



handicaps digest

A Publication of Handicaps Welfare Association
MICA (P)192/01/2008

Oct- Dec 2008

Flowers For You?

See page 22

Of Flags and Coins

See page 5



DRIVING LESSONS FOR PERSON WITH DISABILITY 残疾人士驾驶指导课程



**Freedom to Drive
Freedom to Explore**

Freedom. Its an essential part of an active life. It means setting your own agenda, getting behind the wheel and going where you want to go. Whether you're running errands or visiting family and friends, you have the ability to take control of your busy life, and of course, you have the freedom to expand your world!



For more information, please contact :
The Transport Department
HANDICAPS WELFARE ASSOCIATION
16 Whampoa Drive Singapore 327725
Tel: 6254 3006 Fax: 6253 7375
Website: www.hwa.org.sg

DRIVING INSTRUCTION RATES

Description	Fees	
	'O' & 'L' Member	'A' Member / Non-Member
One-time Registration Fees	\$20.00	\$20.00
Driving Fees (Per Hour)	\$25.00	\$30.00
Vehicle Rental on Test Date	\$100.00	\$100.00

DIAL-A-RIDE

Call 6254-3006

The Dial-a-ride scheme provides a convenient and affordable door-to-door service using mini-buses equipped with wheelchair-lifts to carry passengers-in-wheelchairs. A key service of the Association, our special needs transport service operates with a fleet of wheelchair accessible mini-buses. These specially adapted vehicles provide the much needed transportation for people with mobility-related disabilities to go to work, school, vocational training, hospital/rehabilitation visits and recreational activities. For booking enquiries, call Grace or Guek Hwa at 6254-3006.

Contents

Oct-Dec 2008

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.

EDITORIAL TEAM

Leslie Teo
Ranee Govindram
Pamela Chew

Hon. Medical Advisors

Prof Arthur S M Lim
Prof Peter H C Lim
Dr Roy Ng Kwok Weng
Dr Tan Seang Beng
Dr E B Menon
Dr Siow Woei Yun

Legal Advisor

Mr Roy Yeo

Building Advisor

Mr Lee Mun Hoe

Electrical Advisor

Mr Loh Kok Onn

Published by
Handicaps Welfare Association
16 Whampoa Drive
Singapore 327725
Tel: 6254 3006
Fax: 6253 7375
Email: hwa@hwa.org.sg

Design and Print by
Octogram Press Pte Ltd

Handicaps Digest is a quarterly publication of the Handicaps Welfare Association. The opinions and views expressed in this magazine by writers do not necessarily reflect the official view of THE HANDICAPS WELFARE ASSOCIATION.

Information is correct at time of printing.

2 Director's Foreword

3 Editorial

4 Calendar Of Events

Main Features

5 Of Flags And Coins

8 HWA Gives Thanks

12 Celebrating 50 Years Of Social Service

Supporters

14 Merry Hours With Siemens

16 Lend Lease Community Day

17 Singapore Polytechnic Students Leave Their Mark

17 Touch A Life

Contribution From A Member

18 Ghost In The Ward?

19 Do You Have A Story To Tell?

Spot the Difference

20 Answer & Contest Winners!

Picture Perfect

22 Flowers For You?

In Focus

24 Happy Worker Mr John Yeo

Members' Activities

28 CurL - Mosaic Making With NTU

28 National Day Lunch For Members

29 Picnic At East Coast Park

29 CUGE Green Thumbs 2008

30 Cultural Show With SOKA Association

30 Dancing On A Different Platform

On The Move

31 New Face On The Block

31 Goodbye Seems To Be The Hardest Word

You May Want To Know This

32 HWA Receives Meritorious Defence Partner Award

32 Abilities Roadshow 2008

33 A Nation In Concert

33 The New ASK Section

34 A Race To Raise Awareness

36 In The News

Celebrate the Olympic Spirit

Everyone's talking about the Olympics these days. The quadrennial Games have got Singaporeans' eyeballs peeled to the television. It doesn't matter if you can't understand the rules of Ping Pong, or Table Tennis as they call it. As long as the television screen shows Li Jia Wei and her team mates battling against the likes of China's top players Zhang Yi Ning and Wang Nan, you will hear the cheers and jeers- from the uncles in coffee shops to our Senior Parliamentary Secretary for the Ministry of Community Development, Youth and Sports, Teo Ser Luck.

As Team Singapore fight to fulfill the 48-year dream of achieving another medal for Singapore, they are in fact living up to the Olympic motto "Citius, Altius, Fortius", which means "Faster, Higher, Stronger". The Latin words ask each athlete to give one's best performance, regardless of the result.

In a similar manner, I hope that our HWA members can put their disabilities aside and live life to the fullest. Participate in HWA programmes and activities, as they are all organised in the hope of enriching the lives of people with disabilities. Just take our Harmonica Group for example. They practise once a week, every Saturday, at the Association for the past 2 years. Recently, they were invited to perform at the National Council of Social Service 50th Anniversary Carnival. All of them were beaming and excited about the performance.

Our very own HWA Sportsmen and women, Theresa Goh, Jovin Tan, Eric Ting and Desiree Lim, have lived it up in Beijing. They represented our country in the 13th Paralympic Games and they are the best examples to show that people with disabilities can also lead a rewarding life - if you put your heart and soul into it that is. They have trained arduously to compete in the Paralympics, and I'm sure all Singaporeans are very proud of their achievements. I would like to take this opportunity to congratulate Yip Pin Xiu for winning a Gold and Silver medal, and Laurentia Tan for bringing home two Bronze medals.

At the same time, some 44,000 Paralympic volunteers were trained to carry out their duties at the Games. They contributed much to the success of the games by creating a pleasant and comfortable experience for the athletes. Our HWA volunteers have also been a strong pillar of support for all HWA activities. Some of them have been serving at the Association for more than 20 years! I'm truly inspired by your unstinting spirit of volunteerism, and hope that more people will come forward as volunteers.

This issue of Handicaps Digest is dedicated to members who strive for personal excellence, as well as volunteers who have sacrificed their time to help enrich the lives of people with disabilities. The Olympic spirit need not stop when the Games end. Join me in saying "Citius, Altius, Fortius" everyday!

Leslie Teo

执行理事长前言

奥林匹克精神之颂

这些日子以来，每个人都在谈论奥林匹克。这个每四年一次的体育盛会吸引了全部新加坡人的目光。不管你是否懂得那些乒乓球比赛的规则，只要当李佳薇和她的队友对垒中国头号种子选手张怡宁和王楠的比赛出现在电视屏幕上时，从坐在咖啡店里的uncles到国家社会发展，青年及体育部高级政务次长Teo Ser Luck，每一个人都会情不自禁地开始为她们呐喊助威。

为了夺得另一块奥林匹克奖牌以实现祖国延续了48年的梦想，新加坡队一直秉承着奥林匹克格言 "Citius, Altius, Fortius" ("更快，更高，更强") 而努力奋斗着。这三个拉丁文激励着每个运动员不要只在意结果，而是尽自己最大的努力去缔造最好的成绩。

同样的，我也很希望协会会员们可以抛开残障的束缚而努力让生活过得更加多姿多彩。你们可以参加协会以丰富残疾人生活为目的而举办的各种活动节目。就像HWA口琴演奏团，过去两年里团员们每个拜都会聚集在协会进行训练。最近，他们还被邀请在国家福利理事会50周年嘉年华庆典上表演。全体团员都为这样难得的机会而兴奋不已。

还有来自我们协会的男女运动员选手Theresa Goh, Jovin Tan和Desiree Lim, 作为代表新加坡参加第13界残疾人奥运会的选手，他们在北京的奥运梦想之战充分证明了只要全心全意付诸努力，残疾人士也可以成就丰富而有意义的一生。他们多年的辛勤汗水都是为了那一刻的放手一搏。而我也坚信所有的新加坡人都在为他们的成就而自豪。借此机会我要向为新加坡赢得一块金牌与银牌Yip Pin Xiu和赢得两块铜牌的Laurentia Tan表示祝贺。

与此同时，44,000残奥会志愿人员经过充分的准备为运动员们创造一个舒适而愉快的环境，这无疑也是整个残奥会的成功举办的重要因素之一。同样的，我们协会的志愿人员一直以来也都是协会各项活动的最强支柱。他们中的一些人已经为协会服务了超过20年。这种无私的志愿者精神深深感动了我们。我真诚希望未来将会有更多热心人士加入这些志愿者行列。

我要将这一期的残疾人文摘献给那些追求卓越成就的会员，以及牺牲私己时间致力于为残障人士充实生活的志愿人员。即使奥运会结束，奥林匹克精神仍将继续延续。在每一天开始时，让我们一起呐喊"Citius, Altius, Fortius"。

Leslie Teo

Executive Committee 2007/2009

President

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

Sherena Loh Shook Han

New Members

HWA welcomes the following new members into its family:

Ordinary Members

- Aminah Beevi d/o Mydin Pillay
- Chen Xuning
- Chiu Tze Ming
- Koh Ho Hap
- Low Peck Lian Celina
- Neo Chan Hock
- Oh Boon Keng
- Rajamoney Amy Bathsheba Fong
- Rizalina Bintedaud
- Syahrnizhanm Bin Zainal
- Tham Beau Hung

Obituary

With Deepest Sympathy and Heartfelt
Condolences to the Families of:

- Chan Yook Khuang
- Lee Chiau Siang John
- Leung Kam Kee
- Ng Lai Mun Stella
- Soh Siew Eng
- Teo Sock Khoon

Calendar of Events

for September, October, November
& December 2008



sep

14 Sep

Cultural Show
by Singapore
SOKA
Association

25 Sep

Land Lease
Asia
Community
Day at HWA

27-28 Sep

Malacca Trip

oct

11 & 12 Oct

A Nation in
Concert



17 Oct

Visit to Old
Ford Factory

18 Oct

Friendly Built
Environment
Day by BCA



23 Oct

Explore
Southern
Ridges
by Nparks

27 Oct

Deepavali



nov

15 Nov

Movie
Marathon



dec

13 Dec

HWA
Year-End
Party



8 Dec

Hari
Raya
Haji



25 Dec

Christmas
Day



Of Flags and Coins

For most students, Saturday mornings are the best time to catch up on sleep. But for Wei Cheng Yun, a Chinese student from Yusof Ishak Secondary School, sleep was the last thing on his mind on 2nd August. He was one of the 2,000 students from various secondary schools who were deployed to various Bus Interchanges and MRT stations around Singapore from as early as 8 am in the morning to do Flag Day.



Registration frenzy at Yishun Station



Charity at a young age



Students from Yusof Ishak Secondary School

"In China, there are no Flag Days, so this is the first time I am doing it. I think maybe for a small country like Singapore, it is easier to organise events like this. I am happy that I can help, and I find that Singaporeans are quite generous," said Cheng Yun, who was selling Flags at Yishun MRT station.

His schoolmate, Nurul Jannah was also happy that she could do her part to help HWA. She commented after returning her nearly full tin: "I have done Flag Days before, and I like doing

it as it is fun and I can interact with other people while asking for donations."

In light of recent charity scandals, HWA was not very optimistic about this year's Flag Day. However, staff and volunteers still went out in full force on Saturday, determined to do their best for the Association.

The real work came on Sunday, which was coin-counting day. Tins had to be cut opened and coins separated and manually calculated so as



Our staff and volunteer at Woodlands station



Zhong Hua students queing up for tins



Students from Bukit View Secondary School.

to obtain the total amount collected. A total of 117 volunteers were present to help with the coin-counting process! Special thanks to the regular group of HWA volunteers who are not new to the coin-counting procedures. Our appreciation also goes out to the volunteers from Ministry of Manpower, Geylang West CC (Integration Club) and the Shaman's group.

Finally, after an entire afternoon of coins rattling against metal tins – a noise that proved pleasing to some, a total amount of \$89,888.68 was recorded. Although this number fell short of last year's earnings by \$20,179.12, the collection may be considered good given the smaller number of stations set up this year, and with the charity scandals still fresh in the minds of donors.



NTU



Singapore Poly



Republic Poly

We are thankful to all donors, students and volunteers who made Flag Day and coin-counting day possible. You make our efforts to help people with physical disabilities in our community worthwhile, and reinforce the public confidence in Voluntary Welfare Organisations like HWA.

Pre Flag Day

Even before the actual Flag Day on 2nd August, our members were already going around in Educational Institutions to do Flag-selling.

For 3 days- 22nd to 24th July, members were stationed at Singapore Polytechnic, Nanyang Technological University and Republic Polytechnic respectively.

HWA Gives Thanks

If you have been following HWA activities closely, you would know that our major fund-raising events have been scheduled back to back this year. Our Wheel, Walk or Jog (WWJ) and Donation Draw were both held in July, while our Flag Day and coin-counting day took place in August. With the dedication and team work of all Staff at the Association, we managed to pull off these events successfully.

But a big reason these events were a success was the support from a group of HWA volunteers and members. They came in droves, and readily offered their time and muscle strength to help. They packed 2,000 goodie bags for WWJ, tied bannerettes to wheelchairs on a Sunday morning, sold booklets of tickets for Donation Draw, dispatched metal tins to groups of boisterous students on Flag Day, and counted themselves silly on coin-counting day

(which was the next day following Flag Day).

Therefore, to show our appreciation to our committed volunteers and members, we held a thanks-giving reception on the evening of 28 August.

Certificates of appreciation were handed out to all volunteers who have helped in one way or another. First on the list were our long-time volunteers:



Ms Jolin Hong



Mdm Joyce Chan



Mr Dennis Khoo



Ms Sarah Liew



Ms Lilian Soon



Mr Low Peng Lye



Mrs Ann Koh



Mr Eric Quek



Ms Siti Sadariah



Mdm Lily Koh



Mdm Fatima Pereira



Mr Oscar Minjoot



Mdm Rosa Lim



Mdm Maria Tan



Mdm Magdalene Wong



Mr Roger Tan Cheng Poh



Mr Ali Bin Umar

Not Present

Ms Chris Kwan
Mr Narenthiren
Mr Billy Wong
Mr Chan Mun Yew
Ms Linda Yong
Mr Jackson Cheong)
Ms Geraldine Tay
Mr Andrew Lee
Ms Selina Ng
Mrs Belinda Lee

Next was the presentation of certificates to new volunteers:

Mr Ivan Goh, collecting on behalf of the Ministry of Manpower group



Mr Ivan Goh

Ms Zelyne Leow

Not Present

- Mr Goh Diap Peng
- Mr Ling Lit Bing
- Mr Bai Li Jun
- Ms Megan Soo



Mr Thiban

A special plaque was presented to APRO Asian Protection Pte Ltd, for providing their security service during Flag Day collections. Receiving the plaque on behalf of APRO Asian was Mr Parthiban @ Thiban.

Next, awards were presented to the top fund-raisers for the 3 different projects. Recipients include HWA members, who despite their disabilities, have gone out of their way to raise funds for the Association.

These are our top fund-raisers as per the following events:

1. DONATION DRAW

A) SCHOOL CATEGORY

Name	Position	Representative
1. Qiaonan Pri School	1st	Mr Zafilin (Teacher) And Ms Evelyn Peck (Teacher)
2. Queenstown Sec School	2nd	Ms Lau Lay Cheng (Teacher)
3. Jurongville Sec School	3rd	Mr Lam Seng Tat (Teacher)
4. Kranji Pri School	4th	Mr Idris (Teacher) and Mdm Sarimah (Teacher)
5. Shuqun Sec School	5th	Mdm Khatijah (Teacher)
6. Macpherson Pri School	6th	Mr Subramaniam (Teacher)
7. Xingnan Pri School	7th	Mdm Seetha (Teacher)
8. Endeavour Pri School	8th	Chia Soo Keng (Principal) And Mr Daniel Hong (Operations Manager)



Mr Daniel Hong



Mr Subramaniam



Mr Idris



Mdm Sarimah



Mr Lam Seng Tat



Ms Lau Lay Cheng



Mr Zafilin



Mr David Ng Eng Gee



Ms Lim Ching Ru

B) HWA MEMBERS CATEGORY

Name	Position
1. Pang San Mui	1st
2. Amy Ng Juliana	2nd
3. Low Giok Leong	3rd
4. Aisah Bte Ibrahim (Not Present)	4th
5. Lim Ching Ru	5th
6. David Ng Eng Gee	6th



Mdm Amy Ng Juliana



Mdm Pang San Mui

2. WHEEL, WALK OR JOG (PLEDGE CARD)

A) HWA MEMBERS CATEGORY

Name	Position
1. Mary Teo Seo Hong (Not present)	1st
2. Felix Tan Huck Liang	2nd



Mr Felix Tan Huck Liang

3. FLAG DAY

A) FRIENDS OF HWA

Name	Position
1. Apro Asian Protection Pte Ltd	Representative - Mr Parthiban @ Thiban



Mr Parthiban @ Thiban

B) TOP FUND RAISERS

(i) SCHOOL CATEGORY - TOP SCHOOL & TOP STUDENT

Name	Position
1. Zhonghua Sec School	(Ms Tan Chye I - CIP Teacher In-charge)
2. Ms Nur Atiqah Md Haizan of Madrasah Al Maarif Al Islamiah	



Ms Tan Chye I



Ms Nur Atiqah Md Haizan

(ii) HWA MEMBERS CATEGORY

Name	Position
1. Pang San Mui	1st
2. Willie Yeo Hock Seng	2nd
3. Lim Kim Lye (Not present)	3rd
4. David Ng Eng Gee	4th
5. Oh Pong	5th
6. Robert Tan Jee Keng	6th
7. Felix Tan Huck Liang	7th



Felix Tan Huck Liang



Oh Pong



David Ng Eng Gee



Willie Yeo Hock Seng



Mdm Pang San Mui

To wrap up the evening, our guests were invited to a sumptuous buffet outside the Multi-Purpose Hall. KTV enthusiasts were also encouraged to stay on and sing the night away.

“We certainly hope that through this simple thanksgiving reception, our volunteers and members feel appreciated and will continue to show their support for future HWA activities.” -Mr Leslie Teo, Executive Director of HWA



Buffet dinner for our dedicated volunteers

HWA 感谢会

如果你一直在关注协会的各项活动，应该会知道在这短短的几个月里，协会接连举办了一连串的大型筹款活动。七月有轮椅，行兼跑(WWJ)和慈善彩券抽奖活动，八月则有售旗日和结算日。全赖协会所有工作人员的通力合作才让这些筹款活动得以成功举办。



但是还有另外一个不容忽视的成功因素就是来自于一群无私的协会志愿人员和会员的鼎力支持。在轮椅，行兼跑(WWJ)的活动中他们包装了2,000多个礼包，并在那个艳阳高照的早上将几十个方旗逐一绑在参与会员的轮椅上。在慈善彩券抽奖筹款活动中他们帮忙售卖奖券。在售旗日时将募捐铁罐分发到每一个参加的学生手中，并在隔天的结算日里数那些大大小小的硬币数到手酸。

所以，为了向这些志愿人员和会员们表达我们的诚挚谢意，协会在8月28日傍晚于会所大礼堂为他们举办了一场感谢会。

与会期间，协会颁发了感谢书给全部参与这些筹款活动一次或以上的志愿人员。首先是授予那些长期志愿人员。接下来是颁发感谢书给那些新加入的志愿人员。

协会还颁发了一个特别奖座给APRO Asian Protection Pte Ltd，以感谢他们为售旗日提供保安服务。

之后，协会分别向在这三个筹款活动中筹得最多善款的募捐者颁发奖状。获奖者里还包括了一些协会会员，他们克服身体的残障，用自己的方式为协会筹款。

颁奖仪式结束后，嘉宾们被邀请在卡啦OK的伴奏下享用了一场丰富的自助餐宴。

“我们衷心希望通过这场简单的感谢会，能够向这些志愿人士和会员们表达我们的感激之情，并激励他们继续支持协会在未来的各项活动。” Mr Leslie Teo，协会执行理事长。

Celebrating 50 Years of Social Service

It is definitely a cause worth celebrating. Since 1958, the National Council of Social Service (NCSS) has reached out to many people in our community who needs help, and has successfully changed the lives of many in Singapore. Year 2008 is a special year for NCSS as they celebrate 50 years of social service in Singapore. Formerly known as the Singapore Council of Social Service, NCSS has come a long way in supporting the social service sector.

To mark this important milestone, NCSS organised a 2-day Carnival over the weekend, at the Esplanade Park on 23 and 24 August. HWA was invited to put up an exhibition booth, along with other Voluntary Welfare Organisations in Singapore, to showcase the achievements and essential services provided.

For 2 days, it was all about food, games and loads of fun. Minus the rain (which did nothing to dampen the spirit of the people at the Carnival), the event was a huge success which saw almost 20,000 people participating. Prime Minister Lee Hsien Loong also joined in the celebrations as



PM Lee visits HWA Booth



Mdm Tay Bee Lian painting

Guest Of Honour of this mega Carnival. As he made his way through the exhibition booths, he stopped at HWA booth, and spoke with HWA member, Madam Tay Bee Lian. Bee Lian was invited to showcase her oil painting abilities at the exhibition booth, and apparently, PM Lee took an interest to the piece that she was working on. It was a scene from the Singapore River.



HWA Harmonica Group performs

Our HWA Harmonica Group was also invited to perform on stage on 23 August. They executed a short but sweet 5-minute routine of two songs, "Morning has Broken" and a Japanese drama series theme song "Hidamari No Uta".

Volunteers from the National University of Singapore were also dispatched to all exhibition booths to help out and gain a first hand experience of the social service sector. One of the volunteers assigned to HWA booth was Ms Laura Tay, and she shares her experience at the Carnival with us.



Volunteers, Laura Tay(left) and Li Hui (right)

"I was assigned to help out at the Handicaps Welfare Association (HWA) booth. I had the privilege to interact with a lady with disabilities, Bee Lian. Bee Lian was there to do a painting to raise funds for their association. She started out as an amateur but is now a professional after attending painting classes conducted in HWA. Bee Lian has a cheerful disposition and there was not a hint of self-pity despite her disabilities. She even showed her care and concern for us.

I was filled with admiration for her. She is, in fact, more capable than anyone of us. There was contentment on her face. Her smile brightened up my day. Her disability may be physically present but it did not hinder her from serving others with the skills she possessed and from experiencing a meaningful life. Through her, I began to realise the "ordinary" blessings from God that I have taken for granted (like being able to walk, good health, abilities to help others etc). Her positive attitude towards life and servant hood heart is the qualities that I want to emulate.

Overall, this carnival experience has opened my eyes to the vast range of social services available offered by HWA. Some of the services (e.g. Computer classes, painting classes etc.) were useful in that people with disabilities could learn skills to help them integrate into the society and to enhance their social functioning. Other services (e.g. transport services, Befriender etc) helped them to know that they are loved and cared by other people in the society. This was truly a valuable experience for me."

Laura Tay
Student Volunteer from NUS

Merry Hours with Siemens

More than 50 employees of Siemens IT Solutions and Services (SIS) Singapore and their family members devoted their Saturday off on 16 August, to Handicaps Welfare Association (HWA).



August in Singapore is traditionally packed with many events and social activities, since National Day is celebrated on August 9 and was marked for the 43rd time in 2008. SIS Singapore got involved in it with a campaign for HWA “to also bring a little joy to those who are less privileged,” in the words of Mr Teng Wee Yeh, who is responsible for integration in Siemens Caring Hands at SIS Singapore.

Among other things, a joint lunch catered by Siemens provided sustenance. However, the highlight of the day was singing karaoke and playing various games. The musical part went down best among the handicapped as they indulged themselves in popular songs in English, Mandarin and Thai. The surprise present for the Association

turned out to be a big hit: SIS Singapore presented HWA with a karaoke machine. Food donations were also given to the members.

The HWA members and SIS employees were enthusiastic about their joint event. The comment by one member: “I am happy to be part of the fun and games, and made many new friends. I look forward to more such events.”

Mr Pek Yew Chai, country head of SIS Singapore, who was also one of the volunteers: “By engaging our employees in philanthropy programs we are nurturing a caring workforce that embraces the important value of being socially responsible for others.” In addition, Mr. Pek also noted that the day was also a good



Our Friends from Siemens



opportunity to work together in lending support for a good cause outside of everyday work: "At the same time, that helps us network with and understand each other better."

Julian Goh, SIS City Management consultant in Singapore, was also very enthusiastic: "This is my first volunteer work I performed as a Siemens employee and I am proud of it. It has enriched my experience and understanding of how difficult the everyday life of a disadvantaged person is. It was just lovely to give them a few merry hours."

Social commitment has been a tradition at SIS Singapore since Siemens launched the Siemens Caring Hands campaign three years ago. It has assisted various welfare organisations, including

ones that help young people and families and protect the environment.

Besides the lunch and karaoke on 16 August, employees from Siemens also made trips to HWA on four separate days to help pack our Wheel, Walk or Jog goodie bags, and clean up the food ration storeroom. We wish to thank them for their hard work, now our storeroom looks like a Mini Mart!



Lend Lease Community Day

Lend Lease Community Day is Foundation's longest running global program and was established in 1996 to provide Lend Lease people from around the world with the opportunity to give back to the communities in which they live and work.

The original idea was for employees to volunteer in soup kitchens – to enable them to become involved in the community at a grassroots level and, for many, take them outside their 'business environment comfort zone'. This concept was broadened to encompass a wide range of volunteer activities where employees could contribute their time, energy, enthusiasm and skills to community projects and causes.

"Community programs encourage engagement with the communities in which we interact, recognising our accountability for what we take, create and leave behind."



Changing the lights at Rehab Centre

Gal Power!

Community Day is now a well established and much anticipated annual program, encouraging employees to participate in community activities where they can personally make a difference. Since 1996, Lend Lease employees have contributed over 400,000 volunteer hours across thousands of community projects around the world on Community Day. Community Day projects encompass a wide range of volunteer activities where employees can personally make a difference by contributing their time, energy, enthusiasm and skills.



A token of appreciation to CEO of Lend Lease Investment Management, Mr Ooi Eng-Peng

This is Lend Lease's 13th consecutive Community Day, and since the initiative began in 1996, employees have volunteered over 400,000 hours. On 25 September, a group of 30 staff volunteers visited the Association, armed with cleaning tools and equipment. In addition to helping clean up the premise, Lend Lease staff also provided our Rehab clients with buffet lunch and a Magic show.

Below is a testimonial from a Lend Lease volunteer, Erin Wong:

"I have participated in Lend Lease Community Day charity activities for more than 10 years since I joined the company. I feel very proud to be part of an organisation that strongly encourages and supports staff volunteerism. I took up the role as a co-team leader to organise the Community Day at Handicaps Welfare Association, because I believe it is a very worthwhile project.

From my experience organising this event, I have experienced the true meaning of:

Collaboration – I am impressed that all the volunteers put their talents and skills into good work. Some of my colleagues who are electrical engineers, changed the tube lighting on the high ceiling. Some did painting, gardening, cleaning the fans, windows and scrubbing the floor.

Team Work – "We are one." Many colleagues who have finished their assigned tasks also offer helping hands to

other smaller groups so that the whole team can finish the tasks together.

Safety first – Our safety officer briefed us on the dos and don'ts of the assignment. This briefing is meaningful as it reminds us not to take safety for granted. Even the simple role of how-to-hold the ladder is just as important as fixing the electrical wires.

Celebration – The team celebrates over fine desserts at the nearby Whampoa hawker centre after a labour intensive workout at HWA.

Lead by example – Our CEO of Lend Lease Investment Management came rolling up his sleeves and sweeping the lawn under the hot sun.

I understand some of our sub-contractors also took this opportunity to sponsor labour and materials to change the entire ceiling board of the staff office and other damaged ceiling boards of the building. Keep up the great work, HWA!"

Singapore Polytechnic Students Leave Their MARK

Four Interior Design students from Singapore Polytechnic put their artistic skills to good use when they offered to paint HWA's new office block on 23rd July. Armed with brushes and few pints of white paint, the students ignored the glaring sun and managed to finish painting the entire block within a day.

We say our thanks to Ms Maureen Png, Mr Joe Gan, Mr Kevin Kuah and Ms Caryn Quah.

"Last year during the CNY, I was decorating HWA with other classmates. This was how I got to know about HWA. I like this place and so, I am back again this year to help out." –Ms Maureen Png



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 and above
- A passion to help people with disabilities

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

Ghost In The Ward?

Contributed By: HWA Member, Rahim Abdul

I've been hospitalised for umpteen times. I was always warded longer than a week at a period. The longest time I ever stayed in a hospital was three solid months. Now, twenty years after my first hospitalisation experience, I'm still in and out of the hospital for further treatment and for many other complications.



When friends, colleagues, neighbours and relatives came to visit me, they used to ask the same question, which is. "Did you encounter any ghost?" Why do people like to pop this question? I just don't understand. Maybe, they feel jealous that there are a lot of beautiful nurses to look after me. This could also be a reverse psychology to make me heal faster and be discharged from the hospital.

Twenty years ago, I was warded in Tan Tock Seng Hospital, for the first time in my life. It was a major operation but fortunately, the operation was successful. A week later I was transferred to a Rehabilitation Ward for recuperating and therapy. This ward was situated a distance away from the main building. The isolated old building was well known to be 'dirty', I was informed. A lot of stories were being told about how haunted the ward was. Surrounded by many tall trees, the place felt even more eerie.

During World War Two, the ward was used by the British Army as a hospital. In those days the ward was well known to be very noisy with screams and groans of patients in pain. A lot of people had died in this ward. Later, it was used to quarantine TB patients, and many of them have also died.

One evening, my brother-in-law came to visit me at the Rehabilitation Ward.

"Aren't you afraid staying here?" He asked without even thinking if his question would be upsetting.

"What is there to be afraid off?" I asked him, pretending that I do not know what he was talking about.

"Ghost! This ward is haunted you know?" He said, almost whispering. He was careful enough, so as not to cause an alarm to the other patients.

".Shh! There are so many other patients around so there is nothing to worry about." My sister interrupted, trying to end the subject.

"I can't even walk, what more run, I don't think any ghost would be interested in me." I said jokingly. Well! He was not the only one who had asked me that question.

Ever since that day, whenever the same question pops up, I will always tell people that ghosts are not interested in me. Sometimes I would add that ghosts like to chase people who can run. To be honest, I have never seen any ghosts before.

I believe people should observe good etiquette when visiting a patient in ward. Don't bring too many foods. Patients sometimes have to 'fast' before an operation. Say something nice. Smile and be happy so as to give the patient a positive attitude. You are not there to mourn for them right? Make the patient happy. Do not remind them of sad things or ghost stories.

Actually, your presence there is already being appreciated.

Do You Have a Story

to Tell?

We are calling out to all HWA members for article contributions to Digest. If your article is published in the Digest, you will receive an incentive of \$40 per article.

Here's what you have to do:

1. Write an original article* of about 800 to 1000 words, either in English or Chinese. You can choose the topic of your article. For example, you can write about your holiday or life experiences, but your article has to be original and never-before published.
2. Send your article to us by email (editor@hwa.org.sg). Please include in your subject heading, "Article Contribution".
3. Watch out for the next issue of Digest! If your article is published, we will contact you shortly for payment.

It's that easy. So start writing now!

* Your story/article should contain no false or unwarranted claims for any product or service and contain no defamatory statements. It should also not infringe the copyright or other right of any person. Published articles will become HWA's property (for both print and/or electronic media) upon payment. You will keep HWA indemnified against all claims, actions, suits, demands, losses, costs and expenses in respect of the printed matter.

你有故事要与人

分享吗?

我们诚邀所有残疾人士福利协会的会员们为本刊贡献文章。如果你的文章在文摘中出版,你将收到\$40的稿费。

以下是具体步骤:

1. 写一个大约800到1000个字的文章,英文或华文都可以。你可以选择你的文章的主题。举例来说,你能写有关你的假日或者生活经验的故事,但是你的文章必须是真实的并且以前从未出版过。
2. 可以用电子邮件(editor@hwa.org.sg)发送你的文章给我们。请在邮件名称中标明“文章贡献”。
3. 留意下一期文摘的出版! 如果你的文章被刊登,我们将很快地联络你并且支付稿费。

就是那么容易。现在就开始写作吧!

* 你的故事/文章不应该包含针对任何的产品或者服务的错误的或者无根据的要求,而且没有包含破坏名誉的陈述。它也应该不破坏版权或任何人的其他权利。付款之后,出版文章版权将归残疾人士福利协会所有(印刷品及/或电子媒体)。如果违反以上规定,你必须赔偿残疾人士福利协会有关该出版物的所有主张,行动,诉讼,要求,损失、费用和开销。

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 **1 December 2008**. 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, July-September issue?

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



Congratulations!

These are the Winners of the "Spot The Difference" contest, July-September

Tan Pow Fong

Membership no: 1198T

Irene Chua Ah Lin

Membership no: 2070C

Chang Phan Yong Henry

Membership no: 1703 C

Each of the Winners will receive a cash prize of \$20.

Flowers For You?

Some 29 members were treated to blooming displays at the Singapore Garden Festival, held from 25 July to 1 August 2008. On the first and last day of the exhibition, National Parks Board (NParks) invited HWA members to view the award-winning creations at Suntec Convention Centre.

Friendly tour guides were on hand to introduce the various garden and floral designs to members. NParks also sent their volunteers to assist our members and made sure the entire journey was pleasant and enjoyable.

Like bees attracted to honey, our members were mesmerized and couldn't resist posing for pictures with the colourful array of flowers!

Lunch was also a lovely affair in a beautiful pavilion decorated with soft, white silky fabric.

With their stomachs filled, members were ready to do some shopping at level 4, where participating agencies and retailers staged their booths. One member, Madam Manjit Kaur had so much to shop for, she even forgot departure time, and had to be given several final calls before she met up



It's lunch time!

with the rest of the group. That's how much our members enjoyed the trip.

We are all looking forward to the next Singapore Garden Festival, for its bigger and brighter blooms, and the great shopping experience- at least for Madam Manjit Kaur.

Ms Chin Li Li, a staff from NParks who volunteered to assist our members, speaks to us about her experience: "1st Aug 2008, Friday, at The Singapore Garden Festival, Suntec City Convention Centre. This is the 2nd outing to The Singapore Garden Festival 2008 exhibition and it's my 1st experience with members of HWA.

It was not a big group and most of the members turned up with their family members at the Festival which, to me, was very heart warming.



Our friendly tour guide leads the way



Members with Nparks volunteers

Can't resist posing for a picture

I think people with physical disabilities are not so much different from us, definitely not their spirit. I also found out that the members I guided are an adventurous lot. They go to different places on

their own. And they also talked about challenging the 'Southern Ridges'. I hope NParks would organise a trip to the Southern Ridges so that we can bring them there."

About Singapore Garden Festival

After a successful inaugural run in 2006 with over 200,000 visitors, the Singapore Garden Festival returned on 25 July – 1 August 2008. This biennial garden and floral extravaganza transformed Suntec Singapore into a floral fiesta with a wide array of displays, events and activities.

The Singapore Garden Festival is the only garden show in the world to gather international and local award-winning garden and floral designers to showcase their garden and floral creations under one roof.

The Festival took close to 18 months to organise and involved a community of over 500 volunteers. Over 200,000 plants from Singapore and around the world were brought into Suntec Convention Centre to create the dazzling garden and floral masterpieces.

Reference source: : www.singaporegardenfestival.com

Happy Worker

Mr John Yeo



Many wheelchair users Mr John Yeo's age would be cooped up at home, either watching television, or waiting for a care-giver to feed the next meal. This is not the case for John, who is in his early fifties and is actively employed. He works at Siemens IT Solutions and Services call centre, providing global technical support to Siemens customers. John relies on a wheelchair to move around, after a car accident in the mid 90s left him with a spinal cord injury.

After joining Handicaps Welfare Association (HWA), John did his rehabilitation at HWA Rehab Centre. He even drove a normal car during the first few years after his accident. But several near-accident cases on the road led John to change to driving a modified car with assistive devices that are meant for people with disabilities.

One would expect to meet a sullen-faced worker, waiting for the next pay cheque to feed the family, but John wears a jovial expression. Somehow, he exudes a cheerful personality that probes one to dig deeper.

John spots a turquoise-yellow Swatch watch on his left wrist.

He relies on his colourful time-piece to be punctual for work, which starts at 8 am if he is scheduled for the morning shift. For the past 7 months, he drives to work from Sin Ming Drive, where he stays with his family, to his workplace at MacPherson Road. He gets to park at the "premium" lot- a lot for the handicapped that is located just beside the lift lobby. (There are a total of 3 car park lots for the physically disabled in basement, which are designated for Siemens employees.)

"Even my CEO doesn't get the premium lot, he parks beside me so he only gets the second best lot," John quips.

The sheltered car park at the basement saves John a lot of hassle during rainy days. That is probably just one of the many reasons why John enjoys his work at Siemens. His office is on the 10th floor, but it poses no problem for him. All the lifts in the building are spacious and able to accommodate a person on wheelchair. The passageways in his office are clutter-free and wide enough for John to maneuver about with ease. There is even a toilet cubicle for the handicapped within the office on every level.

On his opinion about the working environment, John is quick to reply.



Lift for the Handicapped



Toilet for the Handicapped

“Excellent! The toilet is as good as a hotel’s, and I have no problems with accessibility at all.”

Even when John needs a cup of tea from the pantry, it is a breeze for him since the pantry adopts an open-concept design, with ample space for John to move around. But there is really no need for him to visit the pantry if he needs a drink.

“The pantry lady is very nice, she always asks if I need a drink and she will offer to get it for me,” John says.

It is no wonder John keeps his smile throughout the interview. What more can someone ask for in a job like John’s, with excellent facilities and friendly colleagues.

“I really enjoy working here, and I get to meet people from different nationalities since this is a regional call centre.” John speaks with enthusiasm.

From a wheelchair user’s point of view, finding a job is no easy task. Finding a job with the right facilities and good working environment is like searching for a needle in a haystack. John goes on to explain that he found this job through an employment agency.

“I told them (employment agency) to inform Siemens I’m a wheelchair user as I have had bad experiences before, where I got rejected by

employers when I turn up for interviews in a wheelchair.”

“I’m glad that Siemens agreed to grant me an interview even though they knew I was a wheelchair user,” he adds.

But in the end, it was his relevant knowledge in the field and pleasant personality that secured John this job. John holds a Diploma in Mechanical Engineering, and he used to work in the contracting line, dealing with centralised air-conditioning.

“John’s disabilities did not deter us from hiring him. What is important is his willingness to pick up new skill sets. We treat John just like the other service desk agents, and we expect him to demonstrate the same level of performance like his colleagues as we believe his impairment does not prevent him from doing the same job as what the rest is doing,” Head of Service Desk, Dr. Christoph Fink comments.

“Dr. Christoph Fink is a nice person to work for and he treats me the same way he treats my colleagues. I do not get preferential treatment. If I make any mistakes, I get the same punishments.” John says in a matter-of-fact manner.

When asked for words of encouragement to people with disabilities who are currently searching for jobs, John generously dispenses his advice: “First of all, it is very important to have a positive attitude. Employers do not only look at your capability, they also need to know that you are interested and keen in the job. You must be confident of yourself, that you are able to overcome any problems that you may face at work, despite your disabilities. Last, do not be choosy. Learn to adapt to the working environment as not every company has facilities catered for people with disabilities.”

Wise words indeed.

乐观的上班族

Mr John Yeo



很多的轮椅使用者来到John (人名音译) 这把年纪都把自己禁锢在家, 除了观赏电视节目, 就是等待看护者来喂食下一餐。而这个绝不是John的情形, John虽已五十初岁, 确是活跃的受雇者。他在西门子IT解决方案和服务集团的客户服务中心上班, 为全球客户提供技术支援及电子产业科技的解决方案。John在九十年代中的一场交通意外, 不幸脊椎神经受伤后就依靠轮椅代步。

在加入残疾人士福利协会之后, John到协会所设的康复中心作复健治疗。在他车祸后的几年, 他还一如往常驾着一般的车子, 由于几次差点发生车祸, 他决定换成适合残障人士驾驶的改良车子。

原本以为会员都是紧绷着脸的, 背负着领薪水养家的压力, 然而令我大跌眼镜的是John挂着愉快的表情接受访谈。不知怎的, 他散发出开朗的个性, 让人想要了解他多一点。

John的左腕带着手表很显眼是蓝绿带黄的Swatch手表。他依赖着这色彩鲜艳的表让他能在早上准时上班。在过去的七个月, 他从住家新民通道驾车到麦波申路上班, 而他有专属残障人士的停车位就在电梯旁。(西门子有限公司总共在地下停车场设有三个残障人士的停车位)

John嘲讽的说, 就算是总裁也不能有优先权, 他也要将车停在我的隔壁停车位。

这个设在地下室的有盖停车场, 让John在雨天时也能省下很多麻烦, 通行无阻。这也许是其中一个原因让John热衷在西门子的的工作。John的办公室在十楼, 但对他来说一点问题都没有, 因为西门子大楼里的电梯都很宽敞, 给予轮椅使用者很大的方便。通往办公室的走廊宽敞无比, 可以容易地抵达办公室。大楼里的每一层楼都设有残障人士专用洗手间。

问到他对工作环境的看法, 他不假思索的回答, “太棒了! 洗手间的设备可以媲美酒店的, 我到哪里都没问题。”

即使John需要到餐饮室倒一杯茶也是轻而易举



的事，由于餐饮室采用开放式设计格局，有足够的空间让John进出。然而John说他甚少到餐饮室，因为负责餐饮室的同事很热心，每次当他有需要时，都会为他服务把饮料送进他的办公桌面。

毋庸置疑地，为何John从头到尾都带着笑容接受访谈。很少人能像John这么幸运找到一份好工作，又有极佳的工作环境和亲切的同事。

John满怀热忱的说“我真的热爱我的工作，这里是区域传呼中心因此有机会认识来自不同国家的人。”

站在轮椅使用者的角度，要找到一份工作并不是那么容易。更何况要找到一份工作，又有好的工作环境和设备，有如海底捞针般的困难。John继续解释，他如何透过职业介绍所找到这份工作。“我告诉职业介绍所要坦白通知西门子有限公司我是轮椅使用者，因为我曾经有过一次不好的经验，当我要去面试工作时，雇主因我是轮椅使用者而拒绝面试我。”

“我很高兴西门子虽知道我是轮椅使用者，还答应给我机会面试。”

但最后，John凭着自己对工作所具有的相关知识还有开朗的个性而拥有这份工作。他拥有机械工程的专业文凭，曾经在承包处理中央空调系统的公司待过。

西门子IT解决方案和服务集团的客户服务中心主管，Dr. Christoph Fink 评论说“我们不因John本身的残障而拒绝聘用他，重要的是他保持积极态度愿意接受新技术，我们期待他像其他同事一样有同样水平的表现因为我们相信他不会因本身的损伤而影响他的工作表现。”

其实John觉得Dr. Christoph Fink 是值得与他共事的上司，他待人皆一视同仁，他对John绝不会有任何特别对待，即使做错也一样要受罚。

当问及John有任何鼓励的话要告诉正在寻找工作的会员，他毫不吝啬地发表他的意见：“首先，怀着积极态度是重要的。雇主不止注重你的能力，他们更想知道你对工作的热忱。不管自身的残疾，对自己建立自信心，培养能力克服工作上面对的困难。最后，别太挑剔，学习适应工作环境，不是所有公司都设有为残障人士所使用的设备。”的确是至理名言。

CurL – Mosaic Making with NTU

Organiser: Nanyang Technological University Welfare Services Club (WSC)

Event partner: National Parks Board

Date: 3 August 2008

Venue: HortPark

Time: 9 am to 5 pm

What's it about: CurL, which stands for "Challenge Ur Limits" is an annual community project that aims to promote understanding and interaction between the less fortunate and the rest of the community through fun and exciting activities. Now into its sixth year of serving the community, CurL'08 involved the construction of a large mosaic mural by some 300 participants, both beneficiaries and volunteers, at the newly-opened HortPark. HWA members spent 8 hours gluing and piecing small pieces of glass and ceramic tiles to wooden boards. Dr Vivian Balakrishnan, Minister for Community Development, Youth and Sports unveiled the completed artwork on 31 August 2008. The mosaic mural, measuring approximately 3.5m by 8m, is now on display at HortPark.



National Day Lunch for Members

Organiser: Siglap South Indian Committee

Date: 16 August 2008

Venue: Siglap South Community Centre

Time: 10.30 am to 2 pm

What's it about: Some 29 HWA members were entertained with songs, dance and a buffet lunch, courtesy of our friends from Siglap South Indian Committee. Definitely a great way to celebrate our Nation's 43rd Birthday!



Picnic at East Coast Park



Organiser: YMCA

Date: 23 August 2008

Venue: East Coast Park

Time: 9 am to 12 noon

What's it about: What is a picnic without food??? Our members enjoyed a day out with good food and lovely sea breeze, thanks to a cooperative weather! (PS: We heard it rained after members and volunteers from YMCA had their fill and left...)

CUGE Green Thumbs 2008

Organiser: National Parks Board

Date: 13 September 2008

Venue: East Coast Park

Time: 9 am to 12 noon

What's it about: The Centre for Urban Greenery and Ecology (CUGE) Green Thumbs 2008 saw people from the Landscape Workforce participate in a series of 10 Skills Championships. Our very own HWA member, Ms Angie Oh, who is also the Winner of Infineon Inspiration Award 2007, competed in the "Best Floral Arranger" Category.



Cultural Show with SOKA Association

Organiser: SOKA Association

Date: 14 September 2008

Venue: SOKA Association

Time: 1 pm to 3.30 pm

What's it about: HWA members were treated to an afternoon of cultural performance and lunch by the SOKA Association. Theme of the day was "Your Happiness Is My Business".

Dancing on a Different Platform

They came, they sashayed, they danced, and they amazed the strong crowd of 200,000 at Marina Bay.

To celebrate our Nation's 43rd birthday, a group of 40 Dancers from D'Passion practised their routine for almost 9 months, just to dazzle the crowd at this year's National Day Parade (NDP).

And dazzle the crowd they did. For almost 5 minutes, the spectators were treated to a lovely performance by a group of dancers who were dancing on a different kind of platform, literally. No, we are not talking about the Marina Bay floating platform, but wheelchairs.

With their silky purple-pink costumes and glittery hairdo, the Wheelchair Dancers swayed to the melody of the Combined Schools Choir. We speak to Madam Julia Pang, who was one of the Wheelchair Dancers at the NDP, and get her to tell us her experience.

Can you tell us more about the performance day?

"As we were waiting backstage for our turn, I was very excited and thrilled. When the curtains finally lifted, we all rushed out to take our positions. It was a wonderful feeling.

We have been practicing since January this year, every weekend at Kampung Ubi Community Centre, all for this moment.

This is the first time that wheelchair dancing is performed at National Day Parade. It was a very



LIAN HE ZAO BAO
14 JULY 2008

special experience for all of us. We had a chance to put on high-heels, jewellery, nice costumes with complementary hairdos and make-up. It was like a make-over for me! "

Were there any special heart-warming moments?

"When the parade ended, the departing crowd approached many of us for photo-taking. They also thanked us for a wonderful performance, and said that they were proud of us for a job well done. It was a good feeling to be appreciated."

How did you pick up Wheelchair Dancing?

"I started Wheelchair Dancing about 6 years ago, at Handicaps Welfare Association. I like it as I can make more friends and also grow stronger physically since it is a form of exercise."

Any plans for NDP 2009?

"I'm definitely interested to perform again next year, if the opportunity arises!"

New Face on the Block



Name: Tan Soon What

Designation: HWA Driver

Date of joining HWA: 1 August 2008

Background:

Electric and Plumbing Contractor, and Driver at Society for the Physically Disabled

Personal goal: To Strike 4D and Toto, then tour the world!

Likes: Watching TV

Favourite food: Nothing in particular, anything goes for me



"I hope to work happily with the other Drivers in HWA."



"I'm happy to know that my colleagues are kind and friendly towards people with disabilities."

Name: Sam Teo Ming Choon

Designation:

Assistant Operations Executive (Transport)

Date of joining HWA: 1 Aug 2008

Background: Sam was a technician for the past few years, before he joined HWA as one of our drivers.

Personal goal: To live a happy and healthy life!

Likes: Jogging and watching movies

Favourite food: Chicken Rice



Name: Lee Yuan Ping

Designation: Accounts Assistant

Date of joining HWA: 19 August 2008

Background:

I used to work as Data Entry Operator, Quality Control Operator and Administrative Assistant

Personal goal: My goal is to complete all the marathons that are held in Singapore

Likes: Chatting online and hanging out with friends, movies, bowling and wheelchair tennis

Favourite food: I like all kinds of food except seafood

Goodbye seems to be the hardest word



We are sad to bid goodbye to our dedicated Occupational Therapist, Mr Lee Teck Hock, who has decided to leave the Association in September 2008.

No doubt, his "Energizer Bunny" spirit will be sorely missed in HWA, but all colleagues at HWA wish him the best in his future endeavors.

Staff at HWA say...

"I'm sad to lose a helpful and creative colleague like Mr Lee." – Victor Koh

"Thanks a million for guiding me through my early days at the Association. You have been a great advisor to a greenhorn like me!" – Pamela Chew

HWA receives Meritorious Defence Partner Award

As recognition of HWA's contribution towards National Defence, the Association was awarded the Meritorious Defence Partner Award. Executive Director, Mr Leslie Teo attended the Total Defence Awards Presentation Ceremony 2008 on 30 July, at the Pan Pacific Hotel. He received the award from Minister of State for Defence, Associate Professor Koo Tsai Kee, on behalf on HWA.

The Total Defence Awards (previously known as the SAF Awards for Employers and the Total Defence Awards for Civil Resource Owners) recognises the vital role employers and civil resource (CR) owners play in Total Defence. This year, a total of 244 companies were honoured for their outstanding contributions to Total Defence.



Mr Leslie Teo (Left) receives award from Associate Professor Mr Koo Tsai Kee (Right)

Abilities Roadshow 2008

The Disability Information and Referral Centre (DIRC) invited 24 Volunteer Welfare Organisations to the Abilities Roadshow 2008, held on Sunday 20 July, at National Library Board The Plaza (Bugis).

HWA was one of the participants of this event which celebrates the abilities of people with disabilities. This half-day event also aims to create awareness on disability services available for people with disabilities and their caregivers.

Guest-of-Honour Dr Vivian Balakrishnan, Minister for Community Development, Youth and Sports toured the exhibition booths and made a short stop at HWA booth.

Ms Kyi Kyi Ohn, HWA's Physiotherapist, went on stage to receive a plaque from Ms Ang Bee Lian, Chief Executive Officer of National Council of Social Service, as a token of appreciation to partners of this meaningful event.



Dr Vivian Balakrishnan (centre) visits HWA booth



Ms Ang Bee Lian (left) present token of appreciation to Ms Kyi Kyi Ohn (right)

A Nation In Concert 2008

A celebration of life, diversity and empowerment

Victoria Theatre
 11 Oct, Sat 7:30pm
 12 Oct, Sun 3pm & 7:30pm



After 2 successful runs in 2005 and 2006, ANIC returns in 2008 with a brand-new show penned by Desmond Sim and directed by Jonathan Lim.

In the tale of three headstrong sea creatures who are stigmatized as footers that no sea creature with fins would want them to be near, Priscilla the Prawn (Chermaine Ang), Cornelius the Crab (Pierre Goh), and Shelby the Sea Snail (Darius Tan) show how they struggle to be accepted in the sea society. They have been offered a job by Madam Mantha (Timothy Nga) as performers in the club. But the conflict rolls up when Petula Pufferfish (Tony Quek) revokes them the job.

Watch the drama unfolds as over a hundred differently-abled volunteers perform alongside volunteer-theatre artistes in this joyful and yet, heartfelt musical-concert inspired by a true story.

Net proceeds will be channeled to all participating charities — SADeaf, HWA, APSN & SAVH.

An exuberant, visually exciting, must-see for all ages!



I'm totally bowled over very heartwarming!
 - Fistri

Buy your tickets early to enjoy promotional offers at various retail and F&B outlets

Tickets available at SISTIC outlets from 11 Aug 08, Hotline 63485555, or www.sistic.com.sg

www.anationinconcert.com

The new ASK (Answers, Solutions, Knowledge) section

Do you have a query you would like answered? We can help to put you on the right track. For the next 2 issues of Digest, we invite our Medical Advisor Dr Siow Woei Yun to give her opinion on your medical questions.



Write to us at Handicaps Welfare Association, 16 Whampoa Drive, Singapore 327725 or email at pamela.chew@hwa.org.sg

Please have "Handicaps Digest – ASK Section" as your subject heading and include your full name, address, NRIC and contact number.

Dr. Siow Woei Yun is an Assistant Professor, Yong Loo Lin School of Medicine, National University of Singapore and a Consultant, Department of Urology,

National University Hospital. She currently practises at the NUH Urology center and also at the Pelvic Floor Centre.

The ASK section provides general advice only. We reserve the right to list questions for publication at our discretion.



Dr Siow Woei Yun

Inspirar members

Cycle of Dreams 2008

Date : 12th July 2008

Time : 3pm-8pm

Venue : Marine Cove (ECP)



A Race To Raise Awareness



Singapore Management University students hope to introduce handcycling as a recreational and competitive sport through "Cycle of Dreams 2008"

'Everyone can be involved in handcycling.' This is the message a group of students from Singapore Management University (SMU) hopes to spread. The vision of their community service group, 'Inspirar (Spanish for 'inspire'), is to support the Handcycling Association Singapore (HAS), a new beneficiary through this handcycling event. The group hopes to break down the perception that handcycling is a sport reserved only for the disabled and extend this sport as a recreational, rehabilitative and competitive sport for all.

Inspirar held its inaugural cycling event at East Coast Park on 12 July 2008 (Saturday), from 4.30 pm to 8.00 pm. An 18-km cycling stretch starting

from East Coast Parkway Marine Cove and extending towards the National Sailing Centre was lined with student volunteers from SMU and Simei ITE. Acting as road marshals and bicycle facilitators, they paved the way for an entourage of hand-cyclists, with Mr Foo Fung-liang, President of HAS leading the way.

Gracing the event was Ms Nancy Chia, President of Handicaps Welfare Association (HWA) who flagged off the cycling marathon. And as part of the exciting performance line-up, the public caught Project SuperStar 2007 finalist Nathaniel Tan on stage in action.

Inspirar was formed in September 2007 by a group

HAS members with President of HAS,
Mr Foo Fung Liang (centre)



Ms Nancy Chia (right) at flag off

of Year 2 students from SMU to organise events that would create greater awareness about handcycling; both as a sport and a form of rehabilitative therapy. The planning process began as early as October 2007, and this project is part of SMU's holistic curriculum in which all students have to complete 80 hours of community service.

The !nspirar team also assisted the HAS in gaining their non-governmental organisation (NGO) status. For project sustainability, the group is committed to a three-year tie-up with the HAS to help them establish a positive presence in Singapore.

In addition, !nspirar's project is part of SHINE 2008, a project by the National Youth Council (NYC) and the Ministry of Community Development, Youth and Sports (MCYS). SHINE events are organised by youths, giving them opportunities to showcase their skills and talents for the community during the month-long youth festival. On 28 June 2008, !nspirar was at Parco Bugis

Junction as part of the SHINE festival showcase. The two handbicycles at their booth drew a crowd, including Mr Teo Ser Luck, Senior Parliamentary Secretary, Ministry of Community Development, Youth and Sports & Ministry of Transport, who tried the handbicycles.

"In addition to the opportunity to celebrate the ability of people with disabilities, the hardwork that the organising committee has put in and the teamwork forged between the students from Simei ITE and SMU will be the foundation of the event's success," says second year Business Management student Andre Loh Jie Wen who is Chairman of !nspirar.

!nspirar intends to hold annual cycling events over the next three years for the handcyclists, in addition to various other efforts aimed at boosting the sport's presence in Singapore. Their ultimate aim is to support the handcyclists' goal of representing Singapore in future Paralympics.

In the News

LIAN HE WAN BAO

13 SEPTEMBER 2008

家婆逝世 丈夫中风

妇女卖屋养家 遭假医生骗钱



林道金和吴雅家结婚21年，相敬如宾。

吴绍君 报道
scgoh@sph.com.sg

家婆逝世百日，丈夫中风瘫痪。

儿女祸不单行，家婆病逝向亲友东拼西凑借钱办丧事，出殓还不到百日，丈夫突然在家里晕倒，被送入医院急救，脑血管爆裂中风。妇女被迫卖屋养家，还被冒牌医师卷走9000元。

妇女吴雅家（52岁）与丈夫林道金（53岁），育有3个子女。丈夫中风半边的身体不能移动，她扛起养一家五口的重担，卖掉4房式的组屋，借钱打工。

她说：“那时家婆逝世不久，我们的家境不好，家婆的后事也是跟亲友借钱办的。”

她记得6年前的下午，在咖啡店泡咖啡的老公，准备上班，正要冲凉时突然倒下。

他在医院加护病房昏迷了3天3夜，医生说

照顾他的起居饮食。丈夫中风后，吴雅家



的脑血管爆裂，存活的几率只有5%。他与死神周旋了10天后，侥幸逃过鬼门关，却半边身体瘫痪。

吴女士说：“他完全无法表达自己，身体没知觉，喂他吃一小碗粥就像喂婴儿一样，至少也要1小时。”

自中风后，丈夫的性情大变，动辄就与她吵架。但她始终对结婚21年的丈夫，不离不弃地守候着，咬紧牙根撑下去。

她没有放弃，到处寻访名医，希望奇迹出现。

她遇见一名自称是“神医”的男子，表示能把她的丈夫医好。她信以为真，遂一向12个兄弟姐妹借钱，筹足9000元的医药费，替丈夫进行针

灸。可是，丈夫的病情一点起色都没有。

“后来我从新闻报道中，发现这名‘神医’原

来是冒牌医师，持父亲的执照行医，才发现自己上当。”

福利协会援助 改善妇女生活

人间有温情，福利协会雪中送炭，减轻妇女的生活重担。

吴雅家说，丈夫获得残疾人士福利协会的援助，不但在生活费上获得津贴，也在中心接受复健疗程，身体状况逐渐好转。

她欣慰地说，丈夫两个月前，已经能够独立到

协会进行复健。

今年底，残疾人士福利协会将会在裕廊坊购物中心开设新的一间复健中心，到时，住在文礼的林先生每月将可节省高达40元的交通费用，估计约有347名居住在西部的残疾人士会在计划下受惠。

S'PORE'S PARALYMPICS TEAM IN NUMBERS

1

Singapore is hoping for its first Paralympic medal of any colour. The Beijing Paralympics will be the 13th edition of the quadrennial meet, which began in 1960.

2

There could be two Paralympic medals – possibly gold even – from Singapore's two best local born-and-bred swimmers Theresa Goh and Yip Pin Xiu.

3

The number of Singapore athletes taking part in their first Paralympics (in Beijing from 6-17 Sep).

Laurentia Tan will make her Paralympic debut as an equestrian. Fellow newcomer and wheelchair racer Eric Ting will be the sole representative in athletics. This is also swimmer Yip Pin Xiu's first Paralympics.

6

From this Saturday, our Paralympic hopes rest on six participants. They will compete in athletics, swimming, sailing and equestrian events.

40

That's the percentage figure of funding the Singapore Disability Sports Council (SDSC) receives from the Singapore Sports Council (SSC). It has to raise the remaining 60 per cent on its own.

83

Add the word million to that number, and you get the population of disabled people in China. And that's just 6.34 per cent of its total population.

100,000

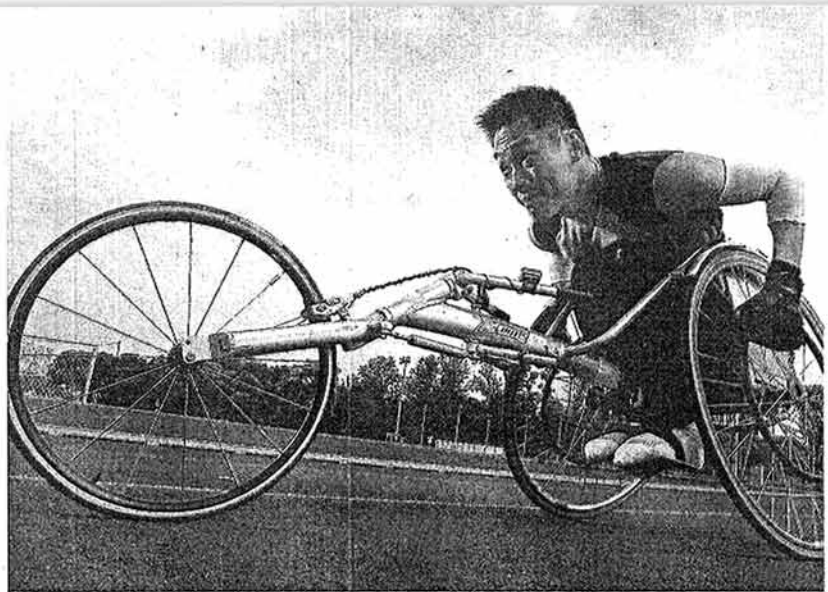
Singapore dollars please, thank you.

That's the carrot for an athlete who snags a Paralympics gold medal this year, offered by the Athlete Achievement Awards.

In contrast, an individual gold medal at the Olympics – which still hasn't been won by Singapore yet – is \$1 million.

An individual silver nets \$50,000 while a bronze is worth a bonus of \$25,000.

The New Paper has campaigned since last year through this Singapore at Large series, for better monetary recognition of world championship success (not just the major Games), and also its Paralympians. Some progress has been made since then, but the public can only decide after this Paralympics, if more should be done.



The S'pore Paralympic team

Athletics (Wheelchair Racing)

■ **Eric Ting Chee Keong**, 36, first Paralympics
Competing in: 400m T52 Wheelchair Race

Equestrian

■ **Laurentia Tan Yen-Yi**, 19, first Paralympics
Competing in:
1. Individual Test - Grade 1a, III, 1b
2. Individual Freestyle - Test Grade III, 1a, 1b

Sailing

■ **Jovin Tan Wei Qiang**, 22, second Paralympics
Previous results in Athens 2004: 14th out of 15 for SONAR class (entered on wild card)
Now competing in: Two-person Keelboat (SKUD18) with Desiree Lim Kok Liang (below)

■ **Desiree Lim Kok Liang**, 51, second Paralympics
Previous results in Athens 2004: 16th out of 16 for 2.4mR class (entered on wild card)

Now competing in: Two-person Keelboat (SKUD18)

Swimming

■ **Theresa Goh Rui Si**, 21, second Paralympics
Previous results in Athens 2004:
a) 5th out of 9 swimmers in 200m free (S5 category)
b) 6th out of 8 in 50m fly (S5)
c) 7th out of 10 in 50m back (S5)
d) 5th out of 11 in 100m breast (SB4)
e) 7th out of 11 in 100m free (S5)

Now competing in:
50m freestyle
100m freestyle
200m freestyle
100m breaststroke

■ **Yip Pin Xiu**, 16, first Paralympics
Competing in:
50m freestyle
50m backstroke



With Compliments From



Coselec Pte Ltd
Your One-Stop RFID Partner



Totally handsfree door access with reading distance of up to 8m



Contactless smartcard system for convenient door access



RFID electronic key management system



We Think Security
Coselec Pte Ltd
89C Geylang Road
Singapore 389203
Tel: 6741 5200 Fax: 6741 6200
Email: info@coselec.com.sg
Website: www.coselec.com.sg

With Compliments From



Cybertech Electronics (S) Pte Ltd



Motto: Serving Pure Indian Spicy & Quality Food

Mughals Hyderabad Biryani Restaurant Pte Ltd

#72, Race Course Road, Little India,
Singapore 218573.
Phone: 6297 1466, 6295 6375 Fax: 6294 1701
Email: mughals_hyderabadibiryani@yahoo.com
Website: www.hyderabadibiryani.com

Our branches

Hyderabad-Biryani @ Chander Road
#49, Chander Road, Little India,
Singapore 219547.
Phone: 6295 6374
Fax: 6295 6375

Hyderabad-Biryani @ Tampines
No 5, Tampines Central 6,
#01-22, Telepark
Singapore 529482.
Phone: 6260 2259
Fax: 6295 6375

Hyderabad-Biryani @ Stanley Street
#15, Stanley Street
Singapore 068734
Phone: 6423 0454
Fax: 6295 6375

Hyderabad-Biryani @ Simei
Banquet Hall, East Point Mall, Simei,
Singapore 529482.
Phone: 6260 2259
Fax: 6295 6375

With Compliments From



Tan Huan Arboriculture Services

155-14 Mandai Road

Singapore 779392

Tel: 64527682

Fax: 62824238

Email: tanhuan.treecutting@gmail.com

With Compliments From



THE ART OF MEE POK PTE LTD

No. 306, 308 Bedok Road,
Bedok Shopping Complex.
Singapore 469469

面薄 • KAYA TOAST • COFFEE

No. 1, Figaro Street,
Off Jalan Tua Kong
Singapore 458322

Business Hours:
7.30am -5.00pm
Closed on Monday

*With
Compliments
From*



**好棒食品
HAO BANG GENERAL
WHOLESALES TRADING**

Blk 925 #01-241
Yishun Central 1
Singapore 760925

Tel: 6775 1673

HP: 9456 0533 / 9835 7619

*With
Compliments
From*



**Hwa Seng Vegetable
Fruits Supplier**

Blk 11 Pasir Panjang Road
Wholesale Centre

#01-577

Singapore 110011

City Pet

We provide

- Pet's accessories & food
- Free home delivery
- (\$60 and above)*
- Grooming services
- Transportation of Pet
- Cremation of Pet

* Terms & conditions apply

33 Jalan Mas Puteh
Singapore 128634
(Off West Coast Road)
Tel: 6776 5338 / 6776 5004
Fax: 6776 5331



達成機械搬運私人有限公司

TAT SENG MACHINERY
MOVERS PTE LTD



Specialise in Machinery, Factory Movers
& Erectors Clearing & Forward agents
(Malaysia, China, Indonesia...)

專門搬機, 遷廠, 機器安裝,
出入口手續及貨運
(馬來西亞, 中國, 印尼...)

14 Defu Lane 9
Singapore 539225
Tel: 6287 0892 Fax: 6283 9288
Email: tatsen@singnet.com.sg

R波記 (成保巷停車場) 冷氣海鮮酒樓 Por Kee Eating House 1996 (Air-Con)

Main Branch: Blk 69 #01-02 Seng Poh Lane (Car Park) Singapore 160069

Branch: Blk 71 #01-35/37 Seng Poh Road Singapore 160071

订桌 Tel : 6221 0582
Tel/Fax : 6221 6778

每周七天营业 • 7 DAYS A WEEK

上午 11.30AM - 2.30PM 下午
傍晚 5.30PM - 12.30AM 凌晨

本酒楼提供10位用套餐9道佳肴
9 DISHES SET MENU FOR 10 PERSONS

泰式蒸鱼, 豆酥蒸鱼
香檳长骨, 贵妃骨
招牌豆腐, 蚬扒豆腐
红烧海参, 鲍片海中宝
云腿蒸生田鸡, 三宝生田鸡
奶油虾, 麦片虾
奶油蚬, 黑椒蚬
上汤焗生龙虾, 佛手飘香

DRAGON EXECUTIVE SPA

THE AMARA
165 TANJONG PAGAR ROAD,
AMARA SHOPPING CENTRE #04-15
SINGAPORE 088539

TEL: 62270733 FAX: 62272080

龍濱

- Therapeutic Massages
- Steam Bath & Sauna Facilities
- Hydro & Cold Pools
- Video Room with movies on demand
- Coffee Lounge with LCDs
- Complimentary drinks & snacks
- Wireless Internet
- Safe Deposit Boxes

*With
Compliments
From*

Mr Lee Tiong Lian

*With
Compliments
From*

Billy Tat Electrical

*With
Compliments
From*

**Nam Cheong
Pawnshop Pte Ltd**

287 South Bridge Road
Singapore 058835

Listing

HWA would also like to thank the following advertisers for their generous contributions:

1. Choo Hock Co.
2. Drummond Printing Pte Ltd
3. E L Chin Family Clinic & Surgery Pte Ltd
4. Ho Seng Teck Kee
5. Hup Yee Trading Structure Contruction
6. I-de Stationery Supplies
7. Kedai David
8. Mohamed Taifoor Motoring
9. Mr Tan Lay Chuan
10. Tak Po Jewellery
11. Mdm Tan Siew Poh



Help Us.

To Uplift the Lives of People with Disabilities

The Handicaps Welfare Association (HWA) was formed in Dec 1969. Since then, the Association has grown to over 1,700 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 37 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-exempt receipts 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

NATIONAL SKIN CENTRE
INFINEON TECHNOLOGIES ASIA PACIFIC PTE LTD
SINGAPORE PRECISION IND PTE LTD
KEPPEL FELS LIMITED

Donation of \$10, 000 and above

WEE AIK KOON PTE LTD
MAJOR JOHN LONG TRUST FUND
SINGAPORE TOTALISATOR BOARD
FORTIS BANK

Donation of \$5, 000 and above

THOMSON SHIN MIN FOUNDATION
TRIO TECH INTERNATIONAL PTE LTD
AVI-TECH ELECTRONICS LIMITED
HONG LEONG FOUNDATION
LEE FOUNDATION
BLUM & COMPANY PTE LTD
SUPERMEC PTE LTD
KUAN IM TNG TEMPLE (JOO CHIAT)

Donation of \$2, 000 and above

OCEAN HEALTHCARE (S) PTE LTD
M/S SF CONSULTING PTE LTD
ASSOCIATE PROFESSOR CHAN KUM WAH ROY
QIMONDA ASIA PACIFIC PTE LTD
ESA ELECTRONICS PTE LTD
LINTEC SINGAPORE PTE LTD
STAMFORD CATERING SERVICES
TUBULAR RESOURCES PTE LTD
SMRT CORPORATION LTD
NATIONAL PARKS BOARD
LEONG SIEW WENG ENGINEERING PTE LTD
H.I.M. HOLDINGS PTE LTD
BEAUTYLANE
WARTSILA SINGAPORE PTE LTD
JOSEPH YUVARAJ PILLAY
ALEXANDRA HOSPITAL
TEO HONG LIM



Our Mission

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