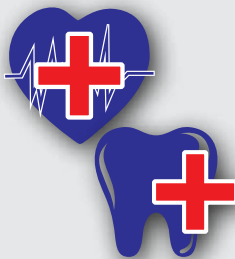




CLEANERS' APPRECIATION DAY

Pilot bin fill sensor system in Nee Soon South

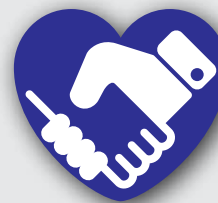
Page 6



CHAS LIST

Low-income families can enjoy subsidies at these family and dental clinics

Page 8 & 9



SUPPORT WHERE YOU NEED IT

Feeling stressed over loss of jobs, health or family matters? This list can help.

Page 10

The Nee Soon Link

义顺情缘

Rangkaian Nee Soon

நீ சூன் இணைப்பு

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Budget 2016 At A Glance

Hailed as prudent, forward-looking, fair and progressive, Budget 2016 prepares households and companies to be future-ready, while providing targeted relief for households and companies. Read on and discover how these measures benefit you and your family.

For Working Adults

- 1) Enhancements to Workfare
- 2) Supporting People with Disabilities at Work



For Elderly

- 1) Silver Support Scheme
- 2) Community Networks for Seniors



For Families

- 1) One-off GST Voucher — Cash Special Payment
- 2) Service and Conservancy Charges Rebate
- 3) Child Development Account (CDA) First Step Grant
- 4) KidSTART Pilot
- 5) Fresh Start Housing Scheme

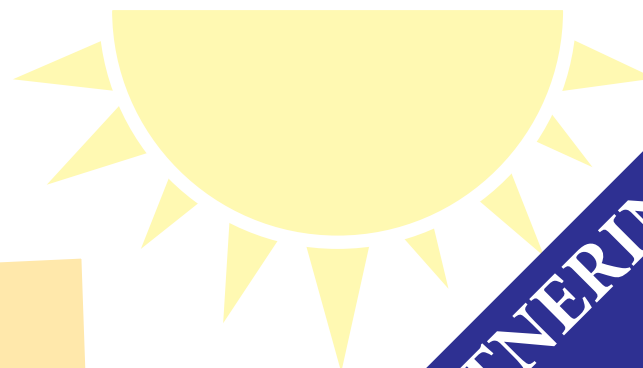


For The Economy

- 1) Industry Transformation Programme
- 2) Business Grants Portal
- 3) Automation Support Package



PARTNERING
FOR
THE
FUTURE





WHAT'S NEW IN BUDGET 2016



For Working Adults

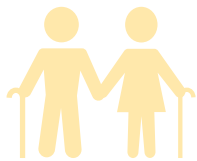
1 Enhancements to Workfare

Workfare Income Supplement (WIS)

- Income ceiling raised from \$1,900 to \$2,000 a month
- Higher payouts to eligible workers
- Simplified qualifying criteria and monthly instead of quarterly payouts

2 Supporting People with Disabilities at Work

- No age limits to Workfare Training Support from 1 Jan 2017
- Government will expand job opportunities



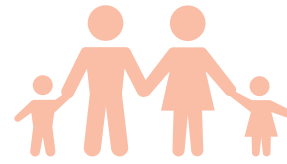
For Elderly

1 Silver Support Scheme

- Eligible Seniors aged 65 and above, will receive quarterly payments between \$300 and \$750
- Payout will be automatic, with double payout in mid-July

2 Community Network for Seniors

- Pilot programme to provide elderly services through a network of partners
- Easier access to community, health and social services for Seniors



For Families

1 GST Vouchers

Singaporeans (21yrs and above) with assessable income of \$26,000 and below	annual value of home	
	up to \$13,000	\$13,000 to \$21,000
Regular GST Voucher - Cash	\$300	\$150
One-off GST Voucher - Cash Special Payment	\$200	\$100
Total	\$500	\$250

2 Service and Conservancy charges rebates

1 or 2 Room flats	3 months
3 or 4 Room flats	2 months
5 Room flats	1½ months
Executive / Multi-generation flats	1 month



3 Child Development Account First Step Grant

- \$3000 for eligible babies born on or after 24 March 2016 to use for healthcare and childcare

4 Kidstart (Pilot Programme)

- Preparing needy children aged 6 and below for primary school will benefit 1,000 children in the first 3 years

5 Fresh Start Housing Scheme

- \$35,000 grant to purchase a 2-room Flexi flat for 2nd timer families staying in public rental housing



For The Economy

1 Industry Transformation Programme

- Integrating different restructuring efforts and deepening government-industry partnerships
- More emphasis on technology and innovation as engines of growth

2 Business Grants Portal

- Grants from various government agencies, for purposes such as capability building, training, and international expansion



3 Automation Support Package

- S\$400 million over three years for firms to automate, increase productivity, and scale up
- International Enterprise (IE) Singapore and SPRING to partner businesses to access overseas markets



What Your MPs Raised During Parliament Budget Debates

ECONOMY

- Mr Henry Kwek: Support growth of start-ups. SG-Innovate, which helps start-ups commercialise, should work with Jurong Innovation District to increase impact
- Er Dr Lee Bee Wah: Strike a balance between helping businesses, and making them too reliant on government
- Mr Louis Ng: How the Budget will help micro-SMEs

SECURITY

- Mr K. Shanmugam: Strengthen protection of hard and soft targets, and take other measures, including enhancing the video camera network around Singapore.
- Enhance our security response capabilities to respond quickly and effectively to any attack.
- Strengthen community response through a new national movement, which we will call SGSecure

MANPOWER

- Mr Henry Kwek: Government withstands pressure to stop increasing foreign worker levies as the economy slows down. This will help local workers, especially older Singaporeans being reskilled
- A/P Muhammad Faishal Ibrahim: Measures to help locals, especially older workers, manage the economic slowdown
- Er Dr Lee Bee Wah: Retain as many Singaporeans as possible, including high income earners, when firms downsize

TRANSPORT

- Mr Henry Kwek: Increase COE quota for motorcycles by 5-15%
- Er Dr Lee Bee Wah: Implement elderly- and disabled-friendly facilities, and measures to mitigate overcrowding and heat when upgrading Khatib MRT
- Mr Louis Ng: Move towards a car-lite city

FOREIGN RELATIONS

- A/P Muhammad Faishal Ibrahim: Update on relations with Malaysia and Indonesia, especially efforts to relieve Causeway congestion
- Updates on relations with Southeast Asian neighbours with new leadership

SOCIAL WELFARE

- Er Dr Lee Bee Wah: Government can help the truly needy according to the eligibility criteria for Silver Support
- Expedite flats for divorcees with children and singles
- Mr Louis Ng: Help elders with ElderShield application and claims, extend Eldershield payout period to more than 72 months

ENVIRONMENT / ANIMALS

- Er Dr Lee Bee Wah: Community initiatives to further combat littering and second-hand smoke
- Mr Louis Ng: What is being done to reach renewable energy goals and cut emissions.
- Increase Electronic Waste Recycling.
- Extend Active, Beautiful, Clean (ABC) waters programme, including to Nee Soon East

WOMEN / FAMILIES

- Mr Louis Ng: Increase maternity leave for single mothers
- Increase childcare leave and let those with more children take more leave
- Er Dr Lee Bee Wah: Capping of tax reliefs for high-income mothers may drive them away from workforce or having more children

OTHERS

- Mr Louis Ng: Consult Singaporeans for 5 months before finalising Budget, including releasing a draft Budget for comments
- Er Dr Lee Bee Wah: Re-design and re-build Yishun Swimming Complex

您的国会议员在财政预算案辩论会所提出的询问

经济

- 郭献川先生： 支持起步公司的成长。帮助起步公司的新加坡创新机构应该与裕廊创新区联手合作，以扩大影响力
- 李美花博士： 在帮助企业和避免它们过于依赖政府之间寻找平衡点
- 黄国光先生： 询问预算案将如何帮助微型-中小型企业

治安

- 尚穆根部长： 加强保护本地的硬和软目标，和采取其他措施，包括扩大新加坡的监控摄像机网络。
- 加强我们的保安应对能力，以在遭到袭击时，能够快速和有效地做出反应。
- 通过新的全国保家安民计划(SGSecure)，来加强社群的应对能力

人力

- 郭献川先生： 政府没有因为经济放缓的压力而停止增加外劳税。这将能帮助本地工友，特别是年长新加坡人学习新技能
- 费绍尔副教授： 探讨能够帮助国人，特别是年长工友应付经济放缓的方法
- 李美花博士： 需要裁员的公司应该尽量保留新加坡人，包括高薪职位

交通

- 郭献川先生： 摩托车拥车证数目应增加5-15%
- 李美花博士： 在翻新卡迪地铁站时，要着重于方便年长者和残疾人士出入的设施，以及有助于舒缓拥挤和改善闷热情况的措施
- 黄国光先生： 实现“减少用车” (car-lite)的目标

其他

- 黄国光先生： 在公布最终的财政预算案前，先展开为期5个月的公众咨询活动，包括公布一份草案。
- 李美花博士： 重新设计和建设义顺公共泳池

外交

- 费绍尔副教授： 新加坡与马来西亚和印尼的关系，尤其是舒缓长堤交通阻塞问题的措施
- 东南亚各国更换新领导层之际，新加坡与这些邻国的关系

社会福利

- 李美花博士： 乐龄补贴计划让政府能够帮助那些真正有需要的人
- 加速处理有幼儿的离婚者和单身人士的组屋事宜
- 黄国光先生： 协助年长者处理乐龄健保申请和索赔事宜，将乐龄健保的赔付期延长到超过72个月

环境/动物

- 李美花博士： 进一步禁止乱抛垃圾和二手烟
- 黄国光先生： 实现可再生能源目标和减排的措施
- 增加电子垃圾回收
- 扩大活跃、优美、清洁 - 全民共享水源计划(ABC计划)以包括义顺东

妇女/家庭

- 黄国光先生： 增加单亲妈妈的产假
- 增加育儿假，让有较多孩子的家庭享有更多假期
- 李美花博士： 限定高收入母亲的估税扣税额可能导致他们脱离劳动队伍，或不肯多生育

Apakah yang Dibangkitkan Oleh Ahli Parlimen anda semasa Parlimen Perbahasan Bajet

EKONOMI

En Henry Kwek:
Menyokong pertumbuhan syarikat permulaan. SG-Innovate, yang membantu syarikat permulaan memperdagangkan, perlu bekerjasama dengan Kawasan Inovasi Jurong untuk meningkatkan kesan

Er Dr Lee Bee Wah:
Mengimbangi antara membantu perniagaan, dan menjadikan mereka terlalu bergantung kepada kerajaan

En Louis Ng:
Membangkitkan soalan mengenai bagaimana Belanjawan akan membantu mikro-SME

KESELAMATAN

En K. Shanmugam:
Mengukuhkan perlindungan sasaran keras dan lembut, dan mengambil langkah-langkah lain, termasuk meningkatkan rangkaian kamera video di seluruh Singapura.

Meningkatkan keupayaan tindak balas keselamatan kita untuk bertindak balas dengan cepat dan berkesan terhadap sebarang serangan.

Menguatkan tindak balas masyarakat melalui gerakan kebangsaan baru, yang kita akan gelar SGSecure.

TENAGA KERJA

En Henry Kwek:
Kerajaan menahan tekanan kenaikan levi pekerja asing di saat ekonomi menjadi perlahan. Ini akan membantu pekerja tempatan, terutama warga tua Singapura di latih semula

A/P Muhammad Faishal Ibrahim:
Meneroka langkah untuk membantu penduduk tempatan, terutama pekerja yang lebih tua, mengurus kelembapan ekonomi

Er Dr Lee Bee Wah:
Kekalkan seberapa ramai rakyat Singapura yang mungkin, termasuk dalam pekerjaan berpendapatan tinggi

PENGANGKUTAN

En Henry Kwek:
Meningkatkan kuota Sijil Hak Milik Kenderaaan untuk motosikal sebanyak 5-15%

Er Dr Lee Bee Wah:
Melaksanakan kemudahan mesra -warga emas dan -orang kurang upaya, dan langkah-langkah untuk mengurangkan kesesakan dan kepanasan semasa menaik taraf MRT Khatib

En Louis Ng:
Bergerak ke arah bandar kurang-kereta

HUBUNGAN LUAR NEGERI

A/P Muhammad Faishal Ibrahim:
Maklumat terkini mengenai hubungan dengan Malaysia dan Indonesia, terutama usaha untuk mengurangkan kesesakan Causeway

Maklumat terkini mengenai hubungan dengan negara jiran di Asia Tenggara dengan kepimpinan baru

KEBAJIKAN SOSIAL

Er Dr Lee Bee Wah:
Kerajaan boleh membantu yang benar-benar memerlukan mengikut kriteria kelayakan bagi Ihsan Senja

Mempercepatkan perolehan pangsapuri bagi orang dengan anak-anak dan perseorangan baru bercerai

En Louis Ng:
Membantu warga emas dengan permohonan dan tuntutan ElderShield, melanjutkan tempoh pembayaran ElderShield melebihi 72 bulan

PERSEKITARAN/ HAIWAN

Er Dr Lee Bee Wah:
Inisiatif komuniti untuk terus memerangi pembuangan sampah merata-rata dan asap rokok sekunder

En Louis Ng:
Apa yang sedang dilakukan untuk mencapai sasaran tenaga boleh diperbaharui dan mengurangkan pengeluaran bahan pencemar.

Meningkatkan Kitar Semula Buangan Elektronik.

Mengembangkan Program Air Aktif, Indah, Bersih (Air ABC), termasuk kepada Nee Soon East.

WANITA/ KELUARGA

En Louis Ng:
Menambah cuti bersalin bagi ibu-ibu tunggal

meningkatkan cuti penjagaan anak dan membiarkan mereka yang lebih ramai anak mengambil lebih banyak cuti

Er Dr Lee Bee Wah:
Menghadkan pelepasan cukai bagi ibu-berpendapatan tinggi boleh menyebabkan mereka keluar dari tenaga kerja atau mempunyai lebih ramai anak

LAIN-LAIN

En Louis Ng:
Berunding dengan rakyat Singapura selama 5 bulan sebelum memuktamadkan Belanjawan, termasuk mengeluarkan draf Belanjawan untuk ulasan

Er Dr Lee Bee Wah:
Mereka semula dan membina semula Kompleks Renang Yishun

வரவு செலவுத் திட்ட விவாதங்களின்போது உங்கள் நாடாளுமன்ற உறுப்பினர் என்ன எழுப்பினார்

GDP பொருளியல்

திரு. குவேக் ஹியன் சுவானி:
புதிதாக ஆரம்பிக்கப்பட்ட நிறுவனங்களின் வளர்ச்சிக்கு உதவ வேண்டும். எஸ்ஜி-இன்னோவேட், இது புதிதாக ஆரம்பிக்கப்பட்ட நிறுவனங்களுக்கு வணிகப்படுத்த உதவுகிறது, மேலும் ஜுரோங் புத்தாக்க வட்டாரத்துடன் சேர்ந்து பணிசெய்து விளைவுகளை அதிகப்படுத்த வேண்டும்.

பொறியாளர் டாக்டர் லீ பீ வா:
வியாபார நிறுவனங்களுக்கு உதவுவதற்கும் அந்நிறுவனங்கள் அரசாங்கத்தை அதிகம் சார்ந்திருப்பதற்கும் இடையே ஒரு சமநிலையை ஏற்படுத்த வேண்டும்.

திரு. லூயிஸ் இங் கொக் குவாநு:
வரவு செலவுத் திட்டம் எவ்வாறு மிகச்சிறு-சிறிய நடுத்தர நிறுவனங்களுக்கு உதவும் எனக் கேள்வி எழுப்பினார்

பாதுகாப்பு

திரு. கா சண்முகம்:
கடின மற்றும் மென் இலக்குகளின் பாதுகாப்பை வலுப்படுத்த வேண்டும். சிங்கப்பூரைச் சுற்றிலும் ஒளிப்படக்கருவி இணைப்புத்தொடர் உட்பட்ட மற்ற நடவடிக்கைகளை எடுக்க வேண்டும்.

எந்த தாக்குதலையும் விரைந்தும், திறம்படவும் பதிலளிக்கும் வகையில் நம் பாதுகாப்புப் பதிலளிப்புத் திறன்களை மேம்படுத்தவேண்டும்.

ஒரு புதிய தேசிய இயக்கத்தின் மூலம் சமூகப் பதிலளிப்பை வலுப்படுத்த வேண்டும், நாம் அதனை எஸ்ஜி பாதுகாப்பு என்று அழைப்போம்.

மனிதவளம்

திரு. குவேக் ஹியன் சுவானி:
பொருளியல் மந்த நிலை காரணமாக, வெளிநாட்டு ஊழியர் தீர்வையை உயர்த்துவதை நிறுத்துவதற்கு கொடுக்கப்படும் அழுத்தங்களை அரசாங்கம் தாங்கி நிற்கிறது. இது உள்நாட்டுப் பணியாளர்களுக்கு உதவும், குறிப்பாக மூத்த சிங்கப்பூரர்கள் மறுதிறனடைய உதவும்.

இணைப் பேராசிரியர் முஹமட் .:பைஷல் இப்ராஹிம்:
அரசாங்கம் எவ்வாறு உள்நாட்டுப் பணியாளர்களுக்கு உதவு முடியும், குறிப்பாக மூத்த சிங்கப்பூரர்கள் பொருளியல் மந்த நிலையைக் கையாள்வதற்கு என்பனவற்றை ஆராய்ந்தார்.

பொறியாளர் டாக்டர் லீ பீ வா:
நிறுவனங்கள் ஆட்குறைப்பு செய்யும்போது, உயர்-வருமானமுடைய வேலைகள் உட்பட, வேலைகளில் எத்தனை சிங்கப்பூர்களை முடியுமோ அத்தனை பேரை தக்கவைத்துக் கொள்ள வேண்டும்.

போக்குவரத்து

திரு. குவேக் ஹியன் சுவானி:
மோட்டார் சைக்கிள்களுக்கான COE ஒதுக்கீட்டு விகிதத்தை 5-15% உயர்த்த வேண்டும்

பொறியாளர் டாக்டர் லீ பீ வா:
கத்திப் எம்ஆர்டி-யை தரம் உயர்த்தும்போது, கூட்டம் நிரம்பிவழிவதையும் வெப்பம் மிகுவதையும் தடுப்பதோடு அதனை முதியோருக்கு ஏற்றதாகவும் உடல் ஊனமுற்றோர்க்கு ஏற்றதாகவும் செய்தல் வேண்டும்.

திரு. லூயிஸ் இங் கொக் குவாநு:
குறைந்த மகிழுந்துகள்/கொண்ட நகரம் என்ற இலக்கை நோக்கி நாம் நகரவேண்டும்.

வெளி நாட்டு உறவுகள்

இணைப் பேராசிரியர் முஹமட் .:பைஷல் இப்ராஹிம்:
மலேசிய மற்றும் இந்தோனேஷியாவுடனான உறவுகளில் புதுப்பிப்புகள், குறிப்பாக நுழைவுவாயிலில் கூட்ட நெரிசலைத் தவிர்க்கும் முயற்சிகள்

புதிய தலைமைகளைப் பெற்றிருக்கும் தென்கிழக்கு ஆசிய அண்டை நாடுகளுடன் உறவுப் புதுப்பிப்புகள்

சமூக நல உதவி

பொறியாளர் டாக்டர் லீ பீ வா:
சில்வர் உதவிக்குரிய தகுதிகளின் அடிப்படையில், உண்மையாக தேவையிருப்போருக்கு அரசாங்கம் உதவி செய்ய முடியும்.

குழந்தைகள் உடைய மணமுறிந்த தனி நபர்களுக்கு வீடுகளை விரைந்து வழங்க வேண்டும்.

திரு. லூயிஸ் இங் கொக் குவாநு:
ElderShield விண்ணப்பங்கள் மற்றும் உரிமைகோரல்கள் கொண்ட முதியோருக்கு உதவ வேண்டும், Eldershiel வழங்குதொகை காலத்தை கடந்த 72 மாதங்களாக நீட்டிக்கவும் வேண்டும்.

சுற்றுச் சூழல்/விலங்குகள்

பொறியாளர் டாக்டர் லீ பீ வா:
குப்பை போடுவதையும் புகைத்து வெளியிடும் புகையையும் மேலும் எதிர்ப்பதற்கான சமூக முனைப்புகள்

திரு. லூயிஸ் இங் கொக் குவாநு:
புதுப்பிக்கக்கூடிய ஆற்றல் இலக்குகளை அடைவதற்கும், மாசு உமிழ்வை நிறுத்துவதற்கும் என்ன செய்யப்பட்டுக் கொண்டிருக்கின்றன.

மின்னணுவியல் கழிவு மறுசுழற்சியை அதிகப்படுத்த வேண்டும்.

சுறுசுறுப்பான, அழகிய, தூய்மையான (ABC) நீர்நிலைகள் திட்டத்தை நீ கூன் கிழக்கு உட்பட்ட பகுதிகளுக்கு மேலும் விரிவுபடுத்த வேண்டும்.

பெண்கள்/குடும்பங்கள்

திரு. லூயிஸ் இங் கொக் குவாநு:
தனி தாய்களுக்கான மகப்பேறு விடுப்பினை அதிகப்படுத்த வேண்டும்.

குழந்தைப் பராமரிப்பு விடுப்பினை அதிகரித்து அதிகக் குழந்தைகளைக் கொண்டவர்கள் அதிக விடுப்பு எடுக்க அனுமதிக்க வேண்டும்.

பொறியாளர் டாக்டர் லீ பீ வா:
உயர்-வருமானமுடைய தாய்களுக்கான வரி தளர்வுகளை மட்டுப்படுத்துவது அவர்களை ஊழியர் அணியிலிருந்தோ அல்லது அதிக குழந்தைகள் பெறுவதிலிருந்தோ விலக்கிவிடும்.

மற்றவை

திரு. லூயிஸ் இங் கொக் குவாநு:
வரைவு வரவு செலவுத் திட்டம் ஒன்றை கருத்துரைப்பதற்கு வெளியிடுவது உட்பட, வரவு செலவுத் திட்டத்தை இறுதி செய்வதற்கு 5 மாதங்களுக்கு முன்னர் சிங்கப்பூர்களைக் கலந்தாலோசிக்க வேண்டும்.

பொறியாளர் டாக்டர் லீ பீ வா:
ஈசுன் நீச்சல் வளாகத்தை மறு-வடிவமைப்பு செய்து மறு-கட்டுமானம் செய்ய வேண்டும்.

Nee Soon Cleans Up

A Day Without Cleaners



350 Town Council cleaners clean up after us every day. If they stopped cleaning one day, what would happen?

On the 8th of May, we found out. We gave our cleaners a day off, while 2,190 MPs, residents and volunteers fanned out across Nee Soon to pick up litter.

They picked up about 459 kg of rubbish and 83 kg of recyclables. Resident Evelyn Hung, 40, operations manager said, “When you pick up litter yourself, you really appreciate how hard the cleaners’ job is. In fact, it makes you realise that appreciating them should not be once a year. We should play our part to keep our estate clean every day. That’s the best way to reduce their workload.”

The Town Council also organised a dinner for the cleaners and their family members. At the dinner, cleaners got to interact with all five Nee Soon GRC MPs. Town Council Chairman Louis Ng talked about how he worked as a Town Council cleaner and coffee shop cleaner, and came away with newfound respect for them. All present also enjoyed multi-cultural performances. At the end of the night, cleaners and staff were dancing together to Bengali songs!



In partnership with Nee Soon South constituency, the Town Council also launched the trial of six “smart” bins in heavily-trafficked areas in Khatib Central. The bins have Bin Fill Sensor Systems that tell when the bins are almost full, then send email and SMS alerts to Town Council cleaners and property managers. This way, cleaners do not have to manually check the bins, so their productivity increases. If the bins are cleared before they are full, people will not have an excuse to leave their litter next to the bins.



Two of the bins can also compact rubbish, so they do not fill up as fast. The bins were on loan from OTTO Waste Management Systems and on trial till mid-June.

MP for Nee Soon South Er. Dr. Lee Bee Wah added, “Our cleaners are very important to us and we know that their job is not easy. That’s why Nee Soon Town Council previously introduced tricycles-with-bins to lighten the cleaners’ workload and increase their productivity. I hope the sensor system will help them further by decreasing littering. We will continue to explore other options to help our cleaners operate more effectively and efficiently.”

Cleaners Help Residents After Blaze

On the 6th of April, a unit in Blk 245 Ang Mo Kio Ave 3 caught fire. At that time, the three children, aged 10 to 17, were at home without their parents. They managed to escape without injuries, but the kitchen and living room were completely burnt.

Blk 245 is in the Kebun Baru constituency of Nee Soon GRC. Mr Wong Teck Ling, chairman of the area Residents’ Committee (RC), told us, “The HDB needed to reinstall the wiring and gas pipes, but were having trouble cleaning the walls. I called Nee Soon Town Council’s cleaning supervisor Rasil, who activated cleaners Rakib and Amin to come and help.”

“The family is not well-off, so the RC members and the Kebun Baru Welfare Fund donated vouchers, food, furniture and appliances to them. Rakib and Amin helped to discard the burnt furniture and move the new furniture in.”

“I’m really impressed by how Rasil, Rakib and Amin went above and beyond their job scope to help. Thanks to them, the family was quickly settled back in their flat.”



Before

After

Self-Contained BTO

Acacia Breeze

Named after Acacia trees in the vicinity, Acacia Breeze @ Yishun comprises a total of 834 units in three-to five-room standard flats. There are eight 13-storey blocks in this south-eastern part of Yishun estate.

Location

Bounded by Yishun Ring Road, Yishun St 41 and Yishun St 51, residents in Acacia Breeze enjoy accessibility to many schools. It is also near to Khoo Teck Puat Hospital, the scenic Lower Seletar Reservoir, and Yishun Pond.

Amenities



AXS and ATM

The nearby AXS and ATM machines have made it more convenient for residents. Goh Rong Liang, 26, at Block 505A, told us he likes being able to pay bills and withdraw cash at the same place.



Eateries

Treat yourself to familiar flavours at the Kopitiam, or chill out at Doughwory Bakery for pies, waffles, desserts and iced Cappuccino. You can also shop for daily necessities at the mini-mart, located beside Doughwory Bakery.



Pre-School

Provide children from two months to six years of age a head start at E-Bridge Pre-School, Block 504. The principal, Ms Wahila Abdul Wahab, explains that she works with an integrated inquiry based curriculum,

inspired by the Reggio Emilia Approach. Learning through Inquiry encourages children to observe, explore, ask questions, notice, as well as, understand the world around them. This will nurture happy, confident, and secure individuals with inquisitive minds. Its comprehensive curriculum integrates literacy, mathematics, science and creative arts.



Fitness Stations

Adults and elderly embracing a healthy and active lifestyle can work out at the fitness stations.



CHAS Healthcare

The Agency for Integrated Care launched the Community Health Assist Scheme (CHAS) in 2014. Households with monthly income per person \$1,800 and below can apply. For those with no income, the Annual Value (AV) of home must be \$21,000 and below. This is applicable to all ages.



Here is a summary of CHAS benefits:

- Coverage of common illnesses, 15 chronic conditions and selected dental services such as crowning, denture and root canal treatment.
- CHAS subsidies at CHAS participating private GPs and dental clinics.
- Subsidised referrals to Specialist Outpatient Clinics (SOCs) at public hospitals.
- Pioneers (born before 1950 and became a Singapore citizen before 1987) automatically enjoy an additional 50% off at subsidised SOC and polyclinics for subsidised services and medication.



Aside from CHAS, AIC also administers the Pioneer Generation Disability Assistance Scheme that benefits the Pioneers. Pioneers who need permanent help with at least three of the six Activities of Daily Living (ADL) can receive \$100 a month. ADL refers to washing, dressing, feeding, toileting, mobility and transferring.

Refer to the list below on the next two pages for participating CHAS and dental clinics in Nee Soon — — — — — ➔



KEBUN BARU 哥本峇鲁

- 1) **Hill Spring Medical**
12 Jalan Leban,
Sembawang Hills Estate,
S(577552)
Tel : 64563200
- 2) **Joyspring Family Clinic**
133 Ang Mo Kio Ave 3,
#01-1643, S(560133)
Tel : 64551560
- 3) **JJ Clinic & Surgery**
107 Ang Mo Kio Ave 4,
#01-150, S(560107)
Tel : 64595594
- 4) **Healthlink (Amk) Medical Centre**
108 Ang Mo Kio Ave 4,
#01-86, S(560108)
Tel : 64571636
- 5) **Ang Mo Kio Medical Centre**
157 Ang Mo Kio Ave 4,
#01-558, S(560157)
Tel : 64570273
- 6) **C Y Kok Clinic & Surgery**
157 Ang Mo Kio Ave 4,
#01-562, S(560157)
Tel : 64584777
- 7) **Hui Clinic + Surgery**
157 Ang Mo Kio Ave 4,
#01-566, S(560157)
Tel : 64588596
- 8) **Accord Medical Clinic (AMK)**
157 Ang Mo Kio Ave 4,
Mayflower Shopping
& Food Centre,
#01-578, S(560157)
Tel : 64511528
- 9) **Frontier Medical Associates (AMK)** new
163 Ang Mo Kio Ave 4,
#01-426, S(560163)
Tel : 64532571

NEE SOON EAST 义顺东

- 21) **Atrio Family Clinic**
291 Yishun St 22,
#01-349, S(760291)
Tel : 67520838
- 22) **Kong Clinic & Surgery Pte Ltd**
293 Yishun St 22,
#01-223, S(760293)
Tel : 67580136
- 23) **Psalms Family Clinic**
293 Yishun St 22,
#01-217, S(760293)
Tel : 67583309
- 24) **Royal Care Medical Yishun Junction 9**
317 Yishun Ave 9,
Multi Storey Car Park,
#01-03, S(760317)
Tel : 67107338
- 25) **S And L Family Clinic (Yishun 235)**
235 Yishun St 21,
#01-446, S(760235)
Tel : 62576885
- 26) **Sincere Medical & Dental Clinic**
292 Yishun St 22,
#01-285, S(760292)
Tel : 67525078
- 27) **Universal Medical Clinic (Yishun)**
235 Yishun St 21,
#01-460, S(760235)
Tel : 67589696
- 28) **Yishun Ring Road Clinic**
236 Yishun Ring Rd,
#01-1010, S(760236)
Tel : 65559108

NEE SOON SOUTH 义顺南

- 29) **Chua Clinic & Surgery**
844 Yishun St 81,
#01-156, S(760844)
Tel : 67521603
- 30) **Greenlink Medical Clinic**
807 Yishun Ring Rd,
#01-4213, S(760807)
Tel : 67552238
- 31) **Joy Clinic And Surgery**
844 Yishun St 81,
#01-164, S(760844)
Tel : 67530702
- 32) **Lifeline Yishun Ring Medical Clinic**
846 Yishun Ring Rd,
#01-3615, S(760846)
Tel : 67522017
- 33) **Onedoctors Family Clinic**
846 Yishun Ring Rd,
Yishun New Town,
#01-3611, S(760846)
Tel : 62578980
- 34) **Parsons Medical Clinic Pte Ltd**
779 Yishun Ave 2,
#01-1541, S(760779)
Tel : 64846010
- 35) **S & L Family Clinic (Yishun 729)**
729 Yishun St 71,
#01-105, S(760729)
Tel : 67546203

CHONG PANG 忠邦

- 10) **Citizen Family Clinic And Surgery**
102 Yishun Ave 5,
#01-117, S(760102)
Tel : 67586168
- 11) **Countryside Clinic And Surgery**
106 Yishun Ring Rd,
#01-189, S(760106)
Tel : 62570369
- 12) **First Medical Centre (Yishun) Pte Ltd**
110 Yishun Ring Rd,
#01-399, S(760110)
Tel : 67591485
- 13) **G & H Medical Clinic Pte Ltd**
106 Yishun Ring Rd,
#01-173, S(760106)
Tel : 67586322
- 14) **H S Lee Clinic & Surgery**
173 Yishun Ave 7,
#01-823, S(760173)
Tel : 67550630
- 15) **Healthway Medical Clinic (Yishun 101)**
101 Yishun Ave 5,
#01-15, S(760101)
Tel : 67551345
- 16) **Lifecare Family Clinic & Surgery**
102 Yishun Ave 5,
#01-133, S(760102)
Tel : 67580453
- 17) **Pidemco Medical Centre**
156 Yishun St 11,
#01-112, S(760156)
Tel : 67560606
- 18) **Ren Medical Clinic**
101 Yishun Ave 5,
#01-31, S(760101)
Tel : 62576965
- 19) **Shenton Family Medical Clinic (Yishun)**
160 Yishun St 11,
#01-200, S(760160)
Tel : 68516233
- 20) **Universal Medical Clinic**
103 Yishun Ring Rd,
#01-99, S(760103)
Tel : 67589955

NEE SOON CENTRAL 义顺中

- 36) **Central 24-Hr Clinic (Yishun)** 24hr
701a Yishun Ave 5,
#01-04, S(761701)
Tel : 67597985
- 37) **Chua Clinic & Surgery (769)**
769 Yishun Ave 3,
#01-281, S(760769)
Tel : 62571690
- 38) **Frontier Medical Associates (Yishun)**
654 Yishun Ave 4,
#01-437, S(760654)
Tel : 67587536
- 39) **Healthway Medical Clinic (Yishun 748)**
748 Yishun St 72,
#01-230, S(760748)
Tel : 68537107
- 40) **Northland Family Clinic & Surgery**
640 Yishun St 61,
#01-198, S(760640)
Tel : 67535181
- 41) **Pacific Medical & Dental Group**
716 Yishun St 71,
#01-270, S(760716)
Tel : 67524050
- 42) **Public Medical Clinic & Surgery**
664 Yishun Ave 4,
#01-275, S(760664)
Tel : 67556539
- 43) **Raffles Medical (Yishun)**
930 Yishun Ave 2,
Northpoint Shopping Centre,
#B1-54/55, S(769098)
Tel : 67550049
- 44) **S S Tan Medical Clinic**
744 Yishun St 72,
#01-195, S(760744)
Tel : 67583952
- 45) **Silver Cross Family Clinic**
748 Yishun St 72,
#01-230, S(760748)
Tel : 67599181
- 46) **United Health Family Clinic & Surgery**
627 Yishun St 61,
#01-63, S(760627)
Tel : 62571182
- 47) **Wellcare Family Clinic**
747 Yishun St 72,
#01-106, S(760747)
Tel : 67543740
- 48) **Yishunone Family Clinic**
743 Yishun Ave 5,
#01-534, S(760743)
Tel : 67590950
- 49) **Yong Clinic & Surgery**
632 Yishun St 61,
#01-06, S(760632)
Tel : 67557908



CHAS Dental Clinics

牙科诊所

KEBUN BARU 哥本峇鲁

- 1) **Ang Mo Kio Dental Surgery**
157 Ang Mo Kio Ave 4, #01-560, S(560157)
Tel : 64522884
- 2) **Prime Dental Surgeons**
163 Ang Mo Kio Ave 4, #01-422, S(560163)
Tel : 64560335
- 3) **Supreme Dental Surgery**
157 Ang Mo Kio Ave 4, #01-554, S(560157)
Tel : 64529541

CHONG PANG 忠邦

- 4) **Orange Dental Clinic**
160 Yishun St 11, #01-210, S(760160)
Tel : 67555106
- 5) **Rivers Dental Clinic**
101 Yishun Ave 5, #01-81, S(760101)
Tel : 67550298
- 6) **Unity Denticare (Ysh)**
106 Yishun Ring Rd, #01-163, S(760106)
Tel : 65904391
- 7) **Universal Dental Surgery**
103 Yishun Ring Rd, #01-99, S(760103)
Tel : 67586789

NEE SOON CENTRAL 义顺中

- 14) **I.Dental@northpoint Pte Ltd**
930 Yishun Ave 2, #B1-62, S(769098)
Northpoint Shopping Centre
Tel : 67561868
- 15) **Kang Ren Dental Surgery**
743 Yishun Ave 5, #01-534, S(760743)
Tel : 67548989
- 16) **Meng Dental Clinic**
731 Yishun St 72 #01-41, S(760731)
Tel : 67582288
- 17) **Pacific Medical & Dental Group**
716 Yishun St 71, #01-270, S(760716)
Tel : 67524050
- 18) **Pinnacle Dental Group**
927 Yishun Central, #01-163, S(760927)
Tel : 67572202
- 19) **Q & M Dental Surgery (Yishun Central) Pte Ltd**
743 Yishun Ave 5, #01-540, S(760743)
Tel : 68516789
- 20) **The Smile Division Dental Group@yishun**
747 Yishun St 72, #01-100, S(760747)
Tel : 67582112
- 21) **United Dental Surgery**
769 Yishun Ave 3, #01-281, S(760769)
Tel : 67585222

NEE SOON EAST 义顺东

- 8) **Custodia Dental Clinic**
291 Yishun St 22, #01-349, S(760291)
Tel : 62579426
- 9) **Liew & Koh Dental Surgery (Yishun)**
236 Yishun Ring Rd, #01-1010, S(760236)
Tel : 67521888
- 10) **Shuang Pacific Pte Ltd**
317b Yishun Ave 9, Greenwalk
#01-284, S(762317)
Tel : 62030010

NEE SOON SOUTH 义顺南

- 11) **Comfort Dental Surgery**
844 Yishun St 81, #01-156, S(760844)
Tel : 67555129
- 12) **Q & M Dental Surgery (Khatib) Pte Ltd**
846 Yishun Ring Rd, #01-3613, S(760846)
TEL : 68523363
- 13) **Universal Dental Surgery**
844 Yishun St 81, #01-162, S(760844)
TEL : 67523288



Share-A-Book Campaign



Nee Soon Town Council has started a book exchange corner to encourage reading and sharing.

The corner is outside the Town Council office at Blk 290 Yishun Street 22. It will be there during office hours, from 8a.m. to 5p.m. on weekdays and from 8a.m. to 1p.m. on Saturdays. You can drop off and pick up books for free.

When you do that, share it on social media with the hashtag #HomeWithaHeart. We hope this will spark off friendships among book-lovers in Nee Soon.





Support Where You Need It



Know anyone who may need some help? Social service support is always available. Ultimately the objective is to promote the well-being of people and communities and helping individuals and families get back on their feet.

This section lists the Ministry of Social and Family Development Social Service Offices (SSOs), Voluntary Welfare Organisations (VWOs) and National Kidney Foundation (NKF) dialysis centres accessible to residents of Nee Soon GRC.

Sokongan Di Mana Anda Memerlukannya

Tahu sesiapa yang mungkin memerlukan sokongan? Perkhidmatan sokongan sosial sentiasa tersedia. Akhirnya objektif adalah untuk menggalakkan kesejahteraan rakyat dan komuniti, dan membantu individu dan keluarga bangkit semula.

Seksyen ini menyenaraikan Pejabat Perkhidmatan Sosial (SSO) Kementerian Pembangunan Sosial dan Keluarga, Pertubuhan Kebajikan Sukarela (VWOs) dan pusat dialisis Yayasan Buah Pinggang Kebangsaan (NKF) yang boleh diakses oleh penduduk di Nee Soon GRC.

MINISTRY OF SOCIAL AND FAMILY DEVELOPMENT SOCIAL SERVICE OFFICES

- 1) **Social Service Office @ Ang Mo Kio**
6A Ang Mo Kio St 53,
Ang Mo Kio 3G Centre,
S(569208)
- 2) **Social Service Office @ Sembawang**
315 Sembawang Vista,
#01-173, S(750315)
- 3) **Social Service Office @ Yishun**
746 Yishun St. 72,
#01-127, S(760746)

ComCare Call Helpline: 1800-222-0000

NKF DIALYSIS CENTRES

- 1) **Pei Hwa Foundation**
- **NKF Dialysis Centre**
Blk 565 Ang Mo Kio Ave 3,
#01-3401, S(560565)
Tel: 6552 6569
- 2) **Toa Payoh Seu Teck Sean Tong**
- **NKF Dialysis Centre**
Blk 203 Yishun Street 21,
#01-239, S(760203)
Tel: 6759 4002
- 3) **Le Champ - NKF Dialysis Centre**
Blk 639 Yishun Street 61,
#01-168, S(760639)
Tel: 6257 1860
- 4) **Western Digital - NKF Dialysis Centre**
Blk 633 Ang Mo Kio Ave 6,
#01-5155, S(560633)
Tel: 6459 0113
- 5) **Japan Airlines - NKF Dialysis Centre**
Blk 17 Ang Mo Kio Ave 9,
Ang Mo Kio –
Thye Hua Kwan Hospital
#03-01, S(569766)
Tel: 6459 2997 / 6459 3024

VOLUNTARY WELFARE ORGANISATIONS

- 1) **AMKFSC Community Services Ltd**
445 Ang Mo Kio Ave 10,
#01-1647, S(560445)
Tel : 64546678
- 2) **Ang Mo Kio**
- **Thye Hua Kwan Hospital Ltd**
17 Ang Mo Kio Ave 9, S(569766)
Tel : 64538033
- 3) **Autism Resource Centre (Singapore)**
5 Ang Mo Kio Ave 10, S(569739)
Tel : 63233258
- 4) **CampusImpact**
151 Yishun St 11, #01-26, S(7601510)
Tel : 64821324
- 5) **Care Corner - Teck Ghee Youth Centre**
346 Ang Mo Kio Ave 3, #01-2280, S(560346)
Tel : 65547100
- 6) **Child At Street 11 Ltd**
102 Ang Mo Kio Ave 3, #01-1429, S(560102)
Tel : 64553681
- 7) **Clarity Singapore Limited**
854 Yishun Ring Rd, #01-3511, S(760854)
Tel : 67577990
- 8) **Eden Community Services Centre**
161 Ang Mo Kio Ave 4, #01-502, S(560161)
Tel : 65541569
- 9) **HELP Family Service Centre**
570 Ang Mo Kio Ave 3, #01-3317, S(560570)
Tel : 64575188
- 10) **Infant Jesus Homes And**
Children's Centres
503 Ang Mo Kio St 13, S(569406)
Tel : 64594801
- 11) **Inner Wheel Club Of Singapore East**
101 Ang Mo Kio Ave 3, #02-1409, S(560101)
- 12) **Lotus Light Charity Society (Singapore)**
403 Ang Mo Kio Ave 10, #01-637, S(560403)
Tel : 64513318
- 13) **Nam Hong Welfare Service Society**
111 Yishun Ring Rd, #01-375, S(760111)
Tel : 62579192
- 14) **New Hope Community Services**
148 Yishun St 11, #01-123, S(760148)
Tel : 63059620
- 15) **PAVE**
211 Ang Mo Kio Ave 3, #01-1446, S(560211)
Tel : 65550390
- 16) **Salvation Army, The**
PO Box 640, Ang Mo Kio Central, S(915605)
Tel : 65550188
- 17) **Sembawang Family Service Centre**
326 Sembawang Crescent,
#01-52, S(750326)
Tel : 6754 7050
- 18) **Sembawang Tamils' Association**
660 Yishun Ave 4, #01-305, S(760660)
Tel : 67543621
- 19) **Singapore Christian Home**
20 Sembawang Crescent, S(757092)
Tel : 68315161
- 20) **Sree Narayana Mission (Singapore)**
12 Yishun Ave 5,
Sree Narayana Mission Building,
S(768992)
Tel : 67521785
- 21) **Sunshine Welfare Action Mission**
(SWAMI)
5 Sembawang Walk, S(757717)
Tel : 62576117
- 22) **Turning Point, The**
341 Jamaica Road, The Turning Point,
S(757615)
Tel : 62578364

People of NSTC Serving You

Working in Nee Soon Town Council is by no means ordinary, for it entails touching lives of residents. Day in, day out, they help to resolve issues and improve our home environment. Perhaps words of encouragement, a pat on their shoulders or a simple 'thank you' can show your appreciation for their commitment. Read on to discover what drives them to serve each day.

More stories on our Facebook page (facebook.com/neesoon.tc)!



*Mother of one
Yishun Resident*

"I guess I am most satisfied when I have helped residents resolve teething financial difficulties. Of course, having the ardent support of my superiors and colleagues does help, especially in finding solutions for more complex issues. When residents look for me, they usually refer me as the 'helpful lady with the smiling face'."

Christina Tan
Finance and Admin Assistant

"Keeping an estate as big as Nee Soon clean is a challenge I face every day. I have learnt to cope with rising expectations. I am elated whenever I witness residents practising good habits such as throwing empty cans into rubbish bins. I believe we all have a part to play in maintaining a clean environment."

Panjannaden,
Conservancy Manager



*Youngest son in a family
of 4, Yishun Resident*



*Youngest daughter
among 4 siblings*

"There are two aspects of my job which I enjoy most — tending plants and working with different people. The latter expands my horizons. I love seeing people immersing themselves in the aesthetic beauty of flowers, plants and trees which I help to maintain. This gives me a sense of achievement, validating what I have learnt so far in horticulture is indeed useful to the community."

Ham Wai Ching
Horticulture Officer

"I am grateful that I can count on my colleagues for support. Though I have been with NSTC for 17 years, I still feel as though I am on my first day of work, all set and ready to go! Serving Nee Soon residents spurs me on. Of course, there will always be challenges along the way, such as residents unable to compromise on the solutions I offer. I usually give them time to ponder over their options. The crux of the matter is to give each other space and time."

Mark Koh
Assistant Property Manager



Father of 2

East Meets West in Yishun Exercise Groups

Looking for a sports interest group or to meet new friends in Yishun? Sports groups here have gained popularity. Founded by sports enthusiasts with years of experience, they offer classes free-of-charge or at subsidised rates.

TAI JI: Thurs, Chong Pang CC, 7.30p.m.



Andrew Foong and Joyce Phua, both 52, learnt the finer points of Tai Ji from various renowned masters in China. The couple started the Chong Pang Tai Ji Push Hands Interest Group in 2015. "I hope to bring out the martial arts aspect of Tai Ji through Push Hands," he said.

"The key is undoing our natural instinct to resist force with force. To redirect a force, we must first yield to it. The ultimate aim is to throw the opponent off balance." Andrew revealed that students learn to feel the direction and strength of a partner's intention through constant practice. Also known as Ting Jing, this is akin to 'training' the subconscious. Over time, they improve their coordination and reflexes.



NELLIE HAPPY AEROBICS Group: Weekday, Yishun Park, 7.45a.m.

Nellie Long likes to work out in Yishun Park, while listening to music from her mobile phone. Her unconventional routine, comprising of boxing, Zumba, cha-cha and Chinese dance moves drew the crowd. In 2010, she called her group Nellie Happy Aerobics Group. "The high impact aerobics exercise is beneficial for those who want to slim down in the shortest possible time," Nellie pointed out. "Of course, I also choreographed my workout to cater to the elderly, so that they don't feel left behind."



ELDERLY EXERCISE GROUP: Sun, Yishun Neighbourhood Park, 7.30a.m.

Mr Mahmud Hussain, a physical education teacher founded the interest group Kumpulan Senaman Wargaemas Yishun (KSWY), which means 'Senior Citizens' Exercise Group' to offer our elderly a common place to wind down and relax through exercise. Attracting residents in their early fifties to eighties, the exercise is low intensity and sees participants from all ethnic groups getting involved.



HAPPYFIT: Sat, Nee Soon South CC, 7.30p.m.



Husband and wife team — Ray Lee, 46 and his wife Shirley Dam, 43, formed this group with community leaders. Both certified instructors offer classes, combining fast and slow rhythms to achieve an energetic workout. Elements of fitness — cardio, muscle conditioning, balance and flexibility are incorporated. "Our heart rate cannot go below a certain rate when we exercise. That is why we fuse modern dance with vibrant Korean, Hip Hop and English pop songs to pace the workout."





BESTARI LINE DANCE: Fri, Kebun Baru Bestari RC, 8p.m.

From Rock and Roll, Latin Cha Cha, to Waltz and line dancing, Cecilia Lim, 62, has learnt them all. A certified United Kingdom Alliance (UKA) instructor, Cecilia recounted that she and her husband were bitten by the dance bug in their late forties. "As the children have already grown up, we think it is time to pursue our own hobbies," she said. For her,

the greatest reward is seeing students from all ages enjoying line dancing to the beat of their favourite music. Cecilia mentioned that what distinguishes line dancing is that there are unique dance steps for every single song.



义顺运动小组 - 东西交汇

想在义顺参加运动兴趣小组或结交志趣相投的朋友吗？义顺区里的运动小组越来越普及，深受居民的欢迎。各种运动小组由富有经验的运动爱好者成立，为居民提供免费或价格优惠的课程。

太极推手：

星期四，忠邦民众俱乐部，晚上7时30分

冯銀凯和潘丽琴同为52岁。两人曾在中国向多个知名的太极拳老师学习。在2015年，他们成立了忠邦太极推手兴趣小组。銀凯解释说，通过不断的练习，学员学会如何感知对手的方向和力道，这称为“听劲”，主要是‘训练’大家的潜意识。日子久了，学员的协调和反应力也都增强了。

NELLIE 韵律操：

星期一至五，义顺公园，早上7时45分

陈秀珠向来喜欢在义顺公园跟着手机里的音乐跳舞。她的运动程序异于传统，吸引了大批围观者的兴趣。在2010年，她开办了Nellie Happy Aerobics Group。她说明，“高冲击的有氧运动能够帮助学员在短时间内减重瘦身。当然，我的舞蹈编排也特别照顾到年长者的要求，让他们也能参与其中。”

乐龄运动小组：

星期天，义顺邻里公园，早上7时30分

Mahmud Hussain是个体育老师。他成立了Kumpulan Senaman Wargaemas Yishun (KSWY)兴趣小组，也就是乐龄运动小组，专门通过运动来帮助年长者松懈身心。

HAPPYFIT:

星期六，义顺南民众俱乐部，晚上7时30分

HAPPYFIT由夫妻组合—46岁的李展华和43岁的妻子谭世功（雪丽），联合社区领袖协办。他们俩都是合格的教练，开班授课，结合快与慢的节奏，混合训练心肺功能、肌肉调理、平衡和灵活性，加强锻炼体魄。

BESTARI排舞：

星期五，哥本峇鲁Kebun Baru Bestari居民委员会，晚上8时

62岁的林云云是个舞林高手。她和丈夫陈水生在40多岁时开始热衷于舞蹈，无论是摇滚、恰恰、华尔兹或排舞，都难不倒她。林云云拥有英国职业舞蹈教师协会(UKA)证书。她指出，排舞的特点在于其每一个舞步都具有独特的舞步。

Barat Bertemu Timur dalam Kumpulan Senaman Yishun

Mencari kumpulan kepentingan sukan atau mahu bertemu kawan baharu di Yishun? Kumpulan sukan di sini telah mendapat populariti. Diasaskan oleh peminat sukan yang berpengalaman, mereka menawarkan kelas percuma atau pada kadar bersubsidi.

TAI JI: Khamis, Chong Pang CC, 12.30p.m.

Andrew Foong dan Joyce Phua, kedua-dua 52 tahun, telah mempelajari seni halus daripada Tai Ji daripada beberapa pakar yang terkenal di China. Pasangan itu memulakan Kumpulan Kepentingan TolakanTangan Tai Ji Chong Pang pada tahun 2015. Andrew mendedahkan bahawa para pelajar belajar untuk merasa hala tuju dan kekuatan niat rakan melalui latihan yang berterusan. Juga dikenali sebagai Ting Jing, ini adalah serupa dengan 'melatih' bawah sedar. Lama kelamaan, mereka meningkatkan koordinasi dan refleks mereka, produktif dan bermakna. VWO adalah organisasi bukan untung yang disediakan bagi pelbagai lapisan masyarakat.

KUMPULAN AEROBIK GEMBIRA NELLIE: Isnin Hingga Jumaat, Taman Yishun, 7.45a.m.

Nellie Long suka bersenam di Taman Yishun, sambil mendengar muzik dari telefon bimbit beliau. Rutin tidak konvensional beliau menarik perhatian orang ramai. Pada tahun 2010, beliau menamakan kumpulan beliau Kumpulan Aerobik Gembira Nellie. "Senaman aerobik impak tinggi memberi manfaat kepada mereka yang ingin menurunkan berat badan dalam masa yang sesingkat mungkin," kata Nellie. "Sudah tentu, saya juga reka tari senaman saya bagi memenuhi keperluan warga tua, supaya mereka tidak merasa ketinggalan."

KUMPULAN SENAMAN WARGA TUA: Ahad, Taman Kejiranan Yishun, 7.30a.m.

Encik Mahmud Hussain, seorang guru pendidikan jasmani mengasaskan kumpulan kepentingan Kumpulan Senaman Wargaemas Yishun (KSWY), yang bermaksud Kumpulan Senaman 'Warga Emas' untuk menawarkan warga tua kita sebuah tempat bersama untuk merehatkan diri dan bersenam.

HAPPYFIT: Sabtu, Nee Soon South CC, 7.30p.m.

Pasukan suami dan isteri — Ray Lee, 46 dan isterinya Shirley Dam, 43, menubuhkan kumpulan ini dengan pemimpin komuniti. Kedua-dua pengajar yang diperakui menawarkan kelas yang menggabungkan irama cepat dan perlahan untuk mencapai senaman yang bertenaga. Elemen kecergasan - kardio, penyesuaian otot, keseimbangan dan fleksibiliti digabungkan bersama.

BESTARI LINE DANCE: Jumaat, Kebun Baru Bestari RC, 8p.m.

Dari Rock and Roll, Latin Cha Cha, hingga Waltz dan tarian baris, Cecilia Lim, 62, telah mempelajari semuanya. Seorang pengajar yang diperakui United Kingdom Alliance (UKA), Cecilia menceritakan bahawa dia dan suaminya telah mendapat demam tarian pada usia lewat empat puluhan. Cecilia menyebut bahawa apa yang membezakan tarian baris adalah bahawa terdapat langkah-langkah tarian unik bagi setiap lagu.



"Akan Datang!"

- Futsal Courts coming to a location near you!



Nee Soon will soon feature its very own all-weather futsal courts!

Five professionally designed, all-weather futsal courts and three outdoor basketball courts will all come under one roof in a sports hub.

An on-line booking system will be implemented to make it more convenient to arrange bookings. The facility will be surrounded by lush greenery, making it a possible function space for both sporting and non-sporting events.

The sports hub is located at 32 Yishun Central 1, S(768809), a 5-minute walk from the Yishun Bus Interchange.

Look out for more details on its official opening! The countdown has begun!

#NSTCDidYouKnow

The Town Council takes care of much more than cleaning.



Want to know more about your Town Council?

We're going to start posting interesting facts on our Facebook every other Monday.

Like us at [facebook.com/neesoon.tc](https://www.facebook.com/neesoon.tc) to find out more!

CHONG PANG



Mr. K. Shanmugam

Minister for Home Affairs and
Minister for Law
MP for Nee Soon GRC

Meet-the-People Sessions

Every Tuesday at 7.30pm
(except public holidays & eves of public holidays)
at Block 107 Yishun Ring Road #01-207 Singapore 760107
Tel: 6758 3039
Email: k_shanmugam@mlaw.gov.sg
Facebook: K Shanmugam Sc
Youtube: K Shanmugam

NEE SOON CENTRAL

Assoc. Prof. Muhammad Faishal Ibrahim

Parliamentary Secretary, Ministry of Education and Ministry of Social and Family Development
MP for Nee Soon GRC
Advisor to Nee Soon Town Council

Meet-the-People Sessions

Every Monday at 7.00pm
(except public holidays & eves of public holidays)
at Block 609 Yishun St 61 #01-235 Singapore 760609
Tel: 6752 2532
Email: muhammad_faishal_ibrahim@msf.gov.sg
Facebook: muhammad.faishal.ibrahim1

NEE SOON EAST



Mr. Louis Ng Kok Kwang

MP for Nee Soon GRC
Chairman, Nee Soon Town Council

Meet-the-People Sessions

Every Monday at 7.30pm
(except public holidays & eves of public holidays)
at Block 227 Yishun St 21, #01-520 Singapore 760227
Tel: 6755 1946
Email: loisng4nse@gmail.com
Facebook: louisngkokkwang

NEE SOON SOUTH



Er. Dr. Lee Bee Wah

MP for Nee Soon GRC
Vice-Chairperson,
Nee Soon Town Council

Meet-the-People Sessions

Every Monday at 7.00pm
(except public holidays & eves of public holidays)
at Block 850 Yishun St 81 #01-94 Singapore 760850
Tel: 6759 3413
Email: mp4nss@gmail.com
Facebook: leebewahpage

KEBUN BARU



Mr. Kwek Hian Chuan Henry

MP for Nee Soon GRC
Vice-Chairperson,
Nee Soon Town Council

Meet-the-People Sessions

Every Tuesday at 7.30pm
(except public holidays & eves of public holidays)
at Block 109 Ang Mo Kio Ave 4, #01-14 Singapore 560109
Tel: 6454 8792
Email: HenryforKebunbaru@gmail.com
Facebook: Henrykwek

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Fax: 6257 2768

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#02-00, S(760845)
Tel: 6258 4922
Fax: 6252 2178

Kebun Baru
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#01-500, S(560161)
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Fax: 6453 6733



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SMS/MMS:
9110 9877



Essential Maintenance Service (EMSU)
after office hours:
1800 275 5555

Selamat Hari Raya
Aidilfitri

Spread good deeds and
kindness this Syawal.
Raikan kebaktian dan
semarakkan keinsanan
di Bulan Syawal ini.

Bonding With The Community



The first home of newlyweds signifies a new beginning, a transformation from the life of a bachelor to living together with a lifetime partner. For Mr Kay Teck Hui, 39, Yishun Greenwalk is more than just a home; it is where he forges community bonds that last.

He recalled fondly that in 2011, after attending church service, the bus he boarded would pass by Yishun Avenue 9, where Yishun Greenwalk was slated to be built. Having lived in Yishun for 29 years, Teck Hui decided to apply for the Built-To-Order flat. In 2011, he started the Yishun Greenwalk Facebook. Over the next three years, he snapped and posted online pictures of Yishun Greenwalk in its construction phase all the way to what it is today. "The excitement is similar to watching a newborn from his infancy to a grown-up," he beamed. Soon, would-be neighbours followed and joined his Facebook. Currently, he has 1,484 friends who are mostly residents here.

The Yishun Greenwalk Facebook has evolved into a platform where residents air their views. Teck Hui takes every comment seriously, channeling their feedback to relevant government agencies. A hard working Residents' Committee Chairman, Teck Hui updated

his neighbours on the actions taken by the agencies. "Agencies such as the Town Council, the Housing and Development Board and the Land Transport Authority are really helpful. Some even come down after office hours to do site visits," he revealed. They study the issues and update him on the actions.

Teck Hui is also a Councillor in Nee Soon Town Council. In the Maintenance and Customer Service Committee, he looks out for the interests of his fellow residents.

are a dynamic lot. Barely a year since moving in, there are already self-sustained interest groups sprouting in Yishun Greenwalk. These are mostly sports groups, such as badminton, running and soccer. "When residents play games together, the chemistry among them somehow draws them closer to one another," he elaborated.

When asked about the challenges he faced as a grassroots leader, Teck Hui explained that his skills as a social worker



As Teck Hui settled into his new home, he also organised potluck sessions to connect with the residents. Building on the Halloween festival last year, he kickstarted Hello Wee in October. It was well received, with young couples like him joining him in the fun. This year, to reach out to the elderly in the studio apartments, Teck Hui launched the Lunar New Year Lunch Potluck Session. Residents cook their signature dishes and bring them down to the pavilion for the seniors. This gives them a sense of involvement, as these ideas are brought to fruition by the residents, and for the residents.

Teck Hui recognises that his neighbours

helps. While he shared that openness, a humble attitude, willingness to learn and a positive mindset are important in overcoming hurdles, he is grateful for having a supportive committee. Overall, Teck Hui feels that community work is rewarding as he gets a chance to witness and appreciate the outcomes. He likened volunteering to the ripple effect, the concept of paying it forward. As residents see for themselves how their ideas have improved their environment, they are more motivated to step forward to better the lives of others. He observed different people have different levels of readiness. The key is to provide the platform for them to participate at the level they are comfortable at.

建立社区凝聚力

新婚夫妇所拥有的第一间房子标志着生命中一个全新的里程碑。对39岁的郭泽辉而言, Yishun Greenwalk不仅是他的家而已; 那是他与社区建立永久凝聚力的地方。他记得在2011年, 每当他从教堂搭巴士回家时, 就会经过义顺9道。那正是 Yishun Greenwalk 的所在位置。在义顺区住了29年的他, 决定申请 Yishun Greenwalk 的预购组屋。他在2011年创建了 Yishun Greenwalk 面簿帐号, 并在接下来的三年里, 拍摄和分享了许多照片, 记录了 Yishun Greenwalk 的建筑过程。“整个过程就像看着自己的孩子从出生到长大一样, 令人兴奋,” 他说。很快地, 他的未来邻居开始关注并加入他的面簿帐号。目前, 他共有1,484个好友, 多数都是该区的居民。

Yishun Greenwalk的面簿帐号已成为居民发表意见的平台。泽辉认真看待每个意见, 并会将反馈转发给相关的政府机构。身为居民委员会主席的他, 也会通知居民有关各机构的跟进行动。他表示, “市镇理事会、建屋发展局和陆路交通管理局等机构都非常积极的协助我们, 有时甚至会在办公时间之外进行实地考察。” 他们在研究了有关问题后, 就会向他说明所采取的行动。

泽辉也是义顺市镇理事会的理事, 在维修与客户服务方面代表居民的观点, 参与市镇会的决策。

泽辉搬进新家后, 曾经组织过一些大食会, 与居民联系和交流。去年, 他在10月的万圣节期间主办了Hello Wee活动, 吸引了许多年轻夫妇参与。今年, 他特别针对居住在小型公寓的乐龄人士安排了新春大食会。居民各自烹煮拿手好菜, 拿到楼下的活动亭子里与年长人士分享。大家都积极参与, 群策群力, 为居民举行聚会。

泽辉认为他的邻居都充满了活力。他们搬入 Yishun Greenwalk不足一年, 就自动自发地成立了多个兴趣小组, 包括羽毛球、跑步和足球兴趣小组。他注意到“一起参加各种运动的居民会很自然地变得更加的亲近”。

泽辉本身是个社会工作者。他相信社工技能有助于他应付基层领袖的挑战。他指出, 在克服障碍时, 除了保持开放、谦卑、乐于学习



和积极的心态, 一个非常支持他的委员会也绝对重要。整体而言, 泽辉觉得社区工作为他带来巨大的满足感, 让他有机会见证结果。他相信义务工作具有连锁反应, 能够薪火相传。只要居民看到他们的意见能够改善居住环境, 他们就会更有推动力, 更愿意主动地帮助改善大家的生活。据他观察, 每个人的参与程度和意愿都不一样, 关键在于提供一个能够让他们舒适自在地参与的平台。

