



•handicaps digest

A Publication of Handicaps Welfare Association
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Apr - Jun 2009

HWA Rehab & Training Centre

@ #04-03, Jurong Point Shopping Centre

See page 5



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Apr-Jun 2009

The Handicaps Welfare Association was founded to encourage and foster the ideals of self-help and mutual assistance among the disabled and to promote their welfare. All the members of the Executive Committee are persons with disabilities.

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Director's Foreword

Dear Readers,

Handicaps Welfare Association's financial year has just ended on 31 March 2009. I would like to take this opportunity to express my gratitude to all our donors and sponsors for the steadfast support without which we would not be able to continue to serve the disabled community in Singapore. At the same time, I would like to say a big thank you to all our volunteers who have in one way or another assisted us in our work.

Kick starting our 40th Anniversary celebrations was a meaningful and heartwarming event – HWA Community Day 2009 where some 27 staff and Executive Committee members of HWA visited the Spastic Children's Association of Singapore (SCAS) on 20 January to spread love, care and joy to the children.

Besides the HWA Community Day 2009, the Association will be rolling out several other events throughout the year to mark its 40th Anniversary. April will see the launch of HWA Rehab & Training Centre @ Jurong situated on the 4th level of Jurong Point Shopping Centre. This first branch centre, which is convenient for people living in the western region, will have programmes to rehabilitate people with physical disabilities by involving them in various essential activities so as to inculcate a sense of independence in them. The Centre will also step up our education and work skills training programmes to equip our members to join or re-join the work force. This expansion is a significant milestone for HWA as it attends to the increasing demand of our services.

Other new event planned include a maiden Charity Dinner which will be held on 27 June 2009 at the Pioneer Restaurant at SAFRA. The Organising Committee of this Charity Dinner is chaired by our Honorary Legal Adviser, Mr Roy Yeo. The Guest-of-Honour for the event is Dr Vivian Balakrishnan, Minister for Community Development, Youth and Sports.

As it is our 40th Anniversary this year, we want to organise new and different events to commemorate this special year. Another maiden project is our Gala Concert to be held at Esplanade in September. This Concert's Organising Committee is chaired by Mr James Goh, Region Vice President from the UPS Asia Pacific Region HQ.

Apart from commemorating our 40th Anniversary, the dinner and concert also serve as fund-raising activities for us. As a Voluntary Welfare Organisation that is not funded by the Community Chest, HWA relies solely on the generous support of corporations and members of the public for donations to finance our programmes and services.

Despite this severe economic downturn, we at HWA will continue to serve our members and fulfil our mission to enhance the quality of lives of people with physical disabilities and integrate them into mainstream society.

Leslie Teo

执行理事长前言

亲爱的读者朋友们

残疾人士福利协会2009财政年刚于3月31日结束。借此机会我谨向所有协会捐款者和支持者致以最诚挚的谢意。如果没有你们一直以来的长久支持与无私奉献，协会将无法继续向新加坡残疾人士群体提供服务。同时，我也要忠心感谢协会的志愿人员通过各种方式渠道为协会提供帮助。

残疾人士福利协会40周年庆典由一场意义非凡，感人肺腑的活动，协会社会服务日2009显开了帷幕。27名协会员工与执行委员会成员于1月20日前往新加坡痉挛儿童协会，带去了爱心，欢乐与关怀。

除了社会服务日2009之外，协会也将陆续展开一系列的活动以作为协会的40周年纪念。第一个康复及培训中心分院将于4月在裕廊坊4楼隆重开幕。作为协会第一家分院，它不仅能够满足方便西部居民，同时还提供了各种不同的活动以教导会员们可以独立生活。分院还开办教育与职业课程以帮助会员们可以重返工作岗位。这项扩展计划的实现是协会的一个重要里程碑。它将满足对协会各项服务日益增加的社会需求量。

协会还将于今年6月27日首次举办一场慈善晚宴，地点在战备军人协会先锋饭店。这场慈善晚宴由协会荣誉法律顾问Roy Yeo先生担任筹办委员会主席，并邀请了社会发展、青年、体育部部长Dr Vivian Balakrishnan作为荣誉嘉宾。

今年是协会40周年纪念，我们要举办一些特别的活动以纪念这特别的一年。所以协会将于9月在滨海艺术中心首次举办一场慈善音乐会。这场音乐会是由UPS亚太地区总部副主席James Goh先生担任筹办委员会主席。

举办这两场慈善晚宴和音乐会不仅仅是为了庆祝协会40周年，它们也同时可以作为筹款活动为协会募集善款。作为不是社会福利基金会资助的一间自营福利组织，残疾人士福利协会完全依靠公司组织及社会各界人士的善心捐款以支持我们的各项活动与服务项目。

总之，不管当前的经济局势有多恶劣，我们协会将持续致力于为残疾人士提供各项服务，以提高他们的生活质量，并帮助他们最终融入主体社会。

Leslie Teo

Executive Committee 2007/2009

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Nancy Chia

Vice President

Desiree Lim Kok Liang

Honorary Secretary

Chua Kian Sheng

Honorary Assistant Secretary

Judy Tan Keng Nghoh

Honorary Treasurer

Lim Puay Tiak

Honorary Assistant Treasurer

Wendy Lau Wong Hing

Committee Members

Freddy Lim

Jack Lai Pak Lok

Julie Chong Cheng Harn

Michelle Siew Teok See

Ringo Om Kim Chai

New Members

HWA welcomes the following new members into its family:

Ordinary Members

- Noor Kesuma Bte Manap
- Thia Boon Teck
- Foo Fong Yew
- Mok Hui Ying Amanda
- Liew Kiong
- Azhari Bin Abdullah
- Wong Kong Yong
- Loh Wei Zhong Philip
- Ang Zi Xiang
- Wong Kum Meng
- Abdul Majid Bin Abdul Salam
- Kang Kim Yok
- Balagi Rama
- Ng Thiam Sung
- Lourdes Joseph
- Tay Kak Hong
- Michele Shiranthi Desilver
- Low Yoke Chue
- Wee Boh Kee

Associate Member

- Yap Tek Hua

Obituary

With Deepest Sympathy and Heartfelt
Condolences to the Families of:

- Tan Kim Hwa Alex
- Chan Kok Wah
- Teo Siew Choo
- Lim Yang Teck

Calendar of Events

for April to June 2009



10 April
Good Friday

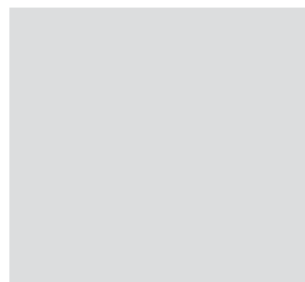


22 - 26 April
International
Conference on
Accessible Tourism
2009

Organised by Disabled
People's Association

27 - 30 April

Open House at
Rehab Centre @
Jurong Point



1 May
Labour Day



9 May
Vesak Day



6 June
Annual General
Meeting/Mid Year
Spring Dinner

27 June
Charity Dinner @
Pioneer Restaurant,
SAFRA Mount Faber



New Rehab Centre for HWA

Handicaps Welfare Association - Rehab & Training Centre

Handicaps Welfare Association -
1 Jurong West Central 2,
#04-03 Jurong Point Shopping Centre,
Singapore 648886

- Comprehensive Physical Rehabilitation Service For Adults and Children
- Physiotherapy
- Occupational Therapy
- Training on Activities of Daily Living
- Training on Community Mobility
- Caregivers Training
- IT and Skills Training
- Job and Internship placement
- Consultation on Accessibility



- HWA Rehabilitation Centre caters to the needs of people with physical disabilities.
- Programmes aim to rehabilitate people with physical disabilities by involving the participation of the disabled individuals in various essential activities so as to inculcate a sense of independence in them.

OBJECTIVES

To provide our clients with best quality programmes and services

To make a positive change in their attitude towards disability

To enhance the quality of life of the people with disabilities

Mr Subrata Banarjee has seen an extensive number of clients go through their physical therapy sessions at HWA's Rehabilitation Centre at its Whampoa location that he has become a familiar face here, members confide and trust in.

Mr Subrata joined HWA in 1997 as a Manager of the Rehabilitation Services. Now, an Assistant Director of HWA, he plays an important role in ensuring the services and the equipment provided for the therapy sessions to HWA members, the public and other clients referred by external

parties such as hospitals, are adequate and meet the prevalent standards.

HWA moved in to its Whampoa premises in 1985. A one-level building, it makes it accessible and easy for its members and people with disabilities to move around. Its rehab centre slowly took shape and was officially launched in 1992. Occupying a space of 300 square metres, the rehab centre is an open concept and naturally ventilated with fans.

New Rehab Centre for HWA



Thanks to the generosity of the Corporations and the public who responded positively to HWA's appeal for donations, clients have been able to use the equipment at the rehab centre at heavily subsidised rates. The facilities have been kept in a good condition and sustained us this entire period.

The rehab centre can easily accommodate a maximum of 25 clients at a time. However, usually 15 - 20 clients are given the same time (fixed appointment) to attend the 2 hour session twice weekly. Two physiotherapists, one occupational therapist and three aides will manage Clients, getting them to exercise their muscles by working on various therapeutic machines. Some clients look forward to such sessions as they get to interact at the same time with other members and also with visitors, especially school students, who tours HWA for their learning journeys.

Mr Subrata adds that the rehab centre underwent an expansion in 1998, and in 2000, added the Independent Living programme and Group Activity room, as part of its holistic rehab programme. Through a period of 17 years, an estimate of 500 clients have gone through more than 50,000 sessions at the centre itself.

HWA received an early 40th Anniversary gift from NCSS in 2008 when the latter approved HWA's request for a unit at Jurong Point Shopping Centre as our very first satellite centre. Jurong Point Management offered a rental-free 3,100 square feet of space to HWA through NCSS, with them also sponsoring 50% capital expenditure for renovation cost of the new centre. Shaw Foundation, meanwhile, was generous in giving HWA \$80,000 to purchase rehab and training equipment. Ministry of Foreign Affairs chipped in an estimate of \$4,000 as donation for purchase of additional requirements. With the support from these organisations, HWA has been able to set forth a new milestone with the launch of the new new rehab and training centre that caters to clients staying in the West region of Singapore, and a new target group, including children.

The new centre is formally known as "Rehab and Training Centre @ Jurong" The objectives of the new centre are three-fold.

It has opened its doors to clients since 19 Jan 2009. Boasting modern rehab facilities and equipment, a playpen, a computer room, a conference room, an external rest area, an office and staffed with a few personnel, HWA members



like Ms Celina Low and Mr Lim Tow Kin have expressed their gratitude for it. Madam Goh, who accompanies her husband, Mr Lim, to the rehab centre twice weekly said, "This place is very good as it is near my home, at Boon Lay. We take HWA's transport service and reach this place within 10 minutes. Also, the facilities are new and the place is air-conditioned. We prefer to come here for a change."

Mr Subrata targets 80 clients for the first year of operation. Just three months in operation, HWA has already achieved 40% of its target. Indeed, the demand is good, and will grow with time. Mr Subrata is looking forward to the challenges that come with running the new centre. He is extending invitations to healthcare and other Organisations to visit the centre during its Open House, from 27 to 30 April 2009.

Mr Subrata says, "Here at the rehab centre @ Jurong, we run comprehensive physical rehab services and other relevant training for adults and children, such as physiotherapy, occupational therapy, training on activities of daily living and community mobility, training for caregivers, IT and skills training, job and internship placement, and consultation on accessibility issues. We hope to replicate what we have been doing at Whampoa Rehab Centre here in Jurong itself."

The new centre opens daily, from Monday to Friday, 8.30 am to 5.30 pm. IT and skills training activities are being held during office hours and in the evenings.

More details are available at HWA's website, www.hwa.org.sg. For further enquiries, you can contact the centre at tel **6790 8636** or **6790 9029** or through email at hwa@hwa.org.sg

Stories from a Social Welfare Executive

Having been in HWA since December 2007, visitations to members' homes are something I truly carry out with a passion. Recently, having talked to 2 members during such visits, it stirred up some truly deep thoughts within myself.

In December 2008, the Social Service Department had restarted the Befrienders Service, and with the feedback from some volunteers, I noticed that some of the Befriendees required further actions/advices from myself.

One particular case caught my attention and a home visit was conducted with the member concerned. Mr Sim (name has been changed to protect the identity of the member) currently lives in a well managed apartment and greeted me warmly when I visited him that afternoon.

Mr Sim suffered from a stroke, leaving the left side of his body appear paralyzed. Admirably, he walked around the apartment without any assistance needed and after we started talking, he began to share his life with me.

Before his stroke, he was very successful and had a family whom he cared for greatly. A true family-oriented man, he had wished mostly success for his children too. However, it is a known fact that not every child listens to their

parents and in this case, his son evidently did not. After a twist of events where his son did not agree to many of Mr Sim's wishes, the son left the family for good.

The then Mrs Sim, put the blame on him for everything that had happened...

After his son left the family, Mr Sim focused his attention on his daughter and sent her for further studies. The then Mrs Sim had then made the life-changing decision to leave Mr Sim. What actually transpired between them is unknown but Mr Sim admitted that with the frustration of the stroke, he had not been very patient with her. I could see his self reflection in this matter and how it had caused him much grief.

Another devastating news then hit Mr Sim when he found out that his daughter had gotten married overseas and he was never informed, let alone invited by her. Only wanting the best for his family all the while, he found that he had truly been left very alone.



Silas having a chat with one of our HWA members
(File Photo)

With his current physical condition, stepping out of the house would mean requiring assistance to wherever he wanted to go. It made him strictly home bound as he felt that it would be a trouble to others if he required their help to get him around.

Mr Sim simply lost purpose of his life which was his family. It is not uncommon for other members of HWA who have also lost their family when they become a person with handicap. To this day, he hasn't seemed to be able to find another purpose and it is devastating to know that someone such as Mr Sim has had his life change in an instant.

Now, on the other hand, there is Mr Wee (name has been changed to protect the identity of the member) who is a rehab client. His wife brings him for rehab sessions where they would laugh and joke with the therapist. Speaking to them revealed how they had a hard time struggling with life.

In this case, it is clear that family support plays a huge part in the lives of our members. Mr Wee and his wife had such great interaction among them that it sparked feelings of admiration from me.

Even at such a state of having to continue with rehabilitation to get better, Mr Wee is not giving up. He and his wife are even contemplating to start another small business of their own again. The support and dedication from his wife has given him the strength to persevere.

Likewise, HWA tries to support each member in every way possible. This goes to the extent where the Association and each and every staff who can render their help, definitely will. I will also like to encourage members to be a pillar of support to each other even in the form of a friend, especially emotionally.

Members who wish to be a Befriender or Befriendee may approach the Social Service department to indicate their interest.

Silas Chong
Social Worker

“Healers of the Soul” – A Day Well-spent with Fishes and Dolphins

Contributed by Jason Irwin Rodrigo, Programme Executive

Did you know that stingrays are one of the most unique aquarium fish? They can be bred in both saltwater and freshwater and there isn't a bone in their bodies, their skeletons are all cartilage? They also own a good set of dental grinding plates and, coupled with their strong jaws, they easily crack open shellfish, bivalves, and other mollusks.

How about sharks? Did you know sharks need to keep on moving to stay afloat? Its teeth are usually replaced every eight days. Some species shed about 30,000 teeth in their lifetime.

Well, these are just some interesting facts our 20 members learnt during their visit to Sentosa's Underwater World. The outing was co-organised by 10 staff from Exxonmobil as part of their social community service to the Handicaps Welfare Association on 20 January 2009. The staff of Exxonmobil, beaming with their bright smiles, extended a friendly “Hello!” to the members as they reached out to extend a helping hand to members off the vans and wheeled them around the exhibits at the underwater world. Members also had some hands on experience by touching the starfish, stingrays and baby sharks at the “Touch Pool” and were thrilled when they were actually able to pat the species as they swam close to the top of the aquarium.

They next ventured into the ocean depths via a moving traveller that ferries through an 83-metre long acrylic tunnel, with sharks, eels, and schools of fish gliding past, all engrossed in their own world. A member who was amazed with the tunnel commented, “It is just amazing to be able to walk almost inside the water, with the fishes (especially the sharks) almost surrounding you. Very nice setup!”

Another amazed member promptly piped in, “There are various type of fishes in the aquarium.

It is amazing when I see this wonderful view. I am so happy to be so near the ocean creatures.”

Next on the agenda was the Dolphin Show at 3.30 p.m. Members made their way to the Dolphin Lagoon which was located at the other end of the island to the underwater world. Once our members were comfortably seated under the white tents in front of the lagoon, the Dolphin show comprising pink ocean dolphins boosted their capabilities when the trainers began a series of interactive training sessions specially designed to demonstrate their natural ability of diving into hoops, balancing balls on their snouts and splashing water at the audience as they swam close to the lagoon. Our members applauded enthusiastically as the dolphins performed a series of tricks and exercises. And then there was food! As our members watched the show, they were fortunate to be served by with cakes, sandwiches, buns and cool drinks, certainly spoiled for the day!

All too soon, the day had come to an end as our members took a group photo with the staff of Exxonmobil. This certainly was a memorable day for both our members and staff of Exxonmobil.

心灵的治疗师

跟鱼儿和海豚在一起充实的一天

你是否知道魔鬼鱼是一种很奇特的海洋生物吗？它们既可以生活在海水里，也可以生活在淡水里，全身没有一根骨头，只有软骨？它们有一副很好的磨牙和强有力的颚，可以轻而易举的敲开贝类和甲壳类。

鲨鱼呢？你知道鲨鱼必须不断游动来保持不会下沉？它的牙齿每八天更换一次。有些种类的鲨鱼一生要脱落30000颗牙齿。

Sentosa UnderWater World & Pink Dolphin Lagoon Outing 20 January 2009



ExxonMobil Singapore HR with Friends from IFWA

这些只是我们二十位会员在参观圣淘沙海底世界所学到一些有趣知识。一月二十日，埃克森美孚的十位职员与残疾人福利协会联合组织了这次出游，来作为他们的一项社区服务。埃克森美孚的职员带着愉快地笑容，友好地和会员们打招呼，并伸出援手帮助会员们从汽车上下车，推他们到圣淘沙各个景点走动。会员也在“触摸水池”亲身体验，触摸海星，魔鬼鱼，和小鲨鱼。他们感到十分兴奋，因为当它们游近水面时可以抚摸它们。

接下来，他们通过移动输送带进入长达83米的透明隧道来到大洋深处。鲨鱼，鳗鱼，和成群的鱼儿从头顶上滑过，各自忙碌于自己的世界。一位会员惊奇的说，“好像可以在水里行走，鱼儿(特别是鲨鱼)环绕的感觉真是太棒了，非常好的设置！”

另一位同样惊奇的会员迅速地接上，“水族槽里有太多种的鱼类。当我看见这奇妙的世界，觉得它太

神奇了。我很开心能和海洋生物作这么近距离接触。”

行程表的下一站是下午三点半的海豚表演。会员们出发前往位于岛另一端的海豚礁湖。我们的会员舒服地在礁湖前的白色帐篷下就座后，粉红海豚开始展示它们的才艺。训练员开始一系列特别设计来显示海豚的天生能力的交互式训练节目，如跳铁环，用鼻子平衡球，对观众泼水。会员们为表演的海豚致于热烈的掌声。还有食品！我们的会员们一边观看演出，一边大饱口福，享用蛋糕，三明治，包点，以及冷饮。

很快，一天就要结束了，会员们和埃克森美孚的职员来合个影吧。对我们的会员们和埃克森美孚的职员来说，这绝对是难忘的一天。

Shakespeare once said, "If music is the food of the soul, play on." That's exactly what our members did when they enjoyed an evening of easy-going popular hits and originals with Terence Castillo, a local singer who held his first ever concert at the Recital Studio at the Esplanade, on Saturday, 14 February 2009 at 8.00 p.m.



"BREAK FREE" A Concert to Remember!

Mr Castillo, together with his 7-piece band played popular hits such as "Deliah," made popular by Tom Jones, ABBA's "Mama Mia," and Queen's "I want to Break Free," Though this was Mr Castillo's first ever concert, he wanted to make it a memorable one by extending some free seats to our handicapped members.

As the theme of the concert was "Break Free!" Mr Castillo warmed up the audience by interacting with them through jokes and funny incidents with the concert eventually taking off when he started singing fast-paced songs. Many members of the audience leapt onto the stage, let their hair down and danced around!

Though the Recital Studio had the lights dim, it was apparent to all that the members had enjoyed themselves tremendously and their faces lit up most when Mr Castillo presented a cheque for \$2000 as a donation to the representative of the Handicaps Welfare Association.

How else could we have celebrated Love with a date such as Valentine's Day!

It was certainly a memorable concert.



Contributed by Jason Irwin Rodrigo,
Programme Executive

Schools' Visits

- Fuchun Secondary School
- Mayflower Secondary School
- Tampines Secondary School
- SJI
- Dunearn Secondary School
- Yishun Town Secondary School
- Serangoon Gardens Secondary School
- School of Health Sciences (Nurses)
Nanyang Polytechnic
(Advanced Diploma in Gerontology)



Nurses from Nanyang Polytechnic interacting with our members and with demonstrations provided by HWA on our rehab equipment



Miss Seah Yi Ying of Serangoon Gardens Sec presenting HWA with \$400.00 of donations raised by her and 40 of her classmates selling cup-cakes



Students of Mayflower Sec lined up an entertaining song & dance segment for our members



Students of Serangoon Gardens Sec & Fuchun Sec Sch participating in an interactive talk conducted by HWA

A Loving Couple

Faridah Salleh leads a truly contented life. Holding a stable job in the administrative line at the ITE HQ, with a caring and humorous husband, Bahkia Hashim, who works in health operations at Singapore General Hospital, and three children, all in their teenage years – Mohd Firdaus, 14. Nur Dhamirah, 17. Nur Farhana, 19, she feels she couldn't ask for more.



Both husband and wife are now in their 50s and currently reside in a 5-room flat in Tampines Town. When I interviewed them at their cozy home, their first words were “We dare not think of what the future lies ahead for us.”

Why the pessimistic view? The loving couple then opened up to me.

Faridah and Bahkia look like ordinary people until they get up from their chairs and start walking. With a limp, and with the support of a caliper, both were afflicted with the deadly polio virus in the early 1950s when they were still children. Faridah was 2 years old whilst Bahkia was just 8 months. They spent many years of their childhood lives in Saint Andrew's Hospital (formerly at Siglap), a missionary hospital, recuperating and training to walk properly.

One would expect a sense of sadness having to relate the past and how it all begun. However, halfway through, Faridah's face lit up suddenly! It was apparent that the Sisters in the hospital she was in, had done a wonderful job of making the children enjoy every moment of their stay there with fun-filled activities, food, toys and most of all, abundance of love. Smiling, she said “I would cry whenever my parents wanted to bring me home from the hospital during weekends. Now, I have nothing but fond memories of my stay there.”

She told me with a matter of fact that she picked up Hokkien and English during her stay in the hospital which has strengthened her communication skills to this day.

Growing up polio-stricken was never easy for both of them. It is truly admirable how they have not succumbed to despair throughout this entire period, as family support has helped them in managing their lives as normal as possible.

Both resounded, “We only have ourselves to blame if we do not try to give our best in whatever we do.”

The couple joined Handicaps Welfare Association (HWA) when HWA started out as Singapore Handicaps Friendship Club in 1969. They socialised with other members and participated in many activities, especially in sports. They excelled so well at it that they were chosen to represent HWA, as well as Singapore, in local and overseas games, basketball and even body-building tournaments.

Having faced extreme difficulty for years trying to accept the reality of being different from others, they simply cannot express how grateful they are for the opportunities that were given to them, enabling them to lead lives as normal as anyone else.



And through sports itself, love blossomed between them. They tied the knot when they were in their 30s and were blessed with healthy children in the years to come – one of the many blessings that God had given them in their lives.

Like any ordinary person, they tried finding full-time jobs. During a period where job matching agencies for the disabled were unheard of, this proved a grueling task. However, with perseverance through many job applications, interviews and prejudices about people with disabilities, they finally managed to find jobs on their own, which they hold on to until today.

Faridah and Bahkia have no regrets about their lives. Having picked up the necessary driving skills through HWA, both are now qualified drivers who drive in a specially modified automatic car to Malaysia and even Thailand every year for family holidays. Without the subsidies for the fees and

exemption of Certificate of Entitlement (COE) for purchase of a car for people with disabilities, the drive-up north wouldn't be possible.

In fact, both expressed their never-ending gratitude to HWA for helping them integrate into the mainstream society through its many programmes and services.

As HWA celebrates its 40th Anniversary this year, Faridah and Bahkia wishes HWA's 'Family' (the Board, Staff and Members), a Happy Anniversary and many more successful years to come! Faridah added, "HWA has good and experienced leaders, as well as support from the Community. With the continuation of good programmes and services, especially outreach, the entire community, not limited to the disabled, will benefit in the end."

(Contributed by Faridah Salleh and Bahkia Hashim, HWA Member)

One Tough Lady

Aisah Ibrahim is one very active lady despite her silver age of 62 and walking gait due to a polio attack on her right leg since she was a child. Her active life sees her participating in sports such as bowling, canoeing, dragon boat racing and a constant workout on the treadmill at the disabled people's gymnasium.

Aisah has been a member of HWA since 1969. She is one of the few senior members who are still active in HWA. She contributes her adrenalin-pumped life to her philosophy in life - To look after one's health whilst maintaining a 'pure' heart and positive thinking. With that mantra, she keeps herself feeling young. No matter the extent of problems that come her way, she faces them head-on, aided by her supplication to God and recital of the Quran (the Holy Book), as a form of stress-reliever.

Aisah contracted polio at the age of 2 years. She only received medical treatment just past her 4th birthday as her mother was afraid that the treatment would lead to amputation. Her mother's employer at the time, an expatriate, managed to persuade her to bring Aisah to seek treatment. As a result of polio, Aisah's right leg was attached with a special apparatus called a 'caliper' to help her walk.

Further on in life, Aisah married and had 3 beautiful children (2 boys and 1 girl), ranging from 21 years old to 27 years old. Her husband passed away 19 years ago due to a heart attack. She then remarried to Mr Sulong, a retiree. Ever since she quit her job as a customer service officer with the former Telecoms at the age of 55, she has spent more time on religious, sports and community activities. Her husband Sulong, has been her pillar of support and would ferry her to her destinations without fail on his Piaggio motorcycle.

Aisah's latest activity for HWA was to act as the convenor for a ten-pin bowling tournament jointly organised with Singapore Bowling Federation



(SBF) for 32 bowlers (including 8 bowlers from Malaysia), held at the Civil Service Club on Sat, 21 Mar 2009.

What did she have to say about her latest volunteer work for HWA? "I am very happy and satisfied with the outcome of the tournament. We do with the small budget we had and the sponsorships we received from SBF, Mr Victor Aw and Mr Goh Chen Keok. We even came out with our own little donation to give our overseas guest bowlers from Malaysia a good lunch".

We can rest assured that the ten-pin bowling tournament will not be the last of Aisah's involvement with HWA. Like other committed members, she also helps out in many of fund-raising events - such as Donation Draws and Flag Days, etc. Well known for her singing ability, especially Mandarin songs, the avid volunteer-singer is a symbol of HWA spirit, that people with disabilities can lead a normal life, integrated into the mainstream society.

(Excerpts taken from Berita Harian dated 25 Feb 2009. Additional information contributed by Aisah Ibrahim, HWA Member)

Joint Flag Day 2009

With En Community Service Society

Saturday, 22 August 2009

Come and join us for just half a day!

All that counts is your Time and Willingness to help people with disabilities. Lets do Something worthwhile!

Register NOW! Email us your name and contact number at hwa@hwa.org.sg or call us at 6254 3006.



**5,000
volunteers
needed!**

**Be a
Volunteer!**

**CIP
hours
granted!**



HANDICAPS WELFARE ASSOCIATION'S 40TH ANNIVERSARY ALL-CASH DONATION DRAW

<http://www.hwa.org.sg>

40 years
IMPACTING LIVES.
BRIDGING COMMUNITIES.

A fund-raising project in support of programmes and services that will enhance the quality of life of people with disabilities.



Draw Date	
Sat, 29 Aug 2009 @ 10 am	
At Handicaps Welfare Association	
1 st Prize	\$18,888
2 nd Prize	\$8,888
3 rd Prize	\$2,888
4 th Prize	\$888
5 th Prize	\$388

Other Prizes
6th-15th - \$188
16th-25th - \$88
26th-50th - \$38

This draw is supported by:

Giving Hope. Improving Lives.

Handicaps Welfare Association ■ 16 Whampoa Drive, S(327725) ■ 62543006 ■ Fax: 62537375

Tickets will be available at all Singapore Pools outlets.

“UP! UP! AND AWAY!”

(Learn to Fly by Asia Simulation Centre)

We have all seen it before on a James Bond movie, the villain maneuvering his fighter plane in a dog fight trying to blast James Bond out of the clear blue skies. They maneuver their aircraft very stealthily through mountains, diving sharply into deserts and rise very quickly to the top within split seconds.

Fighter pilots also undergo similar training with the aid of a flight simulator which helps create a realistic experience in a controlled environment. To help our members appreciate the difficulties pilots undergo in their training, five members from HWA attended the one-day appreciation course at HWA's computer centre on Saturday, 24 January 2009 from 8am to 11am.

With the aid of powerful note-books, flight simulation software and joy-sticks, Mr Alan Yeo, an instructor from Asia Flight Simulation Centre guided the participants in the following topics.

- Introduction to basic aircraft parts/components (Internal & External)
- Basic Aircraft Flight Instruments/Avionics Usage
- Instrument Scanning Techniques & Common Scanning Errors
- Basic Flight Aerodynamics – Lift, Drag, Thrust, Weight, etc.

- Flight Controls/Maneuvers – Takeoff, Climb, Cruise, Descent, Landing, Holding Patterns
- Basic Navigation & Map Reading

The participants enjoyed themselves as they put their learning into practice and held their breath as they took off and flew through difficult situations and landed their craft safely.

We would like to thank the instructor, Mr Alan Yeo of Asia Flight Simulation Centre, which is an Authorised Agency of Jeppesen – a Boeing Company for giving our members this opportunity to experience flight training and flying.



Project Bloom @ Singapore Botanical Gardens

Project Bloom was held on 7 March 2009 at the Singapore Botanical Gardens, with the aim of bringing together members of HWA together for an afternoon of learning, networking and fellowship. Led by a team of 6 students from the Singapore Management University, over 30 beneficiaries, volunteers and staff participated in this unique social networking experience on a lively Sunday afternoon at the park.

The event commenced with interesting ice-breakers like Bingo! and we rapidly proceeded on with an image workshop conducted by D'Nic Image Consultancy. Led by Alexis Wan, the chief image consultant, the workshop drew together many interesting exchange of ideas ranging from dressing etiquette and even how to begin a simple conversation in a social setting.

Alexis later shared about her own experiences in her specialised field of work and how to best tackle some interesting conversational obstacles especially when meeting up with people the very first time. Following which, the participants were also treated with a delicious lunch and early high tea. The mouth-watering food drew much praise and delight for all as we all tucked into them readily after the workshop sessions.

The later segment of the program saw volunteers partnering the participants for a gentle but exciting evening stroll around the lush greenery of the Botanical gardens. The tranquil sunset and lovely water features complemented the entire afternoon experience and visual delight as smiles and conversations were exchanged a long the way. The Swan Lakes and Koi Ponds provided much excitement for all participants while the spectacular forest trees and palm growths along the way served as ideal photo opportunities that we all capitalised upon.

Following which, participants were treated with a video highlighting the sports programs in which HWA currently offers for its participants as part of the push to develop the disabled in sports and recreation.

We would like to thank the Singapore Botanical Gardens for the kind sponsorship of the wonderful venue and D'Nic Image Consultancy for providing the exciting and engaging workshop for all the participants.

It was a truly memorable day for everyone of us, as both the participants and the volunteers benefited much, with the fun and the fellowship that we would all remember for a long time to come.

“FUN BOWL!” Bowling Tournament

by Michelle Siew

It was indeed a fun 10-pin bowling competition for the 32 disabled bowlers & 7 volunteers on that day. Besides the loud cheering of strikes reverberating in the bowling alleys of the Civil Service Club @ Tessensohn, there were goodie bags, prize medals for winners, T-shirts, lucky draw prizes, cash & NTUC vouchers, all sponsored by well-wishers.

The Fun-Bowl competition was held in conjunction with HWA & Singapore Bowling Federation. There were preliminary dialogues amongst HWA sports representatives, bowling convener, Aisah bte Ibrahim and Singapore Bowling Federation for the preparations of the competition.

Besides HWA bowlers, we also invited our Malaysian disabled counterparts to join in the bowling competition, all in all 8 bowlers and 2 volunteers. Travelling all the way from Kuala Lumpur at midnight and reaching Singapore at 6am, they were whisked to the Civil Service Club for a well-deserved breakfast, after a quick freshening up at HWA.

Despite the long journey, they were in high spirits and geared up for the games!



Competitors received their well-deserved awards in a prize-giving ceremony by Mr Leslie Teo, Director, HWA



Let the games begin!

With the assistance of volunteers, all the bowlers registered themselves in an orderly manner and after just a short briefing, bowling balls roared down the alleys with a vengeance. Bowlers were ecstatic when they scored 'strikes' and shouts of joy were often heard. Each bowler was tasked to complete four games and no fatigue was displayed by the players during the games. Instead, joviality and laughter prevailed. In between the games, the volunteers were seen dishing out bottled mineral water and yummy finger food such as curry puffs and nonya kueh to all.

Half-way through the games, President of HWA, Ms Nancy Chia, had the honor to draw the winners for the lucky draw prizes. The competition ended at midday and packet lunches were served for the convenience of the bowlers. Whilst the players were savoring the delicious Halal Malay cuisine, the scores were being tabulated to determine the winners. Executive Director of HWA, Mr Leslie Teo, then gave away prize medals to the winning bowlers. On a high note, the event came to a close at 2pm.

However, to the Malaysian counterparts, that was not all their trip had to offer! Private arrangements were made on their own to sight-see Singapore before they embarked on their journey home to Kuala Lumpur. The van skirted around Suntec City, saw the Merlion at a distance and finally went to Geylang Serai for their dinner meal. They even had time for a short prayer at a mosque in Geylang and shopping for lots of fruits for home too. What an eventful outing!

We would like to express our thanks to the following sponsors for its generosity:

HWA - Goodie Bags
Singapore Bowling Federation- Medals & T-shirts
Mr Victor Aw- Lucky Draw Prizes
Mr Goh Chen Keok- Cash & NTUC vouchers

Everyone was a winner for the day as spirits were soaring, with its main aim not to compete but to have camaraderie and fun.

National Parks Volunteer's Day @ Singapore Botanic Gardens

By Oliver Loke, Student, Singapore Management University

Held on 6 March 2009, National Parks organised a special day for all their volunteers who have actively participated in outings, with HWA being one of such Associations invited several times before.

On 23 October 2008, Ms Daisy Tai (HWA member), took part in one such outing organised by NParks to Hort Park. She was thus one of those invited to give a speech at the Volunteer's Day.

She had this to say; "I would like to express my thanks to one and all and a special gratitude goes out to Mr Koh Soon Kiong and his team of volunteers. We look forward to such events in the future and nothing can express the joy we felt during the day" Ms Daisy Tai, HWA member



Community Day

Ms Pamela Chew, HWA's PR Executive, came up with the idea last year to celebrate HWA's 40th Anniversary by organising a Community Day. Many of our colleagues were left wondering – "isn't what we do on a daily basis for the benefit of the community?"

Usually we associate Community Day with Corporations and large Organisations. Community Day to them is a special day dedicated to organising activities with the less fortunate group of people in the society and the day usually ends with a generous donation or gifts in kind to the group.

Pamela, however, managed to convince all her colleagues that the Community Day that they would be doing would be something special, because:

- it was a form of giving back to Society (this time, though, to a different set of physically challenged group);
- it was to encourage staff bonding;
- it would be a special way of celebrating HWA's 40th Anniversary.

On that exciting note, Pamela announced that they would be heading to Pasir Ris Drive 1, the Spastic Children's Association of Singapore (SCAS) for HWA's Community Day on 20 January 2009. Most staff, if not all, had never been to SCAS before. The idea of interacting with children was of course fun, but how were we to interact with special children like those in SCAS? Pamela patiently explained to us in one of her briefings:

"'Cerebral Palsy' is an inclusive term used to describe a group of non-progressive disorder occurring in young children in which damage to the brain causes impairment of motor function. The degree of the disabilities range from extreme tightness or looseness of the muscles of the body, improper head, shoulder or hip control to slight speech impairment. It is not curable. This can happen before or during birth or some illness or injury of the child early in life."

"SCAS provides special education for over 250 children with Cerebral Palsy and related condition between the ages of 5 and 18. Many of these children

have multiple disabilities and are not able to benefit from the mainstream education".

She added:

"So, when you interact with these children, be more patient with them and give them more encouragement when they are doing some of the activities e.g. vegetable printing and sequined art. If you are not sure how to deal with a difficult situation, please seek assistance from SCAS teachers, who will be around to give us their support."

With the help of Ms Monaliza U Guce, Acting Head, Early Intervention Programme for Infants & Children (EIPIC), of SCAS - 24 HWA staff, 1 volunteer, led by Ms Nancy Chia (HWA President) and Mr Puay Tiak (HWA Honorary Treasurer), proceeded to SCAS for their Community Day.

We occupied one of the activity rooms and quickly partnered up with the children who we wanted to do the art activities with. With some encouragement and coaxing from us, the teachers and their volunteers, the children started to warm up quickly. Most of them looked just like ordinary children, it was hard to tell they were any different.



Buddy system with each child creating works of art.



Children enjoying their MacDonaldis Lunch Treat & toys



Balloon Sculptor entertaining the children

It was truly a touching moment when they ripped their goodie-bags open excitedly and when laughter and joy filled the room, apparent to us how much they enjoyed what we had planned for them.

We understood from Ms Mona that at SCAS, the teacher-student ratio was kept low at 1:8, so that each child gets more individual and specialised attention from the teacher. They also provide a specialised school curriculum to meet the individual needs of each child, helping them in both academic as well as independent living skills.

SCAS also runs pre-vocational training for children at the age of 12 and above who have moderate to good motor and cognitive functions. The skills equipped can help them prepare for a sheltered future and open employment.

Children being children, they were most quick to jump at lunch – Mcdonald's fast food! The children enjoyed the nuggets, Apple juice drink, French fries and electronic game that came with the meal. After an enjoyable meal, the next entertaining segment was on cue.

We brought in a clown as the final act for the 3 hour session with the children. We could see their eyes lit up and hear them shouting out to the clown for attention as the clown waved side-to-side, offering

shaped balloons to them. With a quick move of his hands, all you saw next was a sword, a lion, hearts, and many other shapes of balloons that intrigued even the adults! Almost all children received a specially crafted balloon from the clown.

Like all good things, the event had to come to an end when the children had to leave for home. Mixed emotions of joy and sadness filled us as we watched them leave. No words can describe the joy we felt to see their beaming smiles, hear their joyous laughter, a sign that they had enjoyed the days' special activities. After all, it was a special event for them too as such visits and treats take place only occasionally.

HWA then presented SCAS with a small monetary donation raised by the staff and EXCO members. HWA would like to extend its gratitude and thanks to the Management of SCAS and Ms Mona, especially, for making the visit possible.

It was indeed an eye-opener as we learnt first-hand how children with cerebral palsy feel, think and the challenges their care-givers face. It is more definitely something that will help us in our future interaction with other children or adults with such conditions in our work and social life. Last but not least, it teaches us to once again count our blessings and everyone needs a tender moment as such...

Contributed by Idham Othman, Fund-Raising Executive

社会服务日

为庆祝残疾人士福利协会40周年纪念，协会的公共关系执行员，Pamela Chew小姐提供了一个建议 – 社会服务日。同事都不禁好奇 – “我们每天在做的不也是在为社会谋福利?”

通常协会会与公司及其他组织联合举办社会服务日。由公司组织为社会上较不幸团体举办活动，在活动结束时通常会有捐赠善款或爱心礼物。

但是Pamela告诉所有的同事们这次协会的社会服务日是与众不同的，原因如下：

- 这次活动是我们对社会的一次回馈 (给予另一个残障团体发)
- 这次活动将加强员工间的凝聚力；
- 这次活动将作为一种特别的方式纪念协会40周年

Pamela宣布同事们将于2009年1月20日前往新加坡痲挛儿童协会(SCAS)举办社会服务日活动。协会大部分员工都没有去过SCAS。如何与脑痲挛儿童沟通就成为一大难题。Pamela耐心的向大家解释道：

脑瘫是幼儿患有的非蔓延性大脑机能紊乱导致运动机能受损的一系列病症的统称。这种疾病会导致不同程度的残疾，例如身体肌肉过强收缩或松弛，头部，肩膀与臀部肌肉失去控制，或轻度语言障碍。这种疾病无法治愈，通常会发生在胎儿期或出生时，或在幼儿早期因某些疾病或伤害而造成。

CAS向250多名年龄介于5到18岁，患有的儿童和青少年提供特别教育。他们中的很多孩童都患有多种残疾，不适合去普通学校接受教育。

“所以，当你们与这些孩子交流时要有耐心，在活动进行中多鼓励他们。如果有任何困难，可以向SCAS的老师寻求帮助，他们会与我们一起进行蔬菜画和亮片艺术的活动。

在SCAS婴幼儿早期交流开发计划的活动主管Monaliza U Guce小姐的帮助下，24名协会工作人员和一名志愿人员由协会执行委员会主席Nancy Chia小姐和荣誉财务长Lim Puay Tiak先生带领，于2009年1月20日一行前往SCAS开展社会服务日活动。

到达SCAS后，我们来到了一间活动室，大家分散开来一对一的与孩子们坐在一起。在老师与志愿人员们的鼓舞下，孩子们很快活跃起来。大部分孩子看起来都和正常的孩子没什么不同。

当孩子们兴奋地打开礼物袋，看到我们精心准备的礼物时脸上洋溢开来的喜悦而幸福的笑容，每个人都感动万分。



Staff & Members group photo @ HWA Community Day

Mona小姐告诉我们，按照SCAS规定老师与学生的比例要保持在1:8，以保证每一个孩子都可以得到老师特别的照顾与关注。学校还安排特别的课程表以满足每个学生的不同需求，帮助他们在完成学业的同时还可以学到独立生活的技能。

SCAS还向12岁及以上具有适度的运动与认知能力的青少年提供职业教育。这些技能可以帮助他们日后在社会上工作以获得更有保障的未来。

孩子就是孩子，当麦当劳快餐被送到活动室时每个孩子都雀跃不已。孩子们开心的享用鸡块，苹果汁，薯条，还有开心餐附送的电子游戏机。餐点过后，又有惊喜来临！

我们安排了小丑表演作为这3个小时活动的压轴节目。孩子们目不转睛地盯着小丑的一举一动，叫喊着吸引小丑的注意力，争着让他也用气球给自己做一个玩具。只看见小丑的手上下翻飞，转眼

间一只只小狗，宝剑和其他各种各样的气球玩具在他手中变了出来。在场的每个孩子都从小丑的手中收到了自己中意的玩具。

开心的时光总是过得特别快，活动终于到了尾声，大家恋恋不舍地目送孩子们陆陆续续离开了房间。回味着孩子们明亮的笑容，喜悦的笑声，言语无法描述此时我们心中的幸福滋味。

最后协会将由工作人员和执行委员会成员捐赠的善款转交给SCAS，并衷心感谢SCAS管理层，特别是Mona小姐，令我们这次活动可以成功举办。

这次活动令我们了解了患有脑瘫孩子们的感受，想法及照顾他们的人所面对的各种挑战。这将对我们未来与患有同样疾病的孩子或成年人向处时提供很大帮助。最重要的是，它让我们在想到自己的福气时也学会了快乐时光要与人分享...

Life-Lessons “Beating All Odds”

Contributed By: Thomas Chua Chee Siong, HWA Member

As part of the St Joseph Institution’s Religious and Moral Education programme which takes place during curriculum time, students are made aware of the marginalised section of society.

The school recognises the different categories of poverty, different categories of the last, the lost and the least. The awareness of each category is taught at different levels through the Social Justice module in the Religious and Moral Education programme.

Under the Social Justice Module, students learnt about the challenges physically disabled people face and to be conscious and sensitive to the needs of the physically disabled. A member from the Handicaps Welfare Association, Mr Thomas Chua Chee Siong supported the module by sharing his story with the students on 24 and 25 February 2009 at SJI’s auditorium.

Mr Chua who was 18 years old then was studying at Temasek Polytechnic. He remembered the Christmas Eve party which he attended and eventually led to an alcohol-related fall which severed his spinal cord confining him to a wheelchair. Though he took a long time to cope with his disabilities, he managed to face up to his disability and pick up skills to enable him to live normally. One of the skills he learnt was mouth-painting where he learnt to hold a brush between his jaws and drew pictures of fruits and flowers which took him 10 hours a day to complete. He also wrote a book to help the community understand the needs of the disabled. The book entitled “Beyond the Fall,” promoted “positive thinking.” In one of his poems, he wrote:

The Sunflower
Night or day
Rain or shine
Happy and smiling
Always cheerful

That is what I hope to be
Just like that
Like the sunflower
I won’t let my problems
Get To me.

Some of the valuable lessons Mr Chua has imparted to the students included the dangers of teenage drinking, smoking, drugs and the long-lasting damage it can cause to both family and friends and how some damages are irreversible. He also encouraged them to show compassion to the disabled and most importantly to pursue their passion and value their youth.

走出中风病魔的阴霾

文：张金春 Tiew Kim Chun

每天忙碌的12小时工作时间，使我忘记了自己的健康，也没有警觉到一晃眼自己已是50多岁的人了，需要定期进行全面健康检查。更要命的是即使在一次由邻里居委会主办的健康检查中发现自己的血压已高于标准数值，我也没有认真听从医护人员的劝告到政府医院去做进一步检查，而只是去了任职公司的门诊敷衍了事。

记得那是2005年9月中旬的一个清晨，我在公司值完夜班后走在回家的路上，突然感觉左半边的身体有点不太对劲，走起路来仿佛要倾斜到一边。当时以为是太过疲劳，没有在意，回到家中，倒头就睡。而且当我醒来后，并没有感觉身体有何不适，想到当晚还要值夜班，就先去看了医生，拿了一天病假在家休息。可是到了第二天一早醒来，却惊觉半边的身体已经不听使唤，左手根本无法正常操作。妻子急急忙忙送我去了医院。

经过几个小时的等候，我被安排住进了病房，那张位于陈笃生医院八楼靠窗的病床，是我一生中第一次住院的病床，一张令我顿悟老之将至的病床。

永远记得那个夜晚，我整夜望着窗外，辗转反侧，难以入眠。半梦半醒间，窗外景色渐渐明亮起来，模糊的一幢幢高楼转慢慢显出清晰的轮廓，天亮了！

就在那个难忘的清晨，经过脑部超声波扫描，医生证实我患了脑微血管阻塞，也就是所谓的脑中风，导致半身失去活动能力。幸运的是我的大脑思维能力没有受损，头脑还可以保持清醒，思路依旧清晰。我感到极度不安，中风病魔的杀伤能力之强人尽皆知，轻者需要接受好几个月的物理治疗，重者则可能永远瘫痪。

医生看我垂头丧气，意志消沉，便安慰我说，其实我的病情并不太算严重，如果积极接受康复治疗，也有希望会在两三个月后好转。我想，也只能希望如此，听天由命吧！罹得此病，不能怨天尤人，怪只能怪自己平时不注意身体变化与健康状

况，才会尝此后果！为了人生未走完的路程，我必须重新振作，克服困难，锻炼意志，努力站起来，再踏出生命的步伐，走出中风病魔的阴霾！

病房里还有其他病人，大多也是中风病患。有一个重症患者已经无法饮食，需要每次通过食管注入，虽然人还很清醒，可是已全身瘫痪。看他年纪尚轻，刚过而立之年便得不偿失此次病症，令人不禁感慨万分。还有一个患者，可以下床走动，但说话困难，模糊不清，常常因为表达不明而对来访的家人大发脾气。

反观自己，行动尚可，可以拄着拐杖自己去洗手间，无需劳烦护士，的确算是不幸中的大幸了，还有什么可怨天尤人的呢！

一个星期后，我被安排到陈笃生医院设在宏茂桥的康复中心接受康复物理治疗，病房设在三楼。整个康复过程漫长而痛苦，可是为了重返工作岗位，为了前面尚有很远的征途，我咬紧牙关，忍受肌肉牵扯的剧痛，缓慢而坚定地迈出一步，一步，再一步...

又一个星期过去了，在物理治疗师的指导下，我竟然能够在没有任何支撑物的协助下独立行走了一小段，虽是脚步颠簸，但已令我看到重拾未来的希望曙光！

留医月余，在完成物理治疗的疗程后，终于可以自己走出医院，走出中风病痛病魔的魔掌，迎接灿烂的阳光。无论未来还要经过多少风雨，我都将坦然面对。路，在我自己脚下！

Spot The Difference Contest



Win a \$20 cash prize simply by spotting 5 differences in the two sets of cartoons below, circle them and mail the completed contest form to us at:

Handicaps Digest Contest (Attn: Editor)
Handicaps Welfare Association
16 Whampoa Drive
Singapore 327725



Contributed by HWA member, Mr Ong Chin Sin

Spot The Difference Contest Form

Full Name (as in NRIC): _____

Contact Number: _____

Address: _____

Membership No.: _____

Rules and Regulations

1. Only HWA members are eligible to participate (staff, Exco members and editorial board are not eligible)
2. Entries must be submitted using the application form on this page.
3. There will be a maximum of 3 winners per contest.
4. In the event that there are more than 3 correct entries, the winners will be decided by ballot.
5. The judges' decision is final.
6. The closing date of this contest is **10 June 2009**. All completed entries should reach HWA no later than this date.
7. The correct answers as well as the winners of this contest will be announced in the next issue of Handicaps Digest.



Did you managed to spot the differences in our "Spot The Difference" contest, January-March 2009 issue?

Here are the answers, in case you are pulling your hair out searching for them:



Congratulations!

The lucky winners of the "Spot The Difference" contest, January - March 2009 issue, are:

Ho Lay Kheng

Membership no: 0767H

Anuar Bin Saaid

Membership no: 1500A

Chan Boon Tiong (William)

Membership no: 0022C

Each winner will receive a cash prize of \$20.

New Face on the Block



Name: Myo Myint
Date of joining HWA: 2 January 2009
Designation: Senior Physiotherapist.
Background: Worked in a Hospital in Myanmar for 7 years before joining a local Health and Daycare Centre for 11 years.
Personal goal: Attain Degree in Physiotherapy.
Likes: Bring family for overseas vacations every year.
Favourite food: Fishball soup.
Anything you may want to say to HWA members or colleagues: I find most HWA staff friendly and good natured.

Name: Marlar Hla
Date of joining HWA: 12 January 2009
Designation: Therapist Assistant
Background: Worked in a Hospital in Myanmar for a few years before joining a local Nursing Home
Personal goal: Would like to serve HWA members to improve their physical & mental well being.
Likes: Cooking!
Favourite food: Fried noodles
Anything you may want to say to HWA members or colleagues: Life is short. Don't worry be happy.

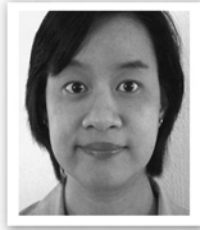


Name: Deann Tan Li Xuan
Date of joining HWA: 15 January 2009
Designation: Driver
Background: Worked in the F&B industry for a number of years
Personal goal: To help others.
Likes: Shopping & Dining
Favourite food: Escargot
Anything you may want to say to HWA members or colleagues: Smile Always

Name: Sim Beng San
Date of joining HWA: 4 February 2009
Designation: Driver
Background: Worked in F&B industry for a few years
Personal goal: To provide good service to HWA members and public.
Likes: Watching TV
Favourite food: Nasi lemak
Anything you may want to say to HWA members or colleagues: To work together as a family.



Name: Yap Kay Choon
Date of joining HWA: 18 February 2009
Designation: Driver
Background: Worked in F&B industry before joining HWA
Personal goal: Live life to the fullest
Likes: Reading newspaper
Favourite food: Durian
Anything you may want to say to HWA members or colleagues: Relax and take it easy.



Name: Yvonne Tan Ek Huang
Date of joining HWA: 18 February 2009
Designation: Assistant Executive (Fund-Raising)
Background: Worked in a sports association and private company prior to joining HWA
Personal goal: Doing my best in my job at HWA.
Likes: Surfing the internet and watching TV
Favourite food: Deep Fried Chicken
Anything you may want to say to HWA members or colleagues: Finds HWA colleagues nice and kind, making coming to work a joy so far.

Name: Cassandra Gayle Anthonisz
Date of joining HWA: 1 April 2009
Designation: PR Executive

Background: Started out in Events Management and PR 6 years ago and it's been my love ever since.

Personal goal: Not only contribute to HWA, but to be a contribution to People and find satisfaction in serving others with a sincere heart.

Likes: Family tops my list! I am truly a homely girl at heart. I love spending quality time with my family, whipping up Fusion Dishes with them AND when the fun side comes up, my passion for music takes over. Also loves to play soccer.

Favourite food: Truly Singaporean – Local Delights, Pizzas and Fast Food!

Anything you may want to say to HWA members or colleagues: I've always believed that we should learn to count our blessings and live each day to the fullest. "Take everything that life has to offer with positivity, as an Experience and Everything done should be done with Love, to achieve the best result possible "



Goodbye

Three staff, **Ms Ranee Govindram** (PR and FR Manager), **Ms Pamela Chew** (PR Executive) and **Mr Frances Tan** (FR Asst. Executive) left HWA recently. We thanked them for their services to HWA and wished them all the best in their new endeavours.

Touch A Life!

Have you ever thought that you can make a difference in the lives of people with disabilities? Now you can. Join our Befriender programme to enrich the lives of our members.

What is Befriender programme?

A programme that seeks volunteers who are keen to develop friendship and rapport with a HWA member

What do I have to do?

- Be able to conduct home-visits once a month
- Provide emotional support and offer a listening ear
- Encourage member to talk and think about his or her hopes for the future and plan the steps needed to get there
- Be able to submit a simple report

What are the criteria?

- Volunteers preferably need to be 20 years old and above
- A passion to help people with disabilities

For more details, please contact **Mr Jason Rodrigo** at **6254 3006**.

In the News

Powerchair Football

History of the Sport

This sport appeared in Europe at the end of the nineteen-seventies.

1978

France creates "Football in electric wheelchairs" for young people with severe disabilities.

1979

Without having any contact with France, Canada starts to develop a sport called "Power Soccer". Since the beginning of the eighties, "Power Soccer" was exported to the United States and Japan, while "Wheelchair Football" was being played in Belgium, in Portugal and in Switzerland.

From 1980 to 2005

During these 25 years several styles of play developed, without the various countries ever discussing it. All were inspired by the Canadian and French models and each adapted their play to meet their own requirements.

January 2005

At the initiative of France, representatives of the United States, Canada, Japan, England and Portugal, met in Paris to discuss the possibility of making the sport international. A date was set to try and harmonise the four main styles of the game, in order to create a new international discipline.

October 2005

The six countries, joined by Denmark and Belgium, met in Portugal, finalised the international rulebook, and officially created Powerchair Football. The nine months that followed were spent writing the new sporting rules and finalising Articles in order to create the international federation.

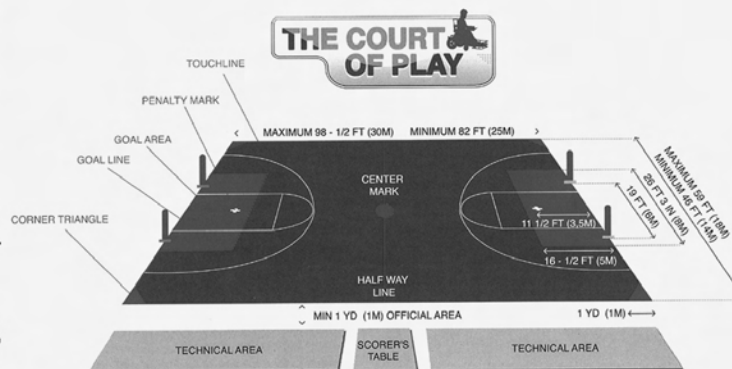
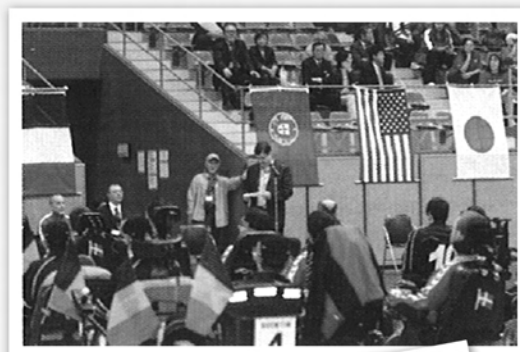
July 2006

In Atlanta, Georgia, USA, the new sporting rules were tested and validated. The Articles of the new federation were adopted at the General Assembly on July 24, 2006. On October 16th of the same year, the International Federation of Powerchair Football Association filed its Articles in Paris, France, the home of its registered office.

October 2007

FIPFA organised its first World Cup in Tokyo, Japan. Eight countries competed to win the first international competition of Powerchair Football. Broadcast live on the Internet, a Japanese website indicated the competition was visited by several thousand players and supporters all over the world!

How the game is played



Power Soccer a hit with the disabled

Wheelchair-bound footballers give as good as they get in rousing competitive game

KOH HUI THENG

FOR Mr Mohammad Zaki Jurani, 21, his first taste of a competitive soccer match was "superb".

With the cheers from the 100-strong crowd who had gathered at Yio Chu Kang Sports Hall still ringing in his ears, he told *my paper*: "I feel very happy that I had a chance to play soccer too."

The part-time web designer has been on a reclining wheelchair since 2006. He has muscular dystrophy, a genetic disease that weakens muscles, and cannot sit upright.

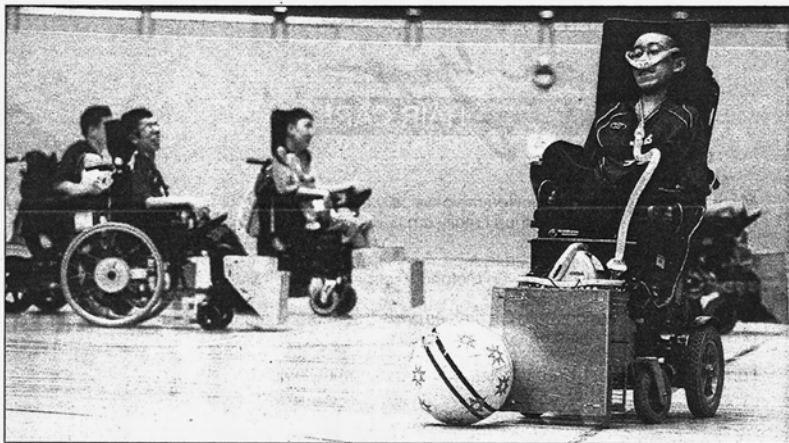
He depends on a breathing

tube to breathe as his lungs and heart are too weak for him to do so himself. He also cannot push his own wheelchair.

Stricken with the disability when he was 3½, the Manchester United fan was one of 12 players who turned up at the Yio Chu Kang Sports Hall for a friendly match last Friday - in their wheelchairs.

The game, known as Power Soccer, is a competitive team sport designed for electric-wheelchair users. It is played on smooth surfaces, like in a gymnasium or an indoor basketball court.

A team of four players - two strikers, one defender and one goalkeeper - kick a ball bigger



AN EXPERIENCE: Mr Mohammad Zaki Jurani was a defender for the Blitz team. (PHOTO: NEO XIAOBIN)

than those typically used in normal football matches.

Organised by the Muscular Dystrophy Association (Singapore) (MDAS), the aim of the game was to show that the disabled can play team sports and lead active lives.

The match kept family members, friends and other spectators enthralled.

Former Lions skipper Aide Iskandar kicked off with the special ball, which is about the size of a large beach ball.

The blue-clad Blitz team play-

ers slugged it out against the Reavers, in yellow jerseys. Players attacked, defended and spun in their wheelchairs to try and score.

Never mind the 0-0 final score or the stuffy indoor court. Never mind that Mr Zaki was on the pitch for only five minutes, in the decidedly low-key role of defender.

It was an amazing experience, he said.

The sport "has helped us communicate better, because we have to discuss strategies with our team-mates", he added.

"Who knows? Perhaps one day I'll be managing the team in a Power Soccer league."

kohht@sph.com.sg

HELPDESK 我的字典

Wheelchair: 轮椅 lún yǐ

Muscular dystrophy: 肌肉萎缩症 jī ròu wēi suō zhèng

Upright: 挺直 tǐng zhí

Bumpy start for new buses

Passengers complain that the vehicles have fewer seats and 'dangerous' steps

Estelle Low

The new single-deck buses from SBS Transit and SMRT may look nice but some commuters are unhappy with them.

One-third of 50 commuters - young and old - in a Sunday Times poll said the rides could be better.

Their beef was over issues like seating (fewer seats than the older buses) and design (the need to climb steps midway in the bus).

The buses run by SBS are made by Swedish company Scania while SMRT's are made by German firm Mercedes-Benz.

But there are advantages too. The new buses have low floors - and there are no steps at the doors.

This is a plus for the elderly and less mobile passengers. The buses also have wheelchair-friendly features such as retractable ramps at the doors and two wheelchair lots.

SBS has rolled out 500 of these buses since November 2007 at a cost of \$180 million. By the end of this year, another 400 are expected to hit the roads.

SMRT rolled out 67 new single-deck buses in May last year and plans to buy 60 more. Each costs more than \$360,000.

In the Sunday Times poll, many feel moving about in the bus is not a breeze. Instead of a level platform from front to back, they have to mount two steps midway to get to the back, and climb another two steps to reach the rear-most seats.

Said retiree Teo Cher Mui, 64: "The steps can be very dangerous for the elderly, as they have little strength in their legs. I've seen them trip."



THE GOOD: Wheelchair-friendly features such as retractable ramps enable Mr Hui Nai Wal, 59, and his wife Sally Low, 62, to take the bus together.



THE BAD: One of the common grouses of commuters is regarding the steps near the middle of the bus, which have caused some to trip and fall.

CATERING TO THE WHEELCHAIR-BOUND

Wheelchair users welcome the new disabled-friendly buses and hope to see them deployed on more routes. The first such service was launched in 2006 and there are 22 today.

Ms Sherena Loh, 50, honorary treasurer of the Disabled People's Association, noted that the disabled users have to do a lot of planning as the buses come at irregular times.

"The bus operators have done a lot to help wheelchair users commute. But it is still not sufficient for them to use it as the only form of transport or on a regular basis," she said.

She is wheelchair-bound herself and uses

door-to-door transport services provided by the Handicaps Welfare Association.

Now, 80 per cent of the bus stops along a route have to be wheelchair-accessible before SBS drivers will allow the disabled to board.

SMRT hopes to cater to wheelchair-users by the second half of the year.

Authority will make all 4,500 bus stops wheelchair-accessible. The work involves replacing steps with ramps, removing obstacles and creating more space for wheelchairs to manoeuvre.

Dr Ian Gibson, associate professor from the School of Mechanical Engineering at the National University of Singapore, said drivers used

to the older buses "will have a tendency to apply more pressure on the brake pedal than is necessary," causing the bus to brake suddenly.

SBS has received "a handful of feedback" concerning the steps. Ms corporate communications, said:

"For these new buses, close to 90 per cent of injuries were due to passengers not holding on to the grab bars when moving on the bus."

SMRT has received feedback that the steps are dangerous, especially for the elderly and women in high heels.

ylow@sph.com.sg

Additional reporting by Kimberley Lim

Do you like the new public buses? Have your say at www.straitstimes.com

SUNDAY TIMES STREET POLL

The Sunday Times polled 50 commuters from 15-70 about their experiences on the new disabled- and elderly-friendly buses.

Do you prefer the new buses to the old ones?



Do you think the buses are elderly-friendly?



How often do you take these buses in a week?



What are some areas you would like to see improvements?



Do you think the buses are disabled-friendly?



ST GRAPHICS

Scaling one peak after another

She has cerebral palsy but has climbed Mt Kinabalu and written a book

By WONG KIM HOH
SENIOR WRITER

MISS OH Siew May, 38, walks with an awkward gait and speaks with great difficulty. She was born with cerebral palsy, a condition caused by brain damage which affects her muscular control and coordination. Her disability has made her an easy target for taunts, cruel jokes and discrimination.

As if her lot in life were not bad enough, she has also experienced more than her fair share of tragedy and difficulty. A high fever rendered one of her four siblings mentally impaired while cancer robbed her of her dotting father and her best friend.

However, Miss Oh chooses not to wallow in self pity but to chase and live her dreams. In 2005, she successfully climbed Mount Kinabalu in East Malaysia, which at 4,095m above sea level is one of the highest mountains in South-east Asia.

Last December, she scaled another peak when the story of her life became a book. *Scaling Walls*, which she wrote and published with the help of some very good friends, will be officially launched at the Jurong Regional Library tomorrow. Already, more than 3,000 copies from the book's initial print run of 5,000 have been sold.

The youngest of five children of a poor basket weaver and a washerwoman, she first started thinking about writing a book eight years ago.

"I wanted people to understand how a disabled person feels and to know that being disabled doesn't mean unable," said Miss Oh, who completed her N levels at St Hilda's Secondary School.



Miss Oh's book about her life, *Scaling Walls*, will be launched at the Jurong Regional Library tomorrow. About 3,000 copies have already been sold and she is getting fan mail from those inspired by her story. ST PHOTO: NG SOR LUAN

Companies give disabled workers a leg up

KENNY CHEE

RESTAURANT group Thai Express Concepts is looking for more than just a few good men to beef up its staff at its food outlets like Thai Express and Shokudo Food Bazaar.

It intends to hire more disabled workers even as the economy looks set to grow worse. The group's head of human resources and talent management, Ms Nica Foo, told *my paper* that she wants to hire 10 to 15 disabled workers this year.

The group hired nine disabled workers last year, bringing the number of people who are deaf, mute or have mild intellectual disabilities on its payroll to 13. "We are hiring people with disabilities because they tend to be more hardworking and committed to the company," explained Ms Foo.

Another draw of hiring such workers? They job-hop less frequently and help to stabilise the company's workforce, leading to fewer disruptions in the food chain's operations, she said.

Thai Express Concepts is one of 15 companies that are still hiring people with disabilities despite the tough times. The firms, including those from the food-and-beverage, hospitality, cleaning and landscaping industries, advertised 100 job openings for disabled



DEDICATED: Thai Express employees (from left) Luar Seng Tee, Binalan Johnathan Nagarajan and Ong Gim Kiat - who all have hearing disabilities - working happily at the chain's Springvale branch. PHOTO: JAMIE KOH

people in conjunction with Singapore National Employers Federation last month.

Still, organisations that help the disabled find jobs expect a bumpy ride this year. Bizlink Centre, a non-profit organisation, said that it helped 87 disabled people to find employment in the last quarter, compared with 87 for the same period in 2007.

Mr Roland Teo, a manager with Bizlink's employment placement division, said the organisation is using this time to help disabled Singaporeans upgrade their skills, while approaching more companies to hire them.

Meanwhile, welfare organisations like the Handicaps Welfare Association and the Singapore Association for the Deaf applauded companies that are still hiring disabled workers.

Mr Ando Yeo, executive director for the Singapore Association for the Deaf, said: "There are many employers out there who are willing to look beyond the disability as long as the employee has the right attitude and is willing to learn."

Other companies that have been hiring people with disabilities include Kentucky Fried Chicken Management and Natural Cool Holdings.

kennyc@sph.com.sg

Although she finds speaking difficult, the warm and bubbly woman is lucid and coherent. She describes herself as blessed because unlike many of her friends with cerebral palsy, she is mobile and not confined to a wheelchair.

Still, life is not easy. "It's difficult to earn a living. Sometimes people will make fun of me and say nasty things. Some also act as though I have an infectious disease or think I'm 'off,'" she said, circling her right index finger around her temple to indicate loopiness.

It took her more than a year to organise her thoughts and write the book. "Sometimes I would cry and get upset when I remembered certain things," she revealed.

Indeed, there has been a lot of sorrow in her life. For many years, she had to juggle her studies with looking after her mentally impaired third sister as well as her late mother. The latter was bedridden and suffered from a chronic skin disease which led to the amputation of her right leg.

There were other tragedies. Her eldest brother was a compulsive gambler who lost her parents' savings.

Her dotting father - who worked two jobs to keep his family together -

tried to kill himself after learning he had colon cancer. He died in 1998, eight months after his diagnosis.

Life has also not been smooth sailing on the professional front, says Miss Oh, who last month became a victim of the recession. The renovation company where she had been working as a clerk for two years had to let her go since business has suffered.

A true trooper, she has held down several jobs and even once had her own pushcart business in a shopping mall, selling knick-knacks. She had to give it up when SARS hit in 2003, and badly affected sales.

Convincing employers that she is able is an uphill task. In her book, she recalls how a receptionist once refused to believe that she had an appointment for an interview and told her the company had no job for disabled people.

A slipped disc put paid to her longest stint, which was seven years as a packer and stacker at a Cold Storage outlet in Chancery Court.

Her friendly and helpful nature not only won her numerous model employee and excellent service awards at the

CONTINUED ON PAGE A13

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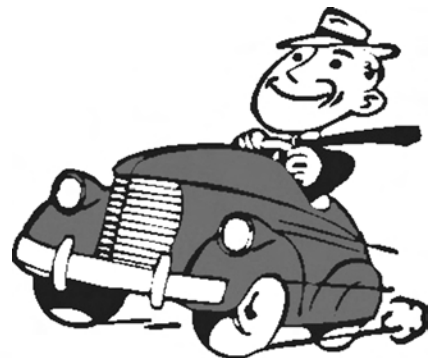
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 16 Whampoa Drive Singapore 327725
 Tel: 6254 3006 Fax: 6253 7375
 Website: www.hwa.org.sg



Help Us.

To Uplift the Lives of People with Disabilities

The Handicaps Welfare Association (HWA) was formed in December 1969. Since then, the Association has grown to over 1,800 members and its membership is increasing every month. As a self-help group, HWA raises funds on its own.

HWA has been serving the needs of people with disabilities from the low socio-economic group for 39 years. It has strenuously made every attempt to help meet their needs through its ever-expanding range of services, which is on-going. The HWA has been able to do this simply because the Singapore public has been more than generous and forthcoming in their monetary contribution.

HWA provides a range of programmes and services for its members and the community – from welfare assistance to education courses, a door-to-door

dedicated transport service, financial assistance and food rations to the needy, driving lessons for the disabled and a befriender service. It also runs Rehabilitation cum Independent Living Centre and Personal Care Service for the disabled people in the community.

Please help us to uplift the lives of the disabled people by making a donation to the Association. No donation is too small for charity. **Thank you for your generosity and kind support.**

To:
HANDICAPS Welfare Association
16 Whampoa Drive
Singapore 327725

I/ We wish to donate \$ _____ to the Handicaps Welfare Association.
Enclosed is my/our cheque /postal /money order No. _____.

The tax-deductible receipt is to be issued to:-

Name: _____ NRIC NO.: _____

Address: _____

Telephone: _____ (H) _____ (O) _____ (HP)

* Tax-deductible receipts (2.5x) will only be issued for donations of S\$50 and above.
For additional information or clarification, please call us at (65) 6254 3006.

Advertisement Rates



If you wish to advertise your products or services in Handicaps Digest, please fill up the form below and mail it back to us at the following address:

Handicaps Welfare Association
16 Whampoa Drive Singapore 327725
Tel : 62543006 / Fax: 62537375
Email: hwa@hwa.org.sg

I / We hereby agree to take up an advertisement space in your HWA Digest magazine.

Name of Organisation: _____
Address: _____
Contact Person: _____
Telephone / Fax No: _____

Advertising Rates: Please tick the appropriate box below and kindly forward a cheque of the same amount payable to **Handicaps Welfare Association**

Black & White

- \$1500.00 Inside Centre Fold Full Page
- \$1000.00 Full page
- \$500.00 Half page
- \$300.00 Quarter page
- \$200.00 Listing

Full Colour

- \$3000.00 Outside back Cover
- \$2500.00 Inside Front Cover
- \$2500.00 Inside Back Cover
- \$2000.00 Inside Centre Fold Full Page
- \$1500.00 Full page
- \$1000.00 Half page

I / We (the advertiser) voluntarily and without duress agree to take up the above advertisement space and to pay for the same sum specified therein, and to observe the following conditions.

1. The advertiser warrants that the advertising material submitted for publication:
 - i. Contains no false or unwarranted claims for any product or service and contains no defamatory statements
 - ii. Does not infringe the copyright or other right of any person
2. HWA shall not be held liable for failure to publish advertisements for any reason whatsoever, including but not limited to strikes, riots, accidents, acts of God or other delays beyond its control and in no event shall it be liable for consequential or resulting damage.
3. The advertiser will keep HWA indemnified against all claims, actions, suits, demands, losses, costs and expenses in respect of the printed matter.
4. The booking of the advertisement is based on a first-come-first-served basis. HWA reserves the right to reject any advertisement at any time.
5. Artwork/materials will not be returned to advertiser unless specifically requested by advertiser. Artwork/materials will be discarded after six months.
6. The advertiser shall pay by crossed cheque payable to Handicaps Welfare Association within 30 days upon confirmation of the secured advertisement space.

Name: _____ Designation: _____

Signature: _____ Date: _____

Company Stamp:

Acknowledgements

Our thanks and appreciation to the following generous donors:

Donation of \$50, 000 and above

NCSS – PRESIDENTS CHALLENGE
SHAW FOUNDATION

Donation of \$10, 000 and above

ISAAC MANASSEH MEYER TRUST FUND

Donation of \$2, 000 and above

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TAN SEE MIN
TERENCE CASTILLO



Our Mission

An organisation
committed to enhance
the quality of life of people
with physical disabilities
and integrate them into
mainstream society.