத்தின் மூலமாகத் தாம் சந்தித்த மாணவர்களைப் பற்றியும், அவர்களது வாழ்வை மேம்படுத்த முயற்சித்த போது அவர்கள் சந்தித்த சவால்கள் பற்றிய சில நிகழ்வுகளை வெளிப்படையாகப் பகிர்ந்ததோடு யங் ஹார்ட்ஸ் அமைப்பின் மூலமாகச் செஞ்சிலுவைச் சங்கம் என்ன சாதிக்க விரும்புகிறது என்பதையும் விரிவாக விளக்கினார்.

இந்தத் திட்டம் மாணவரின் அறிவுசெறிந்த வளர்ச்சியோடு நற்குணங்களிலும் ஆக்ககரமான வளர்ச்சியை ஏற்படுத்தி உள்ளது. ஒவ்வொரு பிள்ளையின் தனிப்பட்ட கல்வி வளர்ச்சி அவரவர் கல்வி முடிவுகள் மூலமாகக் கண்காணிக்கப்படுகின்றது. அதன் மூலமாகப் பெற்றோர் தங்களது பிள்ளைகளின் தேர்வுநிலையையும், அவர்களின் முன்னேற்றத்தையும் கண்காணித்துத் தங்கள் பிள்ளையின் கல்வி கற்கும் ஆற்றலில் வெளிப்படுத்தப்பாதிப்புகள் உள்ளதா என்பதையும் கவனிக்கமுடியும்.

“இந்தத் திட்டத்தின் நீண்டகால நோக்கம், தலைமுறை தலைமுறையாக நீடித்து வரும் ஏழ்மையை அகற்றுவதாகும். வெறும் உணவுப்பற்றுச்சீட்டு வழங்குவதால் மட்டும் போதுமானதாகாது.” என்று செலீன் விளக்கினார். யங் ஹார்ட்ஸ் திட்டத்தின் மூலமாகப் பிள்ளைகள் உயர்க்கல்வியைப் பெற முடியும். அதன் மூலமாக அவர்களிடம் காணப்படும் ஏழ்மைச்சுழற்சியைத் தகர்த்தெறிய முடியும் என்று நம்பலாம்.

எனினும், உயர்க்கல்வி அடைவதற்கு மட்டுமே யங் ஹார்ட்ஸ் உதவி செய்ய விரும்பவில்லை. “வகுப்பு வருகைப்பதிவில் பொறுப்புணர்ச்சி, சரியான முடிவுகளை எடுத்தல், ஆழ்ந்தனைத் திறன், மற்றவர்களைப் மதித்தல், சுயவிழிப்புணர்வு, போன்ற அவர்களது வாழ்வில் உதவக்கூடிய பல்வேறு திறன்களை உணர்த்த விரும்புகிறோம்,” என்று செலீன் கூறினார்.

இருப்பினும் இந்தத் திட்டங்கூட அதன் பங்கிற்குப் பிரச்சனைகளைச் சந்திக்கத்தான் செய்தது. கோவிட்-19 கிருமித்தொற்று அதிகரித்த காரணத்தால் யங் ஹார்ட்ஸ் அதன் செயல்பாடுகளில் சில மாற்றங்களைக் கொண்டுவர வேண்டிய அவசியம் ஏற்பட்டது. அதாவது, வீட்டிலிருந்து கல்வி கற்றல் மற்றும் அலுவலகத்திற்கு வந்து நேரடியாகக் கல்வி பெறுதல் ஆகிய இரண்டையும் ஒன்றிணைத்த கலப்புமுறைக் கல்வி கற்பிக்கும்வழியை மேற்கொள்ள நேர்ந்தது, அதற்காக அதன் சந்திப்பு அறையும் ஒரு வகுப்பறையைப் போல் பயன்படுத்தப்படுகிறது.

வீட்டிலிருந்து கல்வி கற்பதற்குப் பிள்ளைகளுக்குத் தேவையான மடிக்கணினிகளைச் செஞ்சிலுவைச் சங்கம் ஏற்பாடு செய்துவிட்டாலும், பிரச்சனைகள் இருக்கத்தான் செய்கின்றன. “மடிக்கணினிகள் யாவும் தற்போதுள்ள பிரச்சனைக்கு வெறும் ஒட்டுப்போடுவது போன்றதுதான்.” என்று செலீன் குறிப்பிட்டார். பிள்ளைகள் படிப்பதற்கேற்ற சூழல் இல்லாத குடும்பங்களில் வாழ்வதையும், அதனால் படிப்பது மிகவும் கடினமாகி விடுகிறது என்பதையும் குறிப்பிட்டு, இதுபோன்ற பிள்ளைகளுக்கு யங் ஹார்ட்ஸ் படிப்பதற்கு உகந்த இடத்தை உருவாக்க வேண்டிய தேவையை வலியுறுத்தினார்.

இறுதியாக, யங் ஹார்ட்ஸ் அமைப்பு என்பது வெறும் துணைப்பாட மையத்தையும் விடப் பெரியது. “இறுதியில் நாங்கள் விரும்புவது அவர்களுக்குப் பாதுகாப்பான இடத்தை வழங்க வேண்டும் என்பதுதான், அது வெறும் படிப்புக்கு மட்டுமல்ல. மாறாக அவர்களுக்கு ஏதாவது பிரச்சனைகள் இருந்தால் அதைப்பற்றி பேசுவதற்கும்தான்,” என்று செலீன் நிறைவு செய்தார். யங் ஹார்ட்ஸ் தொடர்ச்சியாகத் தங்களது திட்டத்தின் விரிவாக்கத்திற்காகத் தன்னார்வர்களைத் தேடி வருகிறது. மேலும் யாருக்காவது இதில் ஆர்வம் இருந்தால், அவர்கள் தங்களது நேரத்தை வழங்கும் விருப்பத்தைச் செஞ்சிலுவைச் சங்கத்தைத் தொடர்பு கொண்டு தெரிவிக்கலாம்.