

Nee Soon Link

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Helping Residents Lead Happy and Healthy Lives

MP Er. Dr. Lee Bee Wah on new health initiatives in Nee Soon South like a Diabetes Resource Centre and Designated Smoking Points.

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Fun and Active Living in Nee Soon

From drift karting and paintball, to kayaking and hot springs, you can have it all in Nee Soon.

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From Wheelchair to Gold

Nee Soon resident Toh Sze Ning has never let cerebral palsy stop her. She is a national Paralympian and almost won a medal in Rio!

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3 New Wellness Kampungs in Yishun

义顺3所全新的综合养生村 3 Kampung Kesejahteraan Baru di Yishun

யிஷூனில் 3 புதிய நலவாழ்வு முகாம்கள்

Taking charge of your health is easier when you have the support of the whole community. At the new Wellness Kampungs in Chong Pang, Nee Soon Central and Nee Soon East, residents of all ages are encouraged to adopt an active and healthy lifestyle.

Set up in March 2016, the three Wellness Kampungs are run mostly by residents, for residents. Here, they learn to exercise in groups and cook their favourite dishes in a healthier way through 'Cook For Life' programmes. Residents can also get regular health checks, for example on their blood pressure, body mass index, cholesterol and blood sugar levels.

Many residents join the **mass exercises**, held Mondays to Fridays. These include rhythmic aerobics, Qi Gong, meridian and stretching exercises.

Residents also teach other residents their skills, like calligraphy or English, in the kampungs' **educational programmes**.

Upcoming Programmes at the kampungs include classes on repairing wheelchairs and electrical appliances.

Each kampung also has an adjacent **eldercare centre**. Frailer residents receiving daycare and rehabilitation at the eldercare centres can join in the kampung activities to make friends with more neighbours.

Ms Evon Chua, the manager of the three Wellness Kampungs, explained, "According to research done on centenarians around the world, longevity depends not only on our genes, but also on adopting the right lifestyle. Having a sense of belonging to the community is just as important. The wellness kampungs are positioned to support this lifestyle."

Where are the wellness kampungs?

- Blk 115 Yishun Ring Rd (Chong Pang)
- Blk 765 Yishun St 72 (Nee Soon Central)
- Blk 260 Yishun St 22 (Nee Soon East)

有社区支持,掌握健康更简单。忠邦、义顺中心和义顺东设立了三所新的综合养生村,鼓励所有居民不分男女老少,一同过起更健康的生活。

这三所综合养生村于2016年3月成立,大多数活动也都由居民自己主办。在这里,居民可通过**健康烹饪课程**,学习以较健康的方式烹调出美味佳肴。居民也可以在这里进行**例常健康检查**,测量他们的血压、体重指数、胆固醇和血糖。

每逢星期一至五,这里也举办**集体运动**,供居民一起做有氧运动、气功、伸展操等运动。

居民也可和邻居**分享所长**,设立课程,教授邻居书法或英语等技能。

这里也将**持续开展其它活动**,如维修轮椅和维修电器用品等课程。

每一所综合养生村都毗邻**乐龄看护中心**。看护中心里的乐龄人士可参与养生村的活动,保持活跃,同时结交新朋友。

这三所综合养生村的经理蔡女士解释道:“针对全球人瑞的调查显示,长寿不完全取决于个人的基因,也和我们的生活方式息息相关。拥有良好的生活方式,以及对社区的归属感也同样重要。综合养生村正好满足了居民这方面的需要。”

健康生活站在哪里?

- 义顺环路, 第115座 (忠邦)
- 义顺72街, 第765座 (义顺中心)
- 义顺22街, 第260座 (义顺东)

Menjaga kesihatan anda menjadi lebih mudah apabila anda mendapat sokongan daripada seluruh masyarakat. Di Kampung Kesejahteraan baru di Chong Pang, Nee Soon Central dan Nee Soon East, penduduk daripada semua peringkat usia digalakkan supaya mengamalkan gaya hidup aktif dan sihat.

Ditubuhkan pada Mac 2016, tiga Kampung Kesejahteraan ini dikendalikan oleh penduduk, untuk penduduk. Di sini, mereka belajar bersenam secara berkumpulan dan memasak hidangan kegemaran mereka dengan cara yang lebih sihat melalui program-program ‘**Cook For Life**’. Penduduk juga boleh mendapatkan **pemeriksaan kesihatan secara kerap**, contohnya bagi tekanan darah, indeks jisim badan, kolesterol kandungan gula dalam darah.

Ramai penduduk sudah pun menyertai **senaman beramai-ramai** ini yang diadakan setiap hari Isnin hingga Jumaat. Ini termasuk senaman aerobik berirama, Qi Gong, senaman meridian dan regangan.

Penduduk juga mengajarkan kemahiran mereka kepada penduduk lain, seperti seni khat atau Bahasa Inggeris, dalam program-program pendidikan di kampung-kampung ini.

Program-program yang akan datang termasuklah kelas memperbaiki kerusi roda dan peralatan elektrik.

Setiap kampung juga mempunyai **pusat penjagaan warga emas** di bersebelahan. Penduduk lemah yang sedang menerima penjagaan harian dan pemulihan di pusat-pusat penjagaan warga emas ini boleh menyertai aktiviti-aktiviti kampung ini untuk berkawan dengan lebih ramai jiran.

Cik Evon Chua, pengurus bagi ketiga-tiga Kampung Kesejahteraan tersebut menjelaskan, “Berdasarkan kajian yang dilakukan ke atas orang-orang yang berusia 100 tahun atau lebih di seluruh dunia, usia yang panjang bukan sahaja bergantung kepada baka kita, tetapi juga pada amalan gaya hidup yang betul. Rasa diri diterima dalam masyarakat juga sama penting. Kampung-kampung kesejahteraan ini berupaya menyokong gaya hidup seperti ini.”

Di manakah lokasi kampung-kampung kesejahteraan ini?

- Blk 115 Yishun Ring Rd (Chong Pang)
- Blk 765 Yishun St 72 (Nee Soon Central)
- Blk 260 Yishun St 22 (Nee Soon East)

உங்களுக்கு ஒட்டுமொத்தச் சமூக ஆதரவு இருக்கும் போது உங்கள் ஆரோக்கியத்தின் மீது அக்கறை எடுத்துக்கொள்வது சுலபமாகிறது. சொங் பாங், நீ சூன் சென்ட்ரல் மற்றும் நீ சூன் கிழக்கில் உள்ள புதிய நலவாழ்வு முகாம்களில், எல்லா வயதுக் குடியிருப்பாளர்களும் ஒரு சுறுசுறுப்பான மற்றும் ஆரோக்கியமான வாழ்க்கைமுறையைப் பின்பற்றுவதற்கு ஊக்குவிக்கப்படுகின்றனர்.

மார்ச் 2016-இல் அமைக்கப்பட்ட இந்த மூன்று நலவாழ்வு முகாம்களும் குடியிருப்பாளர்களுக்காக, பெரும்பாலும் குடியிருப்பாளர்களால் நடத்தப்படுகின்றன. இங்கு, அவர்கள் குழுக்களாக உடற்பயிற்சியைக் கற்றுக்கொள்கின்றனர். மேலும், ‘**வாழ்க்கைக்காகச் சமையுங்கள் (Cook For Life)**’

திட்டங்களின் வாயிலாக ஒரு ஆரோக்கியமான வழியில் தங்களுக்கு விருப்பமான உணவுகளைச் சமைத்துக்கொள்கின்றனர். குடியிருப்பாளர்கள் வழக்கமான உடல்நலப் பரிசோதனைகளையும் செய்துகொள்கின்றனர். உதாரணமாக, தங்களுடைய இரத்த அழுத்தம், உடல் நிறைக் குறியீட்டெண், இரத்தக்கொழுப்பு மற்றும் இரத்தச் சர்க்கரை அளவுகளைப் பரிசோதித்துக்கொள்கின்றனர்.

திங்கள் முதல் வெள்ளி வரை நடைபெறும் **கூட்டு உடற்பயிற்சிகளில்** பல குடியிருப்பாளர்கள் கலந்துகொள்கின்றனர். இவற்றில் தாளத்துடனான ஏரோபிக்ஸ், சீ குங், மெரிடியன் மற்றும் உடல் நீட்சிப் பயிற்சிகள் உள்ளடங்கும்.

குடியிருப்பாளர்கள் காலி.ஃகிரா.பி அல்லது ஆங்கிலம் போன்ற தங்களுடைய திறமைகளை, முகாம்களுக்கான **கல்வி சார்ந்த திட்டங்களில்** மற்ற குடியிருப்பாளர்களுக்கும் கற்றுத் தருகின்றனர்.

இந்த முகாம்களில் **எதிர்வருகின்ற திட்டங்களில்** சக்கர நாற்காலிகள் மற்றும் மின்சார உபகரணங்களைப் பழுது நீக்குதல் தொடர்பான வகுப்புகளும் உள்ளடங்கும்.

ஒவ்வொரு முகாமுக்குப் பக்கத்திலும் ஒரு **முத்தோர் பராமரிப்பு நிலையம்** அமைந்துள்ளது. முத்தோர் பராமரிப்புநிலையங்களில் பகல்நேரப்பராமரிப்புமற்றும் மறுவாழ்வு வசதிகளைப் பெறுகின்ற பலவீனமான குடியிருப்பாளர்கள், அக்கம்பக்கத்தார்களுடன் நட்பை ஏற்படுத்திக்கொள்வதற்கு இந்த முகாம் நடவடிக்கைகளில் இணைந்துகொள்ளலாம்.

“உலகம் முழுவதிலும் உள்ள நூறு வயதிற்கு மேல் வாழ்கின்றவர்களிடம் மேற்கொண்ட ஆராய்ச்சியைப் பொறுத்தவரையில், நீடித்து வாழ்வது என்பது நமது மரபணுக்களை மட்டுமே சார்ந்திருக்கவில்லை, சரியான வாழ்க்கைமுறையைப் பின்பற்றுவதையும் சார்ந்திருக்கிறது” என்று மூன்று நலவாழ்வு முகாம்களின் மேலாளரான செல்வி ஈவோன் சுவா அவர்கள் விளக்கினார். சமுதாயத்தைச் சார்ந்திருக்கும் உணர்வைக் கொண்டிருப்பது மிகவும் முக்கியமாகும். நலவாழ்வு முகாம்கள் இந்த வாழ்க்கைமுறையை ஆதரிக்கும் வகையில் நிறுவப்படுகின்றன.”

நலவாழ்வு முகாம்கள் எங்கு உள்ளன?

- புளோக் 115 யீஷூன் ரிங் ரோடு (சொங் பாங்)
- புளோக் 765 யீஷூன் தெரு 72 (நீ சூன் சென்ட்ரல்)
- புளோக் 260 யீஷூன் தெரு 22 (நீ சூன் கிழக்கு)

New Senior Activity Centre opens in Nee Soon Central

In the nation-wide initiative to integrate senior residents and the vulnerable elderly into society’s social support infrastructure, more senior activity centres (SACs) are being set up islandwide. On 11 February, MP for Nee Soon Central, Assoc. Prof. Muhammad Faishal Ibrahim officiated the opening of Orange Valley – Golden Palms Senior Activity Centre at Blk 701B, Yishun Avenue 5.

Located in close proximity to HDB studio apartments (SA), the SAC offers **community**

outreach programmes and recreational activities to seniors.

Mr Aw Ah Lee, 69, said he is more cheerful nowadays since frequenting the centre. “I come here every day to sing songs and play board games. I also make new friends here,” Mr Aw smiled.

The SAC’s weekly activities include morning exercises, baking, karaoke, art and craft, and Wii video gaming. Additionally, the activity centres are linked to the Alert Alarm System built into

every SA unit. In an emergency, residents can raise an alarm through an intercom unit and emergency pull cords in the bathroom and living room. In this way, seniors in crisis can receive trained help quickly.

The launch event ended on a merry note with Assoc. Prof. Muhammad Faishal Ibrahim bravely attempting the Chinese New Year song, ‘God of Fortune Has Arrived’.



Healthcare Hub of the North



If you need rehabilitation at **Yishun Community Hospital (YCH)**, it need not be a dreary hospital stay. YCH's innovative activities will cheer you up and speed up your recovery.

Patients create art as part of their therapy, and even do art together with children from the nearby childcare centre. There are also reading

corners throughout YCH, so patients can read more about health during their stay.

Just like neighbouring Khoo Teck Puat Hospital (KTPH), YCH is a "hospital in a garden". The garden gives patients a relaxing place to stroll, and even provides organic vegetables for their meals.

Care does not end when patients are discharged. The hospital helps them integrate back home and within their community. It even has an **Evergreen Club**, where former patients socialise and network with one another.

Patients who need additional help and support are referred to the **Ageing-In-Place programme**. For example, patients living in Yishun can participate in healthy community activities at the three Wellness Kampung centres.

YCH has 428 beds and has served more than 1,400 patients since December 2015. It offers rehabilitation, sub-acute care, geriatric, dementia and palliative care services. It held its official opening on 28 November 2016, with Health Minister Gan Kim Yong and MP Er. Dr. Lee Bee Wah gracing the occasion.

Dr. Lee Bee Wah said, "With KTPH and YCH, Nee Soon is truly the healthcare hub of the



North. What's more, they have always treated patients like their own family. Nee Soon GRC is very fortunate to have them here."

Nee Soon South resident Mdm Tan Hong Kiow, 65, said of her stay in YCH, "When YCH learnt that I can only read Chinese, the staff printed all my medication labels in Chinese, even for medicine from my family GP. Now I no longer need to ask my children for help. I can read them myself!"

Services You Never Knew KTPH and YCH Had

Start-to-Finish Programme

Elderly patients go through two weeks of strengthening exercises, nutritional intervention and education before actual surgery. Typically, this reduces their recovery time after surgery by three to four days.

Shorter Queues for Medication

Waiting time is reduced as prescriptions are sent electronically from the clinic to pharmacy for faster processing. 79% of patients in KTPH collect their medication in under 30 minutes, compared to 60% in the past.

One-stop Diabetes Centre

The Diabetes Centre at KTPH offers a one-stop service for diabetic patients. Patients get advice on how to manage their condition, including the eye and foot issues many diabetic patients develop.

CAMIE Ward and Forget Us Not Initiative

KTPH houses CAMIE (Care for the Mentally Infirm Elderly) Ward, the only specialised in-patient dementia care unit in an acute care setting in Singapore. They design care and activity plans by taking into account personal history, interests and background.

The Lien Foundation partners KTPH in the Forget Us Not Initiative to drive public awareness of dementia.

Financial Assistance

The Alexandra Health Fund provides financial assistance in the form of home care needs, durable medical equipment and treatment for the needy.

Ageing-In-Place Programme

The needs of those with multiple chronic diseases are addressed even after they are discharged. Supported by a strong network of community nurses, therapists, dietitians and social workers, the Ageing-In-Place programme ensures health maintenance. It also prevents complications and minimises unnecessary re-admissions.

Community Falls Prevention Programme

More and more elderly residents suffer from falls that could have been prevented. Under this programme, community nurses identify and advise seniors aged above 65 who are prone to falls. You can bring your parents for a quick check at THK Chong Pang Social Service Hub at Blk 131 and Wellness Kampung @ 260 Nee Soon East.



Helping Residents Lead Happy and Healthy Lives

让居民过得健康快乐

Membantu Penduduk Menjalani Hidup Sihat dan Gembira

குடியிருப்பாளர்கள் மகிழ்ச்சியான மற்றும் ஆரோக்கியமான வாழ்க்கையை வாழ உதவுதல்

Interview with Er. Dr. Lee Bee Wah



To Nee Soon South MP Er. Dr. Lee Bee Wah, healthy living, community building and a conducive living environment are all linked.

She explained, “For example, our signature monthly litter-picking event is not just about cleanliness. Residents get a good workout and build friendships while doing it.

“When the environment is cleaner and has better facilities, residents will be more willing to spend time outside their flats, which improves both their physical and mental health. I also encourage them to exercise together, so they will feel more motivated to exercise.”

“So if I want residents to live healthy and happy lives, I have to work on all these areas.”

Keeping Fit for the Community

Even while dedicating so much time to community work, Dr Lee manages to exercise daily. She wakes up at 6am everyday to swim, cycle, or work out at the gym.

She said exercise helps keep her mentally alert and physically fit. “On the weekends, I often have community activities all day. If I didn't keep fit, I wouldn't be able to attend them all.”

She revealed that she suffered colon cancer in 2003. “Luckily, I am in the habit of going for annual health checks. During one of the checks, they discovered the cancer and immediately sent me for treatment. Because of the early treatment, I have been cancer-free since then.”

Last year, she realised she couldn't lift her arms without pain. The doctor's diagnosis was frozen shoulder. For the next few months, she had to avoid lifting her arms, although she continued with her gruelling schedule. She thanked her residents for their concern and assured us that she is much better now.



New centres for dialysis and diabetes

In the past year, Nee Soon South has unveiled its first dialysis centre, with a health education centre attached. The wellness centre at Blk 839 has also added resources and self-check equipment on diabetes and quitting smoking. She hopes these will help Nee Soon South residents take responsibility for their own health.

“Our dialysis centre only opened in July, and was full by the end of the year. This was very alarming. Because diabetes often leads to kidney failure, I asked our staff and volunteers to conduct more outreach on diabetes too.”



对义顺南的国会议员李美花博士来说，健康活动、社区凝聚力和宜居设施，都是环环相扣的。

她解释道：“我们每月举办的捡垃圾运动不只是为了美化环境，同时也能促进居民多活动筋骨、和邻居建立友情，可说是一举数得。”

“当周围的环境更干净、设施更完善，居民便更乐意走到户外参与活动，间接改善他们的健康和精神。我也鼓励居民相约一起运动，这样才能相互勉励。”

“所以，如果我要居民们享有健康和快乐的生活，健康活动、社区凝聚力和宜居设施三方面，我都不能忽略。”

保持健康体魄

虽然李议员都把精力放在社区服务上，但她也不忘经常运动。她每天清晨六点起身开始游泳、骑脚踏车或是到健身房健身。

运动让她保持思维敏捷、身体强健。“周末时我常常一整天都要参加社区活动，所以我得保持健康的体魄，否则不会有精力完成。”

她透露说：“我曾在2003年患上结肠癌，但所幸我有做例常身体检查的习惯，所以病情得以提早发现，并立即接受治疗。因为提早治疗，所以病情至此再也没有复发。”

去年，她发现自己举起手时疼痛不已，经医生诊断后发现她患有肩周炎。在接下来的数月，她的工作行程虽然依然忙碌，但她还是避免高举双臂，以缓和症状。她说，状况已大有改善，感谢居民对她的关心。

新的洗肾和糖尿病资源中心

在过去的一年里，义顺南开设了该区第一间洗肾中心，洗肾中心附有教育公众的健康资源中心。第839座的健乐中心，也增设了糖尿病资源中心，内有健康资料和自行检测仪器。李议员希望借助中心的资源，帮助居民迈向健康生活。

“洗肾中心七月正式启用，而到年底时预约已排满，这让我感到意外。由于糖尿病可导致肾衰竭，我要求工作人员和义工们更积极地宣导有关糖尿病的知识。”

Menurut AP Nee Soon South Er. Dr. Lee Bee Wah, gaya hidup sihat, pembangunan masyarakat dan persekitaran hidup yang kondusif semuanya berkait rapat.

Beliau menjelaskan, “Sebagai contoh, acara mengutip sampah kami pada setiap bulan bukan sahaja tentang kebersihan. Penduduk berpeluang meningkatkan kecergasan sambil membina persahabatan semasa melakukannya.

“Apabila persekitaran lebih bersih dengan kemudahan yang lebih baik, penduduk akan rasa lebih selesa untuk meluangkan masa di luar flat mereka, lantas meningkatkan kesihatan fizikal dan mental mereka. Saya juga menggalakkan mereka agar bersenam bersama-sama, jadi mereka akan berasa lebih bermotivasi untuk melakukan senaman.”

“Jadi jika saya ingin penduduk hidup sihat dan gembira, saya perlu mengusahakan semua perkara-perkara ini.”

Menjaga Kecergasan untuk Masyarakat

Walaupun sibuk melakukan kerja-kerja kemasyarakatan, Dr Lee sempat bersenam setiap hari. Beliau bangun pada pukul 6 pagi untuk berenang, berbasikal, atau bersenam di gimnasium.

Beliau berkata senaman membantunya kekal cergas secara mental dan sihat secara fizikal. “Pada hujung minggu, saya sering mempunyai aktiviti kemasyarakatan sepanjang hari. Jika saya tidak menjaga kesihatan, saya tidak akan dapat menghadiri semua ini.”

Beliau mendedahkan bahawa beliau pernah menghidap barah kolon pada tahun 2003. “Mujur saya rajin melakukan pemeriksaan kesihatan setiap tahun. Semasa salah satu pemeriksaan tersebut, mereka mengesan adanya barah dan segera menghantar saya untuk mendapatkan rawatan. Disebabkan rawatan awal, saya bebas daripada barah sehingga ke hari ini.”

Pada tahun lepas, beliau sedar yang beliau payah mengangkat tangan tanpa merasa sakit. Diagnosis doktor adalah sindrom bahu beku. Selama beberapa bulan selepas itu, beliau terpaksa mengelakkan daripada mengangkat tangan, walaupun jadual yang ketat tetap diteruskan. Beliau mengucapkan terima kasih kepada para penduduk atas keprihatinan mereka dan memberikan jaminan bahawa beliau lebih sihat sekarang.

Pusat sumber dialisis dan kencing manis baru

Pada tahun lepas, Nee Soon South telah melancarkan pusat dialisisnya yang pertama, berserta sebuah pusat pendidikan kesihatan. Pusat kesejahteraan di Blok 839 itu juga telah menambahkan sumber-sumber dan peralatan pemeriksaan sendiri bagi kencing manis dan berhenti merokok. Beliau berharap agar ini akan membantu penduduk Nee Soon South mengambil sikap bertanggungjawab terhadap kesihatan mereka sendiri.

“Pusat dialisis kami hanya dibuka pada bulan Julai, dan penuh sebelum akhir tahun. Ini amat membimbangkan. Oleh kerana kencing manis sering mengakibatkan kegagalan buah pinggang, saya telah menyuruh kakitangan dan sukarelawan kami supaya menganjurkan lebih banyak program-program mendekati masyarakat berkenaan kencing manis juga.”

நீ சூன் தெற்கு நாடாளுமன்ற உறுப்பினர், பொறியாளர், டாக்டர் லீ பீ வா அவர்களுக்கு, ஆரோக்கியமாக வாழ்தல், சமூகத்தைக் கட்டமைத்தல் மற்றும் ஒரு உகந்த வாழ்க்கைச் சூழல் ஆகிய அனைத்தும் ஒன்றுடன் ஒன்று இணைந்ததாகும்.

“உதாரணமாக, நமது குறிப்பிடத்தக்க மாதாந்தரக் குப்பை-சேகரிக்கும் நிகழ்ச்சி வெறும் சுத்தத்தன்மையை மட்டுமே குறித்தது அல்ல. குடியிருப்பாளர்கள் அதை மேற்கொள்ளும் வேளையில் சிறந்த உடற்பயிற்சியைப் பெறுவதோடு, நட்பையும் வளர்த்துக்கொள்கின்றனர். “சுற்றுப்புறம் சுத்தமாகவும் சிறந்த வசதிகளுடனும் இருக்கும் போது, குடியிருப்பாளர்கள் தங்களுடைய வீடுகளுக்கு வெளியே நேரம் செலவிடுவதற்கு அதிக ஆர்வம் காட்டுவார்கள். இதனால் அவர்களுடைய

உடல்நலனும் மனநலனும் மேம்படுகிறது. நான் அவர்களை ஒன்றிணைந்து உடற்பயிற்சி செய்வதற்கும் கூட ஊக்குவிக்கிறேன். அதன்மூலம் அவர்கள் உடற்பயிற்சி செய்வதற்கு அதிக ஊக்கத்தைப் பெறுவார்கள்.” “குடியிருப்பாளர்கள் ஆரோக்கியமாகவும் மகிழ்ச்சியாகவும் வாழ வேண்டுமென்று நான் விரும்பினால், நான் இந்த எல்லா விஷயங்களிலும் கவனம் செலுத்த வேண்டியிருக்கும்.” என்று இவர் விளக்கினார்.

சமூகத்திற்காக உடலை உறுதியாக வைத்துக்கொள்ளுதல்

சமூகப் பணிக்காக அதிக நேரத்தை அர்ப்பணித்துக் கொண்டிருந்தாலும் கூட, டாக்டர் லீ அவர்கள் தினமும் உடற்பயிற்சி மேற்கொள்வதற்கு நேரம் ஒதுக்குகிறார். இவர் நீச்சல் பயிற்சி, சைக்கிளோட்டம் அல்லது உடலுறுதிக் கூடத்தில் உடற்பயிற்சி செய்வதற்காக தினமும் காலை 6 மணிக்கு எழுந்துகொள்கிறார். உடற்பயிற்சி செய்வது தனது மனதை விழிப்படனும், உடலை உறுதியாகவும் வைத்துக்கொள்ள உதவுகிறது என்று இவர் கூறுகிறார். “வார இறுதிகளில், நான் பெரும்பாலும் நாள் முழுவதும் சமூக நடவடிக்கைகளில் ஈடுபடுகிறேன். நான் உடலை உறுதியாக வைத்துக்கொண்டிருக்கவில்லை என்றால், நான் அவை அனைத்திலும் கலந்துகொள்ள இயலாமல் போயிருக்கும்.”

இவர் 2003-இல் பெருங்குடல் புற்றுநோயால் அவதிப்பட்டதாகத் தெரிவித்தார். “அதிர்ஷ்டவசமாக, நான் ஆண்டுதோறும் உடல்நலப் பரிசோதனை செய்துகொள்ளும் பழக்கத்தைக் கொண்டிருக்கிறேன். ஒருமுறை பரிசோதனை செய்யும் போது எனக்குப் புற்றுநோய் இருப்பது கண்டறியப்பட்டது.. நான் உடனடியாக சிகிச்சை பெறுவதற்கு அனுப்பி வைக்கப்பட்டேன். முன்கூட்டியே சிகிச்சை பெற்றதன் காரணமாக, நான் அப்போதிலிருந்து புற்றுநோயில் இருந்து விடுதலை பெற்றேன்.”

கடந்த ஆண்டு, இவர் தனது கரங்களைத் தூக்கும் போது வலி மிகுதியாக இருப்பதை உணர்ந்தார். இவருக்குத் தோள் இறுக்கம் இருப்பதை மருத்துவர் கண்டறிந்தார். அடுத்த சில மாதங்களுக்கு, இவர் தனது கரங்களைத் தூக்குவதைத் தவிர்க்க வேண்டியிருந்தது. எனினும், தனது பணிகளை இடைவிடாது தொடர்ந்தார். தனது குடியிருப்பாளர்கள் தன்மீது வைத்திருந்த அக்கறைக்காக அவர்களுக்கு நன்றி தெரிவித்தார். தான் இப்போது மிகவும் நலமாக உணர்வதாக நம்மிடம் தெரிவித்தார்.

புதிய டயலைசிஸ் மற்றும் நீரிழிவு நோய் வளஆதார நிலையங்கள்

கடந்த ஆண்டில், நீ சூன் தெற்கு தனது முதலாவது டயலைசிஸ் (சிறுநீரகக் கூழ்மப்பிரிப்பு) நிலையத்தைத் திறந்தது. அதனுடன் ஒரு சுகாதாரக் கல்வி நிலையமும் இணைக்கப்பட்டிருக்கிறது. புளோக் 839-இல் உள்ள இந்த நலவாழ்வு நிலையமானது, நீரிழிவு நோய் மற்றும் சிகரெட் புகைக்கும் பழக்கத்தை நிறுத்துவது குறித்த கூடுதல் வளஆதாரங்களையும் சுய-பரிசோதனை உபகரணங்களையும் கூட கொண்டிருக்கிறது. நீ சூன் தெற்கு குடியிருப்பாளர்கள் தங்களின் சுய ஆரோக்கியத்திற்குப் பொறுப்பேற்றுக்கொள்ள இவை உதவும் என்று இவர் நம்புகிறார்.

“நமது டைலசிஸ் நிலையம் கூடுதல மாதத்தில் தான் திறக்கப்பட்டது என்றாலும், அது ஆன்மீன் இறுதியில் முபுவதுமாக நொயாளிகளால் நிறைந்துவிட்டது. இது மிகவஜம் எச்சரிக்கை அளிப்பதாக இருந்தது. ஏனென்றால் நீரிிரிவஜ நொய் பெரும்பாலும் சிறுநீரகச் டிசயலிர்ப்பஜக்கு வரிவகுக்கின்றது. நீரிிரிவஜ நொய் குறித்து விரிப்பஜணர்வை மக்களிடம் டிகாண்டு டிசல்ல வெண்டும் என்று நமது ஊரியர்களையஜம் டிதாண்டுரியர்களையஜம் கெட்டுக்கடிகாண்டென்.”

First TC cleaners to use motorised tricycles

Estate cleaning is easier and faster now, with the introduction of 21 motorised tricycles in Nee Soon. Nee Soon Town Council (NSTC) is the first Town Council in Singapore to introduce this time-saving technology.



Cleaner Chen Xiannan, 62, said the motorised tricycle has **halved his cleaning time** from one hour to 30 minutes. “Previously, when cleaning areas such as open-air carparks and bicycle paths were far from the waste collection centre, I used a 660-litre trolley bin,” said Mr Chen. “When the bin was full, the trolley became very heavy and I had to drag it for a few kilometres. Now, I drive the motorised tricycle and it is easier to do more.”

NSTC also introduced 20 manual tricycles in December 2015. Cleaners continue to use them when cleaning over shorter distances.

Prior to the launch, NSTC provided training for the cleaners. This included **lessons on operating the tricycles safely**, observing a maximum speed limit of 25km/h and giving way to other road users. Cleaners are required to wear safety helmets while operating the tricycles. They only ply service roads within prescribed areas, and are not permitted to travel on main roads.



MP Louis Ng, Chairman of NSTC, pointed out that using technology helps to ease the workload of cleaners and boost their productivity. He said, “Everyone’s welfare is important to us as we strive to make Nee Soon a home with a heart.”

First Constituency Fully Covered by Designated Smoking Points

Nee Soon South (NSS) is now the first constituency in Singapore to be fully covered by Designated Smoking Points.

Back in 2014, NSS built six Designated Smoking Points (DSPs) as a pilot project to reduce cigarette litter and residents’ exposure to second-hand smoke. The outcome was so encouraging that NSS now plans to build **50 DSPs**. This makes NSS the first constituency to provide a DSP within reach of all its HDB flats.

Out of the 50 DSPs planned, 42 have already been constructed. The remaining eight DSPs will be built when residents fully move into the new BTOs. All DSPs are funded by private donations.

On 22 January, the DSPs were officially launched by MPs for Nee Soon GRC Minister K. Shanmugam and Er. Dr. Lee Bee Wah. Said Er. Dr. Lee: “Smokers will smoke even if we don’t provide DSPs. But the DSPs can reduce the inconvenience and health hazard to non-smokers. Meanwhile, we will place posters in the DSPs, encouraging smokers to quit and directing them to our new **Quit Smoking Community Touch Point**.”

There is **no penalty for smoking outside the DSPs**, as long as smokers are within NEA rules. Rather, smokers are encouraged to voluntarily use the DSPs, to be more considerate to their neighbours.

A smoker, Peck Seng, 57, welcomed the innovative move. He said the DSPs will reduce the amount of cigarette butt litter around the estate.



She Cared For Ill Neighbour for Nine Months



After working as a medical assistant for 30 years, 67-year-old Joyce was enjoying her retirement. But in November last year, she saw her neighbour Mr Chow became noticeably thinner and more feeble. She asked Mr Chow's wife and learnt that he was struck with colorectal cancer.

Mrs Chow was worried that there was no one at home to look after him. Everyone in the family had to work and they could not afford helpers.

For nine months, Joyce volunteered to help, feeding Mr Chow every three hours from 7am every day, till his family members returned from work. She changed his diapers and even bought food for him at times out of her own pocket.

When he was depressed, Joyce cracked jokes to cheer him up. Mr Chow passed away in August this year, at the age of 82.

Joyce reflected, "Neighbours should help each other. I hope that I have helped him ease some pain in his final days."

MP Er. Dr. Lee Bee Wah praised Joyce for her kampung spirit. Well done, Joyce!

First Diabetes Resource Centre in Nee Soon GRC



Residents can visit the Diabetes Resource Centre, located at **Blk 839 Yishun St 81**, for health screenings such as eyesight and blood pressure checks. They can also use the self-help kiosk and resources on site to learn about their diabetes risk and how to manage it. It is open every day except public holidays.

On Tuesdays and Saturdays, a nurse is stationed to check blood sugar levels from 9am to noon. She then refers those at risk of diabetes for follow-up at GPs or polyclinics.

The centre will also be the base for an outreach and education programme. MP Er. Dr. Lee Bee Wah said the outreach will target younger residents. "We have to target younger residents, those 40 years old and below and especially those who are at a higher risk. These are individuals who are slightly obese or have family members with a history of diabetes."

The center opening was held MPs for in conjunction with the annual Active Ageing Carnival. Nee Soon GRC MPs Minister K. Shanmugam, Er. Dr. Lee Bee Wah, and Kwek Hian Chuan Henry officiated the opening.

In January 2017, Nee Soon South also started a quit smoking community touch point at Blk 839.

Smokers who want to quit will be assessed by a nurse, and referred for follow-up.



Fun and Active in Nee Soon

Integrating nature into the right amenities provides many places to chill out. Check out the

ORTO



ORTO is a 24-hour recreational park located opposite Yishun Stadium, with a rustic and relaxing atmosphere. Here are some attractions you can look forward to:



Prawning @ ORTO

Relish the thrill of grilling freshly-caught big head prawns and yabbies (mini crayfish) from 10 ponds, open 24/7. Prices range from \$20 an hour to \$108 for 10 hours.



Fishing Paradise @ ORTO

Few can resist the joy of fishing in this idyllic setting. Here, it is normal to catch fish weighing above 20kg. What are you waiting for? At a rate of only \$12 per hour, it's a real steal!



Drift Karting by Maximum Drift

Maximum Drift, the first and only drift karting arena in Singapore, offers an adrenaline-filled experience. Prices start from \$18 and \$20 per session during weekdays and weekends respectively.



Red Dynasty Paintball Park

Keen to put your strategies and quick reflexes to the test? At Red Dynasty Paintball Park, you will definitely enjoy an action-packed paintballing experience. Prices start from \$10.90 per person for 30 paintballs.



Longkang Fishing

Let your kids reconnect with nature by catching fish in ponds. This fun-filled activity costs only \$12.



Inline Culture

Gliding on wheels is all about balance and grace. Inline Culture helps you to develop your inline skating skills for \$99 through its 30-day Fun-2-Skate Programme.



Katapult Trampoline Park

Activities in the 8,000 sq ft interconnected trampolines range from dodgeball, freeball, bag jump, slacklines to wall running. Prices start from \$15 an hour on weekdays, and \$19 an hour on weekends.

COMMUNITY ARENAS



Futsal Arena @ 32 Yishun Central 1

If scoring goals is your forte, welcome to Futsal Arena. You can kick and slam-dunk to your heart's content, with five futsal courts and three basketball courts to choose from. Prices start from \$45 per hour.



Nee Soon East CC

Boasts a rock wall, covered basketball courts and two gyms - one for adults and one for infants and toddlers.



Yishun Sports Centre

Next to Yishun Stadium, many residents frequent the badminton hall, table tennis tables and gym.



Yishun Swimming Complex

The most affordable place to have a splash on hot days!

ities helps to relax both the mind and body. In Nee Soon, there are
ese community favourites with your friends and family!

PARKS

Strolling in the park has become a favourite pastime of many residents.



Ground-Up Initiative (GUI)

Inspired by the need to educate the public about sustainable living, GUI seeks to nurture environmental consciousness in people through educational workshops on urban farming, recycling and carpentry. The 26,000 sqm space at 91 Lorong Chencharu is fertile ground for budding environmentalists!

From Feb 18, GUI's new Kampung Kampus offers the public rustic joys like harvesting vegetables, woodwork and camping.



Yishun Park

Recharge yourself through birdwatching, jogging and cycling at Yishun Park. You can traipse over treetops at the park's Canopy Walk. Outdoor gatherings at the activity plaza, amphitheatre and multi-purpose centre are also a hit with families.



Yishun Pond Park

The tranquillity of Yishun Pond Park soothes your senses as soon as you enter it. Located next to Khoo Teck Puat Hospital, the park's informative signboards serve to educate visitors about the wide range of plants growing there. Visitors can also climb a spiral tower there to enjoy a bird's-eye view of the surrounding areas.

Yishun Neighbourhood Park

A mere 20-minute walk from the Yishun MRT station takes you to a quiet retreat known as Yishun Neighbourhood Park. Located along Yishun Ave 2, it features a hill with an open lawn at the top – ideal for picnics. Parents can also bond with their kids at the playground. Joggers can make use of the fitness stations to warm up or cool down.

Khatib Bongsu Park Connector

Get closer to nature by exploring rivers in a kayak at Sungei Bongsu, which is famous for its surrounding mangroves. Remember to pack a good camera to snap photos of waterfowls.



Bishan-Ang Mo Kio Park

Situated along Bishan Road and Ang Mo Kio Ave 1, this 62-hectare park offers a range of recreational activities amidst lush greenery and a meandering river. The inclusive playground in the park caters for wheelchair-bound children.

RESERVOIRS

These facilities now not only serve as water catchment areas, but also as centres for recreational activities.



Lower Seletar Reservoir Park

Immerse in natural beauty and serenity as you fish, kayak, stroll or jog in Lower Seletar Reservoir Park, located alongside Yishun Ave 1 and Lentor Ave. Rent a kayak for two hours at \$15.

Upper Seletar Reservoir Park

Built in 1920, this 15-hectare reservoir park at Old Upper Thomson Road houses a variety of flora and fauna. Reward yourself with a magnificent view of the sunset from the park's iconic rocket-shaped tower.

Yishun Dam

Known as a 'hidden gem' at the end of Yishun Ave 1, Yishun Dam is a popular spot for fishing, barbecues and picnics.

CLUBS

COMMUNITY CLUBS

Your nearest community club runs reasonably priced or free classes and activities like aerobics, zumba, brisk-walking, etc. Check out the courses at one.pa.gov.sg

COUNTRY CLUBS

Orchid Country Club

Live life to the fullest at Orchid Country Club, located along Yishun Ave 1. Learn golf, archery, gymnastics and dancing; all amidst the lush compounds!

Seletar Country Club

Families can enjoy facilities such as a bowling centre, air-conditioned gym, tennis court and swimming pool.

SAFRA Yishun Country Club

Fine dining, billiards, an air rifle range, futsal... the list of amenities goes on.

The Grassroots Club

Enjoy the pool, sauna and gym, from just \$120 a year.



ELECTRONIC PLAYGROUNDS

Playgrounds have evolved over the years, incorporating electronics in the design to engage children of today.

Yishun River Green Playground @ Blk 330 Yishun Ring Road

Enter the world of entertainment! This playground features interactive circular pads on the floor that change colours when you step on them. Other highlights include the zany-looking Crooked Houses, and a set of nine interlinked swings.



Interactive Playground @ Blk 290 Yishun St 22

Who says you can only play electronic games at home? The interactive playground at Blk 290 Yishun St 22 combines the mental challenges of electronic games with the bodily benefits of aerobic exercises. Kids can improve both mind and body with this playground!

OTHERS



Sembawang Hot Spring

The one-and-only natural hot spring in Singapore is located at Gambas Avenue. Open to the public from 7a.m. to 7p.m, this is a popular place for residents to gather and relax. The water is believed to have healing properties.

This will be developed into a public park with more facilities by end 2018.



SINGAPORE BUDGET 2017

Measures that help households and individuals

1 Cash payment of up to \$500

SINGAPOREANS AGED 21 YEARS AND ABOVE ASSESSABLE INCOME FOR YA2016 \$28,000 AND BELOW	ANNUAL VALUE OF HOME AS AT 31 DEC 2016	
	UP TO \$13,000	\$13,001 TO \$21,000
GSTV - CASH	\$300	\$150
ONE-OFF GSTV - CASH SPECIAL PAYMENT	\$200	\$100
TOTAL	\$500	\$250

2 Pay less income tax!

- ◆ Personal income tax rebate of 20%, capped at \$500.



3 Water bills after increased U-Save rebates



- ◆ To reduce reliance on Malaysia, we are now using more expensive ways of producing water, NEWater and desalination.
- ◆ U- Save rebates will increase by up to \$120

AVERAGE WATER BILL AFTER U-SAVE REBATES (IN 2017, BY HDB FLAT TYPE)						
\$/MONTH	HDB 1-ROOM FLAT	HDB 2-ROOM FLAT	HDB 3-ROOM FLAT	HDB 4-ROOM FLAT	HDB 5-ROOM FLAT	HDB EXECUTIVE/ MULTI GENERATION
CURRENT BILL	\$23	\$29	\$33	\$42	\$44	\$49
FROM 1 JULY 2017 BILL	\$26	\$34	\$37	\$47	\$50	\$55
AFTER INCREASED U-SAVE REBATES	\$16	\$24	\$29	\$40	\$45	\$51

Note: U-Save rebates only for eligible households

AVERAGE WATER BILL AFTER U-SAVE REBATES (IN 2018, BY HDB FLAT TYPE)						
\$/MONTH	HDB 1-ROOM FLAT	HDB 2-ROOM FLAT	HDB 3-ROOM FLAT	HDB 4-ROOM FLAT	HDB 5-ROOM FLAT	HDB EXECUTIVE/ MULTI GENERATION
CURRENT BILL	\$23	\$29	\$33	\$42	\$44	\$49
FROM 1 JULY 2018 BILL	\$30	\$39	\$43	\$54	\$57	\$64
AFTER INCREASED U-SAVE REBATES	\$20	\$29	\$35	\$47	\$52	\$60

Note: U-Save rebates only for eligible households

4 Service and Conservancy Charges (S&CC) Rebate

Eligible HDB households will receive S&CC Rebate to offset between 1.5 to 3.5 months of S&CC charges. The S&CC rebate will cost 120 million and benefit about 880,000 eligible HDB households.

S&CC REBATE FOR FY2017					
HDB FLAT TYPE	FY2017 S&CC REBATE (NO. OF MONTHS)				
	APRIL 2017	JULY 2017	OCTOBER 2017	JANUARY 2018	TOTAL FOR FY2017
1- AND 2-ROOM	1	1	1	0.5	3.5
3- AND 4-ROOM	1	0.5	0.5	0.5	2.5
5-ROOM	0.5	0.5	0.5	0.5	2
EXECUTIVE / MULTI-GENERATION	0.5	0.5	0.5	-	1.5

5 For young couples

- ◆ First-time applicants buying a four-room or smaller flat will get \$50,000, up from \$30,000. Those looking for a five-room flat or bigger will get \$40,000.
- ◆ 8,000 more infant care places by 2020

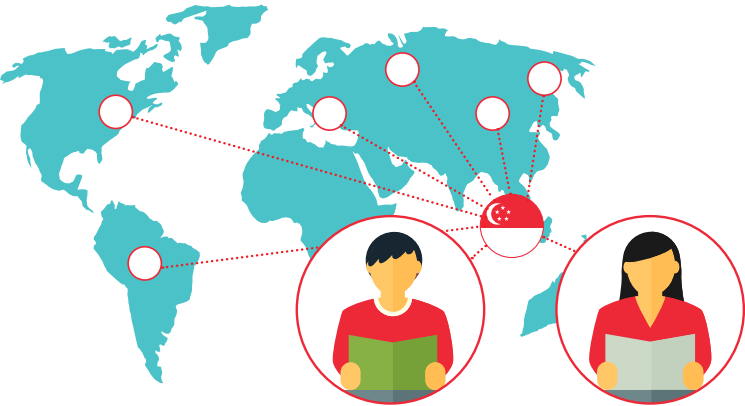


6 For workers

- ◆ “Attach and Train” programme will help workers find jobs in new growth sectors.
- ◆ Over \$600m to help firms with rising wages
- ◆ Over \$300m to raise employability of older Singaporeans



7 For students



- ◆ More annual bursaries for students in Post-Secondary Education Institutions
 - i. Undergraduate students – up to \$400 more
 - ii. Diploma students – up to \$350 more
 - iii. ITE students – up to \$200 more
 - iv. 12,000 more Singaporean students to benefit from relaxed income criteria
- ◆ More chances for work experience in foreign start-ups

8 More support for



- ◆ MediFund and ComCare funds to help lower-income
- ◆ People with disabilities and their caregivers
- ◆ Community mental health care
- ◆ VWOs and charities
- ◆ Culture and sports organisations

Welcoming the year of the Rooster!

It is said that happiness multiplies when shared. In Nee Soon GRC, MPs joined their residents to usher in the lunar year of the Rooster.

Residents and guests of all ethnic groups wished one another prosperity and good health for the new year. They also organised meals and gifts for lower-income residents, so that no one in Nee Soon would feel left out of the festive cheer.



MINISTER K. SHANMUGAM

*Chong Pang Senior Citizens Hong Bao Presentation
on 22 Jan 2017 at Blk 165 Yishun Ring Road Hard Court*



ASSOC PROF MUHAMMAD FAISHAL IBRAHIM

*Nee Soon Central Lunar New Year Dinner
on 5 Feb 2017 at Hard Court in front of Yishun MRT Station*



MR LOUIS NG KOK KWANG

*Nee Soon East Chap Gor Meh Celebration
on 11 Feb 2017 at Nee Soon East Courtyard*

ER. DR. LEE BEE WAH

*Nee Soon South Lunar New Year Light Up Ceremony
on 15 Jan 2017 at Hard Court beside Blk 838 Yishun St 81*



MR KWEK HIAN CHUAN HENRY

*Kebun Baru Hong Bao Presentation
on 23 Jan 2017 at Bestari RC*

Meet Your NSTC Town Councillors

You may not know that some of your neighbours are councillors at Nee Soon Town Council. They are involved in the major decisions at the Town Council, so that the decisions are in residents' interests. They serve in six committees: audit, investment and finance, legal and compliance, mass communications, maintenance and customer

service, and projects and development. Many of them even have professional experience in their respective areas, which helps the Town Council immensely.

We caught up with members of the Mass Communications Committee.



Ms Barbara Lee, PBM
Nee Soon East

"I have lived in and served the community for 16 years. We are like a big family. My most memorable experience in the committee is helping come up with cartoon characters Nanas & Squish to educate residents in a fun way."



Ms Edna Tan, PBM
Kebun Baru

"When other councilors share with me how they resolve issues, I understand the work of the Town Council better. With the new-found knowledge, I am able to contribute more effectively to my team."



Ms Evelyn Hung
Nee Soon South

"When I started volunteering, I realise that the staff of NSTC put in a lot of hard work behind the scenes. This makes being an NSTC councilor extra meaningful."



Mr Jackson Tan
Chong Pang

"It is fulfilling to see your ideas take off, and what you suggested being implemented. The members are also nice and fun to work with."



Mr Koh Boon Koon
Kebun Baru

"I find myself learning new ways of reaching out to residents, via the media and newspapers. It is an eye-opening experience."



Mr Ramlee Bin Kasiman
Nee Soon East

"Engaging residents via the mass media is something I have never done before, and it has proved to be both interesting and fun. Working closely with residents helps me understand their needs better. This helps me greatly in my volunteer work."

EXCLUSIVE DISCOUNTS & PROMOTIONS JUST FOR NEE SOON RESIDENTS!

We are located at 81 Lorong Chencharu, S(769198), opposite Yishun Sports Hall! Cut out & present these coupons to enjoy these discounts!

 <p>FREE Prawn Paste Mid Wing Chicken With purchase Singha twin towers.</p> <p>Valid for dine in only. Coupon is valid till 31 May 2017.</p> <p>6257 3657</p>	 <p>ORTO www.orto.sg</p> <p>\$2 OFF any purchase</p> <p>No minimum spend is required. Coupon is valid for all days for any purchase.</p> <p>6257 2361</p>	<p>www.weplaypaintball.com 6659 8095</p> <p>RED DYNASTY PAINTBALL PARK</p> <p>1 for 1 Paintball Top-Up Have twice as much fun and shoot till your heart's content! Top up 100 paintballs at \$12 and get 100 paintballs free!</p> <p>Valid with purchase of Paintball Packages (B-F) at Red Dynasty Paintball Park @ ORTO. Minimum Pax applies based on normal booking Terms and Conditions. Advance booking required. Coupon expires 30 June 2017.</p>
 <p>\$1 THAI MILK TEA</p> <p>Valid with any purchase for dine-in customers. 1 coupon can purchase up to 2 cups. Coupon expires 31 May 2017.</p> <p>6257 5198</p>	 <p>\$2 RED RUBY</p> <p>Valid with any purchase for dine-in customers. 1 coupon can purchase up to 2 bowls. Coupon expires 31 May 2017.</p> <p>6257 2328</p>	 <p>FREE Appetizer of the day</p> <p>Valid on all days dine-in only except for Weekend Dinner. Not valid with other promotions. No exchange of dishes & any value in kind. Coupon expires 30 Jun 2017.</p> <p>6757 7887</p>
 <p>1 for 1 Drift-Karting Session</p> <p>Not applicable with membership or other promotions. Coupon expires 31 May 2017.</p> <p>9299 3911</p>	 <p>1 for 1 2 hours Main Pond Fishing</p> <p>1 coupon is valid for 1 rod (2+2hours) Coupon expires 31 May 2017.</p> <p>9632 7626</p>	 <p>\$30 OFF 2 hours 'PEAK' Booking</p> <p>Discount is valid during peak hours only. Not applicable with other promotions, events, birthday party, corporate /commercial purposes. Booking is subject to availability. Coupon expires 31 May 2017.</p> <p>6303 0663 9118 2305</p>
 <p>\$2 OFF U.P. \$12/kid</p> <p>1 coupon is valid for 1 child only. Coupon expires 28 May 2017.</p> <p>8518 7088</p>	 <p>1 FREE HOUR with purchase of any 1h/2h/3h rod</p> <p>No splitting of rod or keeping of balance hours allowed. Coupon expires 31 May 2017.</p> <p>8518 7088</p>	 <p>50% OFF Bicycle or Skates Rental</p> <p>Voucher can only be used at Inline Culture @ ORTO. Socks are not included in Skates Rental. Coupon expires 31 May 2017.</p> <p>6344 5522</p>

Clarification post on Hokkien Mee Stall

Regarding an article in the Nee Soon Link issue 13 about a hokkien mee stall in Blk 925 Yishun Central, we understand that the stall has undergone a name change.

The owners of Come Daily Fried Hokkien Prawn Mee in Blk 127 Toa Payoh Lorong 1 have clarified with us that they are not affiliated in any way with the Yishun stall. Their only outlet is at Blk 127 Toa Payoh Lor 1, #02-27 and they do not have any branches.

We are sorry for the error.



FROM WHEELCHAIR TO GOLD



Since birth, Nee Soon resident Toh Sze Ning has had cerebral palsy. She is wheelchair-bound and copes with everyday discomforts such as spasms and reduced control of her limbs. However, she still excels at sports, and has represented Singapore at many tournaments.

Sze Ning discovered her flair for Boccia, a precision ball sport, at the Cerebral Palsy Alliance Singapore (CPAS) in 2007. The competitive and strategic nature of the game sparked her interest.

She trained relentlessly, overcoming pain and exhaustion. She has since bagged Gold in the 2014 National Disability League, and Silver in the 2015 ASEAN Para Games. At the recent Rio Paralympic Games, Sze Ning and her team mate Nurulasyiqah surpassed expectations when they finished in the top four.

Sze Ning told us that she could not have done this without her mother Mdm Tan, coach Tess Tan and caregiver Chen Zi Qun are her first line of support. Whenever she faced failures, they always encouraged her to try again. The Sports Excellence Scholarship (SPEX) from Sports Singapore also helped her pay for competition expenses.

Sports Boosted her Confidence

Many people, especially her mother, have observed positive changes in Sze Ning since she embarked on her Boccia journey. “She used to be shy, speaking so softly that sometimes it was difficult to catch her words,” Mdm Tan recalls. “Nowadays, she knows how to project her voice. Overseas competition has not only broadened her horizons, but also boosted her confidence,” she adds.

Sze Ning affirms, “I have made many friends on my overseas trips. We keep in touch on Facebook and look forward to seeing one another during competitions.”

Barrier-free commute

The 23-year-old Paralympian is thankful that she lives in a barrier-free neighbourhood. Wheelchair-friendly features such as ramps near her flat, lifts on every floor, and the overhead bridge linking her home to the nearby Khatib MRT, ease her daily commute.

“I used to have to navigate a long way around the traffic lights before the lifts on the bridge near Khatib MRT were built. Now it is more convenient and less time-consuming when I take the MRT to the Singapore Sports Stadium – my usual training ground,” she smiles.



轮椅上勇夺金牌

义顺居民卓思妮从小患有脑麻痹。她需要以轮椅代步,时不时会肌肉痉挛,手脚也没有一般人灵活。但她却没有因此被病魔击倒。相反的,她不只是克服了生理上的障碍,还成为运动健儿,代表新加坡出征多项赛事。

思妮在2007年第一次玩硬地滚球运动,并发现自己在这方面颇有天赋。她喜欢这项运动带来的竞争性和战略挑战。

因此,她不管有多累或有多辛苦,都咬紧牙关继续训练。她的努力为她换来了一面面奖牌,包括2014年全国残疾人联盟赛事的金牌,以及2015年亚细安残疾人运动会的银牌。在去年的里约残奥会上,思妮和她的队友Nurulasyiqah也出乎预料,以第四名的成绩为国争光。

思妮告诉我们,如果没有她的妈妈、教练和看护为她加油打气,她不可能有今天的成就。每当她遇到困难,她们都会第一时间给她支持和鼓励,鼓励她再接再厉。政府拨款的卓越体育奖学金也帮助她支付比赛费用,让她全心投入比赛。



运动为她的信心加分

许多人,尤其是思妮的妈妈陈女士,都发现思妮在投入硬地滚球运动后,有积极的转变。陈女士回忆说:“她从前容易害羞,说话总是轻声细语,让人听不清楚,但现在却懂得如何提高声量与人交谈。海外的比赛活动看来不仅让她增广见闻,也增强了她的信心。”

思妮也说:“我去国外比赛认识了许多朋友。我们都是通过面簿联络,并期待在下一次的比赛见面。”

无障碍通行

思妮庆幸自己的家周围,有不错的无障碍通行设施。她居住的组屋有适合轮椅通行的斜坡走道;组屋每层楼都有电梯,方便她上下楼;卡迪地铁站附近的天桥也有电梯,方便她往返地铁站和住家,为她的日常活动带来不少便利。

她笑说:“从前卡迪地铁站的天桥还没有装电梯时,我都得绕远路过交通灯才能到达地铁站。现在天桥有了电梯,我每天搭地铁到新加坡体育城就方便多了。”

