



# handicaps digest

A Publication of Handicaps Welfare Association

MICA (P) 022/01/2009

Oct - Dec 2009

## *GALA Concert* Raises Funds for HWA

See page 5



# DIAL-A-RIDE



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 operators 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 at 6254 3006.

Left picture: An assistive equipment called 'Stair-Crawl' to enable a person on wheelchair to negotiate flight of stairs without the need to be physically lifted.

## Call 6254 3006

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Oct-Dec 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

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### Dear Members, Volunteers, Donors and all Readers

My name is Michael Tan See Hai and I am the new Executive Director of HWA. It is indeed a privilege and honor to be given the opportunity to contribute to HWA

I have worked in the commercial sector for a number of years and recently was the Executive Director of a VWO in the disability sector. I enjoy working in the disability sector as it gives me a chance to work and share with people of different challenges. From this interaction, I am also able to learn from them.

Working together as a team at HWA, we hope to realise and fulfill the mission of our Association which is "To enhance the quality of life of people with physical challenges and integrate them into mainstream society."

To members of HWA, the staff and I will continue to persevere to provide quality and relevant services with empathy, compassion, sincerity and care.

Many thanks to our donors and volunteers for your support to HWA. We look forward to your continued support and kindness.

To NCSS and MCYS, we will continue to work with you in providing our services.

We would like to request members to provide us with their feedback so that we can take your concerns into considerations.

As the end of 2009 is approaching, we look forward to 2010 which will be a challenging year. We have lots of interesting programs and events awaiting us in 2010. So members, please keep a look out. Our journey may not be in calm waters, but we will make it together with the help from donors, members, volunteers, staff and organisations such as National Council of Social Services and Ministry of Community Development, Youth and Sports.

Thank you.

**Michael Tan**  
Executive Director

## 执行理事长前言

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亲爱的会员，志愿者，捐助者和所有的读者，

我的名字是Michael Tan See Hai，我是HWA新的执行理事长。我很荣幸有此机会于2009年11月2日加入HWA。

我曾经在商业领域工作了数年，也在一个和残疾人有关的志愿福利团体担任执行理事。我喜欢在残疾人领域工作，因为它给了我一个机会与面临各种挑战的人一起工作和分享。从这种互动中，我也能向他们学习。

通过每个工作人员相互合作，秉持团队精神，我们希望实现并达成本协会之宗旨，即“提高体障人士的生活品质并助他们融入主流社会”。

我们的工作人员和我自己会继续带着同理，同情，真诚和关爱之心，竭尽所能为HWA的会员提供优质的相关服务。

非常感谢我们的捐助者和志愿者对HWA及其会员的支持。我们期待着您的继续支持和厚爱。

我们也将继续与国家社会服务理事会 (NCSS) 和社区发展青年及体育部 (MCYS) 紧密合作提供服务。

我们想请各位会员提供他们的意见，以便我们可以考虑您的关注。

随着2009年即将结束，我们期待着2010年，这将是一个充满挑战的一年。我们有很多有趣的项目和活动将在2010年等待着您。会员们请密切留意。我们的旅程可能不是风平浪静，但是在您，以及工作人员，志愿者，捐助者和社会服务局和青年及体育部的帮助下，我们将一定会成功！

谢谢！

**Michael Tan**

## Executive Committee

2009/2011

### President

Nancy Chia

### Vice President

Desiree Lim Kok Liang

### Honorary Secretary

Judy Tan Keng Ngoh

### Honorary Assistant Secretary

Chua Kian Sheng

### Honorary Treasurer

Teo Teck Soon

### Honorary Assistant Treasurer

Freddy Lim Kah Chin

### Committee Members

Wendy Lau Wong Hing  
Michelle Siew Teok See  
Loh Kien Hoe, Simon  
Yong Chee Seng, Henry  
Lim Choon Heng, Simon  
Edmund Wan

## New Members

HWA welcomes the following new members into its family:

### Ordinary Members

- Shazlina Binte Kamarshah
- Hanis Bin Muntari
- Tang Siew Heok
- Mohd Hisa Bin S Ahmad
- See Toh Pheng
- See Toh Siew Kee
- Yong Seet Hing
- Hay Yong Kiang
- Lim Chiang
- Ahmad Bin Ali
- Lim Yen Chen Joanne
- Ng Wai Meng
- Ong Wee Kim
- Low June Hong
- Yeo Kwok Chian Aaron
- MD Shariff Abdullah @ Peters Christopher
- Lock Tiam Yin
- Lim Huat Tuan
- Tan Meng Jong
- Teo Yong Seng
- Khoo Choon Seng
- Ong Lily

### Associate Member

- Yuria Tanton

## Obituary

With Deepest Sympathy and Heartfelt Condolences to the Families of:

- Salmah Bte Mohd Yunos
- Koh Keng Boon
- Lim Soon Peng
- Yeo Chor Hoon
- Tan Hiok Seng
- Mohammad Zaki Bin Jurani

# *The Next Lap*

by Ms Nancy Chia, President, HWA

The year 2009 holds a special meaning for us at the Handicaps Welfare Association (HWA), as we celebrated the 40<sup>th</sup> Anniversary with bands of activities.

For the past 40 years, the Association has quite successfully taken on challenges in providing needed services especially since its humble beginning to what it is today! From merely social gathering activities to its current well developed and innovative services and projects to meet the increasing needs of its members and disabled members of the public.

Though the milestones of the journey throughout the 40 years reflected many of its achievements, HWA did face a deficit problem and staff turnover etc. Fortunately, we have a group of dedicated Executive members, staff and members that

helped tied over the difficult time and things gradually got better.

Early this year, we have launched a new Rehabilitation and Training Centre in Jurong Point to serve the disabled people in the west region. We also had organised a few more fund-raising activities such as Charity Dinner and Gala Concert that helped raised \$130,000 and \$160,000 respectively. All these fund-raising projects were made possible through the effort and assistance from our volunteers. For this, I am thankful and appreciative.

As we enter into the 41<sup>st</sup> year and beyond, let us look into more awareness programme and affordable services for people with physical challenges in our community. Let strive for another 40 years in our next lap.

## 下一段路

2009这一年对于残疾人士福利协会而言是非常具有意义的一年，协会为欢庆40周年而举行了一系列精彩而难忘的纪念活动。

在过去的四十年里，协会从一开始艰难的起点，一路秉持着为残疾人士提供所需服务的宗旨成功克服重重困难，一步步走到今天的这番成就！当年单纯的社交聚会活动逐渐发展成为目前可以提供多种完善而新颖服务和活动的规模，从而能够更好的满足协会会员及社会上的残疾人士不断增长的各项需求。

尽管这四十年来的里程碑纪录并展示了协会的各项成就，我们还是曾面临过各种问题与阻碍，例如财政赤字和员工流失等等。但幸运的是，我们有一群出色的理事会成员，工作人员及协会会员，他们坚

持理想，团结一致不畏艰难，冲破重重阻碍，带领协会走出困境，获得成功。

今年年初，协会在裕廊坊开办了一间新的康复治疗及培训中心，为居住在西部的残疾人士提供更加便利的服务。协会也特别组织了一系列纪念40周年的筹款活动，例如慈善晚宴和慈善音乐会，分别各筹得\$130,000和\$160,000。这些筹款活动的成功全赖于我们的志愿工作者的无私帮助与付出。我谨在此向他们致以诚挚谢意。

协会即将迈入第41个年头，我们会继续开发更多提高知名度的活动，为社会上的残疾人士提供更多可负担的服务项目。让我们继续努力，为下一段路里另一个成功的40年而奋斗！

# Gala Concert Raises Funds For HWA

This year is a significant year for HWA as it is celebrating its 40 years of community service. To enable HWA to continue to support their relentless efforts in improving the quality of lives of people with physical disabilities, a group of like-minded fellow Singaporeans came together to organise a Fund-Raising Gala Concert in co-ordination with the Singapore Symphony Orchestra. The concert was held at the prestigious Esplanade on Friday, 18 September 2009.



**Mr James Goh, Chairman of organising committee addresses the audience before the concert**



**Mr and Mrs S R Nathan poses with the organising committee**

## Gala Concert Raises Funds For HWA



Members of the Handicaps Welfare Association waiting to enter the concert hall



Ms Nancy Chia and the Organising Committee gets acquainted with Mr S R Nathan, President of Singapore

The concert featured the popular “Mahler’s 2nd Symphony Ressurrection” as well as a renowned Soprano and a Chorus backing under the baton of Distinguished Conductor, Mr John Nelson.

To make the event even more significant and memorable for HWA, His Excellency, President S.R. Nathan and the First Lady were invited as Guests-of-Honour to grace our 40<sup>th</sup> Anniversary Gala Concert. Guests to the concert included volunteers, well-wishers, donors and school principals, and members of the Association.

The event raised close to \$300,000. HWA would like to express our gratitude to our Guests of Honour, His Excellency the President Mr and Mrs S R Nathan for gracing the occasion, the organising committee for their hard work and dedication in making the Gala Concert a success, the National Skin Centre, Lee Foundation and the Shaw Foundation for their generous donations towards the event.

# HWA's *Future and Beyond*

**This year holds a special meaning for the Handicaps Welfare Association as it marks our 40<sup>th</sup> Anniversary. Now at 40, it is seasoned and matured and has been providing necessary support services to more than 2000 people with physical disabilities. Our Executive Committee and Management decided that this was an opportune time to take stock, smell the roses and celebrate the successes. Hence, a rather unique retreat for both Executive committee and staff was held at our premises on Saturday, 14 November 2009. The one-day retreat saw our Executive committee and staff come together to share their thoughts, ideas and visions for the Association for the next 3 to 5 years.**

Our board member, also a veteran member Mr Edmund Wan shared that the Association had grown from strength to strength starting with its humble beginnings as a friendship club providing social activities for its members. Today, the Association has been providing a wide range of programs and services to help improve the lives of people with physically disabilities by supporting their pursuit to live an independent life and integration into mainstream society.

He highlighted that the Association's core services had indeed help our disabled population by providing affordable door-to-door



**Nancy addressing the participants**

transportation for people with mobility difficulties, quality rehabilitation sessions, social services, training and employment opportunities, financial assistance schemes and social activities to widen their network of friends. He also stressed that though the Association has much to celebrate about, he warned against resting on our laurels, as the charity dollar is harder to come by and the Association had to work harder as donors increasingly want assurance that their donations are put to good use. Mr Wan was happy that this retreat had materialised as it was timely as our current economic situation seem very uncertain and we had to take stock on future challenges that the Association will face which include a new premises when our lease expires soon in 2013, the increasing needs and demands of our members for quality services. Mr Wan concluded with a quotation from Andy Warhol "They always say time changes things, but you actually have to change them yourself."

Ms Nancy Chia, HWA's President added that accountability, transparency and good governance are the keys to enhanced partnerships between the non-profit organisation and donors. They provide an edge for the non-profit organisation against organisations in the competition for donor and resources. This will

## HWA's Future and Beyond



**Erik receiving his 10 year award from Nancy**

in turn ensure the long-term sustainability of the organisation. She highlighted that since almost all resources come from the community and the government, it the duty of our Association to have good governance, structures and processes. She also felt that this retreat will help propel the organisation in offering more quality services for our members and the community at large.

To kick-off the session, Nancy stressed that staff should know who's their stakeholders and donors are. This activity called "Know your stakeholders" made the participants identify the respective logos of their stakeholders. The activity was rather challenging as participants tried to recall and draw the logos. At the end of the session three winning groups walk away with prizes for their efforts.

The highlight of the retreat was the discussions. Participants from the various departments, namely Rehabilitation, Transport, Admin, Social Services, Personal Care Services, Sports and Social Integration proceeded to their various



**See my hardwork**

break-out rooms to discuss their future plans. Participants in each group were passionate about the plans they hope to implement to benefit the disabled community. The outcome of the discussions included further training for volunteers and staff alike, improving on our administrative procedures as well as developing new programmes and services. We will be highlighting these new initiatives in future issues of Digest. Do look out for these new updates in our next issues.

Besides planning for the future, staff who had faithfully served the Association for 5 to 10 years were awarded the Long Service Awards. We would like to congratulate the following staff for their dedicated service. They are

- Irene Lee 10 years
- Loh Siew Kwok 10 years
- Victor Koh 10 years
- Lum Lin Kwong 5 years
- Tan Bok Khoo 5 years
- Ting Hock Wee, Erik 5 years
- Tang Wai Ling, Gladys 5 years
- Than Tun 5 years

# HWA的未来和展望

今年对残疾人士福利协会来讲有着特殊的意义，因为它是我们协会成立的40周年。在40周年的当儿，协会已经进入了成熟丰富的阶段，并且为超过2000名身残人士提供各项必要的支援服务。我们的执行委员会和管理层认为这是个取得收获和庆祝成就的时节。因此，在2009年11月14日，在协会举行了一次特别的全天聚会。委员会成员和职员们齐聚一堂，为未来的3至5年的工作计划出谋献策。

在致开幕词时，委员会成员Edmund Wan先生分享了协会的成长经历。从一开始的以友情为基础，为会员提供社交活动为目的，到今天成为为身残人士提供广泛的系列服务和项目，致力于提高他们的独立生活能力并融入主流社会为目标。

他特别指出，协会的核心服务宗旨是真正的在各方面帮助残疾人士。这包括了为行动不方便的残疾人士提供负担得起的专车交通服务，高质量的康复疗程，社会服务，培训服务和就业机会，财政援助计划和社交活动，以扩大他们的交友圈。他也强调，虽然协会非常值得庆祝，但是我们不能在荣誉上休息。因为慈善金越来越



Samantha sharing with her colleagues

越难筹，捐助者都希望保证自己的捐款能用得其所。所以，协会要更努力地工作。Mr Wan很高兴这次聚会能别具意义的召开，特别是现在我们的经济状况看起来非常不稳定，而且我们的租约将会在2013年到期，未来面临了包括找新会所的挑战以及满足会员们日益增多的对优质服务需要和要求。Mr Wan最后引用了Andy Warhol的话作为结尾“他们总是说时间改变事物，但是实际上你得自己来改变他们。”

HWA的会长Nancy Chia小姐重申了职责，透明度和良好的管治是提升慈善团体和捐助者之间合作关系的重要前提。这为我们和捐助者及资源提供者划清了与别的竞争者的界限。来保证



Participants learn about their stakeholders

## HWA的未来和展望



Participants listening attentively to the presentations



Participants enjoying lunch

协会的长期有效运行。她强调说，因为几乎所有的资源来自于社会和政府，我们协会就有保证良好组织，管制和运行的责任。她也觉得这次聚会能帮助推进协会为会员乃至社群提供更多的优良服务。

为了揭开序幕，Nancy强调职员应该对自己的利益相关者和捐助者了如指掌。名为“了解你的利益相关者”的活动令所有的参与者开动脑筋，识别每个利益相关者组织各自的标志符号。这项活动非常有挑战性，因为参与者需要思索并画出相应组织的标志符号。最后，三个团队通过努力赢走了奖品。

聚会的重点是讨论。各个部门的参与者，包括康复部，交通部，行政部，社会福利部，个人护理部，体育和社交部都分别在不同的房间对未来计划进行了讨论。每个部门的参与者都热情高昂地讨论实施得益于残障社团的计划。讨论的结果包括了进一步的义工和职员的培训，改进行政程序，以及发展新的项目和服务。我

们将在今后的文摘中继续报导。敬请密切留意我们的下一期文摘内容。

除了对未来的计划，为协会服务了5年至10年的职员也被授予了长期服务奖。在此，我们祝贺他们并对他们的贡献表示感谢。他们是：

- |                       |       |
|-----------------------|-------|
| Irene Lee             | - 10年 |
| Loh Siew Kwok         | - 10年 |
| Victor Koh            | - 10年 |
| Lum Lin Kwong         | - 5年  |
| Tan Bok Khoon         | - 5年  |
| Ting Hock Wee, Erik   | - 5年  |
| Tang Wai Ling, Gladys | - 5年  |
| Than Tun              | - 5年  |

# Calendar of Events

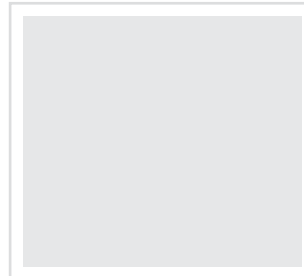
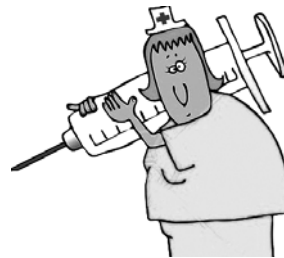
for December 2009 to January 2010



dec  
2009

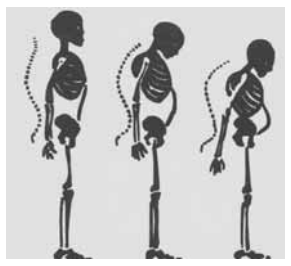
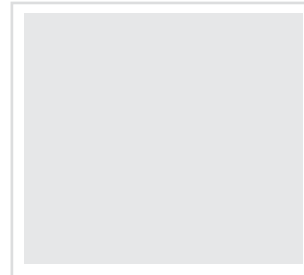
## 9 December

H1 N1 Talk by Dr Selvan from Alexandra Hospital at HWA, from 4pm to 5pm



## 13 December

Year-end party at Ulu Pandan Community Club, from 11am to 4pm



## 19 December

Talk on Osteoporosis at HWA from 11am to 12pm by Dr Darren Tay, Orthopaedic Surgeon, Singhealth

## 29 December

Buffet Dinner Invitation at HWA, 5pm  
Please contact Victor at 62543006 for details.



jan  
2010

## January 2010

Temple Dinner in Jan 2010

Please contact Victor at 62543006 for details.

# SMU Students Share Their Volunteering Experience

As part of the starringSMU project, we were posted to the Handicaps Welfare Association. From the first step we took into the compound, we were greeted with a sense of optimism and hope. As we took in the fantastic murals on the exterior façade of the buildings that were signed off by various voluntary groups, some of us couldn't help but hope that the 'painting job' we were briefed about was just to give some rooms a fresh coat of paint. Hiding our apprehension, we set off with our first job – cleaning up the multipurpose room. As we swept, mopped and wiped, we might have collectively killed fifty-odd bugs. For the girls especially, that was definitely an unforgettable experience. When it was time to break for lunch, we were proud to show off a room that was, in our terms, as good as new.



The completed mural



Mural painting in progress

Next, we helped to move fifty wheelchairs and the heaps of goodie bags from the Whampoa HWA compound to Hort Park, in preparation for the 'Wheel, Walk or Jog' event. Even though the assignment was definitely physically taxing, at the end of the day, when we saw that everything was in place; chairs labeled, sponsors thanked, tables assembled, the feeling of accomplishment was indescribable.

On the second day, we had wheelchair training. Learning to handle a wheelchair and how to approach a wheelchair user was definitely fun and engaging, but the most memorable part of the day was the 'staircase challenge', where we got to take turns carrying each other up a flight of stairs on a wheelchair. Most of us thought that the carrying part would be the toughest, and as we actually went through the exercise, we realised that the wheelchair users certainly does not have it easy. From an outsider's point of view,

the wheelchair user looked like a member of royalty, carried up the stairs by others. In true fact, the users had to trust their carriers a lot; the insecurities, the fear of falling was incredibly daunting. We had the priceless experience of seeing things through other perspective, and learnt to empathise.

Our last assignment was to paint a mural onto the wall of the gym and recreational area of the HWA compound. Painting the mural was not easy, as we were not very art-inclined, but we squared ourselves and did our best, and managed to yield satisfactory results. The mural depicted four seasons in a bright and cheery way, and as we proudly put the name of 'starringSMU' on the wall, we felt an immense sense of accomplishment.

**Thank you HWA, for giving us such an unforgettable experience!**



## HWA Goes *Green*

**Plants are not only fun to grow and great interior decor, but they also help clean the air we breathe. An increasing awareness about the dangers of air pollution has made plants more popular than ever.**

These days, indoor air pollution is a rising problem, especially in offices and homes. Dangerous chemicals can be found in everything from grocery bags to rugs, and they give off fumes that can dirty the air. Cigarette smoke is another leading cause of indoor air pollution and can lead to serious illness.

To help make the Handicaps Welfare Association a greener place, 40 volunteers from the National Parks Board Community In Bloom Programme, armed with changkuls, spades, rakes and other

gardening equipment turned up on Friday, 25 September 2009 at 9.30 am.

Despite the scorching sun, the volunteers worked hard at turning four plots into a garden of ginger, pandan and lemon grass plants. Our members also helped in the planting various other potted plants which are lined along the corridors.

After spending much time in the fields, both volunteers and members were treated to a lunch



The garden taking shape



A HWA member helps in preparing a potted plant

treat courtesy of the National Parks Board. The volunteers also enjoyed sharing their knowledge on caring for plants with our members. HWA would like to express our gratitude to the Board for not only making our premises a greener place to visit and work as well as donating \$3500 to the Association.

#### **Benefits of Plants**

Besides purifying the air we breathe the presence of plants have also been shown to have many other beneficial effects. These benefits include:

- Increased positive feelings and reduced feelings of anxiety, anger and sadness.
- Reduction of sound levels
- Reduction of stress levels
- Cooling effect
- Absorption of carbon dioxide and emission of oxygen refreshing the air
- Improved concentration levels leading to improved productivity particularly with those working with computers
- Faster recovery from mental tiredness

# Vertical Challenge

## *Climbing on Top of Crime*

As part of Kampong Java Neighbourhood Police Centre's continual engagement with members of the public, Kampong Java NPC organised the Vertical Challenge 2009 with the theme "Climbing on Top of Crime." The event aimed at engaging the community in crime prevention, to advocate the importance of healthy lifestyle and to exercise social responsibility by raising funds for charity.



RADM (NS) Lui Tuck Yew, Acting Minister for Information, Communications and the Arts and MP for Tanjong Pagar GRC was the Guest Of Honour at a 'vertical marathon' charity event held at Novena Velocity on October 24th 2009. The 'Vertical Challenge' event involved participants racing up 50 floors (twice the 25 floors) of the Novena Velocity Tower block.

Participants from all ages competed against a field comprising mainly of youngsters many of

whom amazed the spectators with the very fast times they took to finish the race. The young girl who came in first in the Ladies category did it in 7 minutes – incredible!

The event helped to raise funds for the Handicaps Welfare Association and the Singapore Christian Home for the Aged. HWA would like to thank Kampong Java NPC for the time and effort in organising this worthwhile event.



# HWA's 40<sup>th</sup> Celebrations Kicks Off at Our Year-end Party 2008 on 7 Dec 2008



Cheers to HWA



Founding members blowing the candles on the 40<sup>th</sup> Anniversary Cake

# HWA's Community Day at Spastic Children's Association of Singapore on 20 Jan 2009



Staff interacting with children from SCAS

# Open House of Our New Rehab and Training Centre at Jurong Point Shopping Centre on 27 - 30 Apr 2009



Members undergoing rehab in our new  
Rehab Centre in Jurong Point



# Charity Dinner on 27 Jun 2009

Guest of Honour,  
Dr Vivian Balakrishnan,  
Minister for Community  
Development,  
Youth and Sports



Dr Vivian Balakrishnan (centre) discussing with Ms Nancy Chia and Mr Roy Yeo at the Charity Dinner

# GALA Concert on 18 Sep 2009

Guest-of-Honour President S R Nathan and Mrs Nathan



Gala Concert held at the Esplanade

# Importance of *Eating Healthily*

## SMU Students Help Members Understand the Value of Good Nutrition

**Many people forget about the nutritional values of foods when planning their meals. After all, it's so much easier to just stop at their favorite fast food restaurant on their way home from work.**

Everyone knows they should be eating more healthy foods, but some people aren't quite sure where to start. Here are some things to look for when trying to plan healthier meals.

**Are you eating lots of fruits and vegetables?** The majority of us do not eat adequate amounts to keep us healthy. Experts recommend that we eat between 5 to 9 servings every day. That adds up to about 2 cups of fruit and 2 1/2 cups of vegetables. Choose a variety of vegetables and



**A member enjoying his meal after understanding the importance of nutrition**



**Members enjoying a healthy meal during lunch with SMU volunteers**

fruits in different colours. Dark green vegetables like spinach, for instance, contain more nutrients than lighter coloured vegetables.

Grains and cereals provide many important nutrients for your health. Whole grain breads and cereals are much preferred over refined white breads or rice.

**Are you eating a wide variety of foods?** They say that variety is the spice of life. In reality, it's the basis of a healthy diet. Our bodies need food from all of the food groups to function at peak performance. These food groups consist of grains, fruits, vegetables, dairy products, meats, beans and nuts. Sorry... candy is not a food group.

## Importance of Eating Healthily



Volunteers from the Singapore Management University share with members on the importance of eating healthily

**Breakfast is the most important meal of the day.** Eating a good breakfast will give you the energy you need to make it through the morning and help eliminate those high-fat splurges.

Soda and coffee may be liquid but they do not replace the water that your body needs. We need at least 16 ounces of water each day to keep ourselves hydrated and flush out the impurities that we may have accumulated in our digestive systems.

**How much fat do you eat?** Dietary fat is our enemy. Even though our bodies need a certain amount of fat, most of us consume 200 to 300 percent more than we need. That's a scary thought! So, when you are making your food choices, look at the labels to see how much fat is contained in the food item. Vegetables and fruits are naturally lower in fat.

**How much salt, sugar and alcohol are you eating?** Here again, moderation is the key. Serious problems can occur when you overdo. Salt can lead to water retention, weight gain and heart problems. Sugar, when eaten in large quantities over a long period of time can contribute to diabetes. And, excessive alcohol consumption is bad for the kidneys.

Your body will tell you when you are not getting (or when you are getting too much) of a certain kind of food. If you are gaining weight, you know you are either eating portions that are too large or you are eating foods that are high in fat. Feeling tired can mean that you're not getting the nutrients from the foods required by your body to function.

Eating healthy foods is not as difficult as it sounds. In a nutshell: drink more water, eat less fats and sugars, and eat more fruits, vegetables and grains.



# Fitness Corner at Various HDB Void Decks for the Disabled

**Stretches For Wheelchair Users**

*Increases flexibility. Expands range of motion and reduces chance of injury.*

**Side Stretch**

- Hold left elbow with right hand
- Pull elbow toward your head until a stretch is felt in the shoulder or upper arm
- Lean sideways from the hips to stretch along the side of the upper body
- Repeat for the other side of the body

**Shoulder Blade Stretch**

- Extend your fingers with palms out and arms extended at shoulder height
- Reach forward with your arms to stretch your shoulders, upper back, arms, hands and fingers

**Waist Stretch**

- Hold your toes facing the floor
- Turn your body to the left and back over your shoulder
- Use the wheelchair back and arms to hold your body at the maximum lean
- Repeat to the right

**Neck Stretch**

- Sit upright in the chair, shoulders back
- Tilt your head to the left while moving your right shoulder down
- You will feel a stretch on the side of your neck
- Repeat for the other side of the body

**Lower Back/Hip Stretch**

- Using your hands, roll your knee toward your body until you feel a gentle stretch
- Pull the knee toward the opposite shoulder
- Repeat for the other side of the body

**Tips**

- In areas of tightness, hold the stretch until you feel a gentle stretch, hold the position until the tension decreases, then stretch a little further until you feel the stretch again.

*Experience is a hard teacher because she gives the test first, the lessons afterwards.*

**WARNING!**

**CELEBRATION SYSTEMS**

**Forearm Rolls**

*Increases blood flow to the forearm muscles.*

**How To Use**

**Upper Body Stretch & Strengthen**

*Builds back and forearm strength. Increases strength and flexibility.*

**How To Use**

**Level 1**

- Turn the left hand from the right hand towards you.
- Repeat 10 times.
- Turn the left hand from the right hand away from you.
- Repeat 10 times.

**Level 2**

- Repeat level 1 twice.

**Tips**

- Adjust the activity if you have difficulty in your hands or cannot hold the position.
- The motion should be easy and not cause any pain.

**WARNING!**

*We did not change as we grew older, we just became more visibly disabled.*

**CELEBRATION SYSTEMS**

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**WARNING!**

*We did not change as we grew older, we just became more visibly disabled.*

**CELEBRATION SYSTEMS**

A scenic view of Genting Highlands

# 4D2N Genting Highlands Trip

Organised by HWA and a group of volunteers headed by Chris Lee

Date: 1<sup>st</sup> to 4<sup>th</sup> November 2009

Ms Foo Hwee Leng, a HWA member shares her experiences.

Before I forget most details, I would like to express my most sincere gratitude to Chris, Mr 'Khong Zi', Tina, Mr Low (our tour-guide), Mr Jack (our driver), Miss Tina for making this tour such an enjoyable and pleasant one. During this trip, I got the chance to travel in a wheelchair via the escalator; it was such a thrilling and exciting experience. Felt very 'pai-seh' 'cos there were quite a few of us needed to travel in a wheelchair and had to trouble 3-4 of them to take turns to bring us up to the outdoor theme park in Genting.

Chris and Mr Low also made the effort to explain to the public to allow us to enjoy some events first without queuing for too long. Thanks to them and the public for understanding! Really hope that good luck and good fortune will be with them for a long, long time....

Although we didn't pay much for this tour, we were able to check-in to luxurious hotel like the First World Hotel and the Kuala Lumpur Federal Hotel and enjoy great meals especially the last one. Oh yes...not forgetting the classic joke that was told by our jovial Mr Low: CEO stands for Chief Entertainer Officer in his prospect and not the usual definition. Indeed, he brought us great laughter during the long travel journey.



Members pose one for the album

## 四天两夜云顶游

组织者: 残疾人士福利协会和Chris Lee及其他志愿人员

日期: 2009年11月1日到5日

协会会员Foo Hwee Leng小姐的游后感

首先我要在此向Khong Zi先生, Tina小姐, 导游Low先生, 和司机Jack先生致以最真诚的谢意, 感谢他们带给我们这一趟难忘的云顶之游! 旅程中, 我有机会第一次尝试坐在轮椅上乘搭电动扶梯, 真是很惊险而刺激的经历。只是有点'pai-seh', 因为我们这一行有蛮多个会员是坐轮椅的, 需要三四个义工帮助我们轮流乘搭扶梯才能进到云顶的室外游乐场。

为了不让我们等待太久Chris小姐和Low先生还努力向排队的游客解释请求他们让我们先玩。很感谢他们的善意和那些游客的体谅! 衷心祝福他们永远幸福快乐...

尽管我们所付的费用不高, 但还是得以入住豪华酒店 — 云顶第一世界大酒店和吉隆坡联邦酒店, 享受丰盛大餐。哦...对了, 不要忘记旅途中最经典的笑话, 导游Low先生讲的: CEO的意思就是首席(Chief)娱乐(Entertainer)总监(Officer)! 是他让整个旅途一路欢声笑语。

# Fun-time at Sembawang Camp

Contributed by Mr T Naren

We all arrived at the Sembawang Camp Site, by 6 plus, and were greeted by Han and his team of enthusiastic volunteers.

We apparently arrived earlier than planned, though the volunteers quickly mustered up and re-wrote their plan-of-action, to meet the early arrival. That was a good job on their planning and preparation.

We were all ushered in to the barbecue pit, by the seaside, and then the volunteers had a lot of fun games and a big session of getting to know the volunteers and members.

On the way, it transpired that old friendships between some members and volunteers were rekindled, as some members had met the same group of volunteers for other prior events.

All the while, Han was pairing up the members with the volunteers, and the other volunteers were busy cooking up the food items, at the barbecue pit.

More games followed, and when the food was ready, the volunteers made sure the members



were well fed, before they took on the rest of the food.

Unfortunately, there was a lot of food, and Han proposed to have a game of 'act', where the member has to act out the particular sport, and the rest have to guess it, and the winners take the big share of the food, and the rest to the balance. It was a tie, and the food was equally shared, and then there was some thanks giving to the volunteers.

Uncle Lam drove all of us back to HWA, to relax and get back home.

It was 4 hours of fun and interaction, between HWA members and YMCA volunteers.



# Micro-Finance Scheme: How I Benefitted From This

Contributed by Jane Yeo

**When I heard about HWA's micro-funding to help people with disabilities to be self-reliant, I was very excited. The most important is this funding came with no interest and can be paid in installments. I also do not have to provide a guarantor nor must I have a minimum income to be eligible to apply for this loan. This is a golden opportunity to own a small business!**

I have always hoped to run my own business as I felt that it is the best way for me to attain financial independence. My dream is if this venture is successful, I will help my fellow disabled members to do it too. Getting a job in the open-market is very challenging.

My husband and his friends had previously sourced ladies fashion and accessories from China to distribute to retailers in Singapore. Due to our limited fund, we only manage to make a small profit. After some calculations and networking, we felt that it is a viable business. Therefore, with my husband's support, we decided to apply the micro-funding.

We worked on a business plan and submitted to HWA for consideration. We were selected to attend the dialogue sessions. Many HWA's members attended and we were able to share ideas with each other. Some members have very good business ideas. The committee also shared with us their knowledge and we were given very good advice.

We had hoped that we could get our fund approved as soon as possible as it was very near the holiday seasons such as Christmas and Chinese New Year. This is the boom time for retail. As the time

gets nearer and nearer, our application was still in the process. In order not to lose this money making period, we decided to go ahead to buy the goods first before our application was approved. We decided to take a calculated risk! We borrowed from friends and relatives but it is still not enough to buy the first batch of goods. After much consideration, we decided to rope in a partner. We felt that not only we can spread out the risks; this partner could also help us in the operations. We managed to get one of our friends who supported our ideas as the partner.

My husband went to China to do the sourcing and purchasing. We are glad that HWA approved our loan before the arrival of our goods. With the loan, we had paid back to all those that we have borrowed from. The remainder will be used as operating expenses.

After the goods arrived, we also received news that the economy was slowing down. We managed to sell some of the goods before Chinese New Year. Many have also asked for credit terms and we were told that consumer's buying power was weak.

There were risks and difficulties running our own business. We had to find solutions to sell the goods. We had reduced our price, advertised in the newspapers and internet. Unfortunately, the recessions deepened and many Singaporeans lost their jobs. We were not spared and our sales were affected. We were not able to make a profit as we had still some stocks in hand. The most fortunate thing was the loan which was interest-free and we had another 3 months before the installments starts.



We resorted to direct selling by joining fairs and bazaars. Though sales were slow, we were still able to make a small profit.

We did not give up hope and strived to overcome these difficult times. We believe in the Chinese's saying "万事起头难" which means "All things start with great difficulty initially!"

**The HWA-MFAS, made possible by Chen Su Lan Trust's kind donation, provides small start-up interest-free loans to HWA members to operate successful micro businesses. The purpose of this essay is to talk about the aforesaid scheme. It is a worthwhile endeavor with many praiseworthy and admirable qualities. Those who are interested in applying for such assistance. Please call Michael Tan at tel 6790 8636 or email [michaeltan@hwa.org.sg](mailto:michaeltan@hwa.org.sg)**

Firstly I shall list its praiseworthy and admirable qualities.

- Interest-free
- Reasonable time limit of ten months
- Flexible: No penalty is enforced on late submission. I can choose to repay \$500 or \$1000
- Enabled me to serve 3 to 4 HDB flats with snacks, drinks and washing detergents .

- Contributing to my community. There are several old aged people in my estate.
- I am seeing a gradual increase in sales as more people get to know my shop.

Secondly, I have some suggestions on how the Scheme can be improved.

- The committee should provide some supervision and guidance on the Scheme.
- Increase the public awareness on the Scheme to HWA members.
- Suggest HWA to get merchandise and company sponsors for our businesses to enable better results.

In conclusion, this shop is a good first step for me, next in mind may be selling books, LEGO, Tuition or even food as my mum has had more than ten years of being a school hawker. If HWA or anyone has contacts with comic books or toys, I can start selling it at the shop. I may have to reapply to HWA for another loan. This will be an area to explore. Nevertheless, thanks be to The HWA-MFAS.

# 残疾人士福利协会 小型基金贷款

当我听说残疾人士福利协会提供开始小型基金贷款服务时，心情无比激动。最令人开心的是这项贷款服务可分期付款偿还而且无需支付利息。申请时既不需要提供担保人也不需要达到最低家庭收入标准。这真是一个难得的机会让我可以开创自己的小生意。

一直以来我都觉得拥有自己的生意才是达到经济独立的最好办法，所以希望有一天自己可以做一些小生意。我的梦想是在自己的生意成功后，还可以带动其他的残疾人士朋友一起走上这条创业之路。毕竟对我们来说要在开放的就业市场上求职还是有一定挑战性的。

我的先生和他的朋友曾经做过从中国进口女士服装和配饰批发给本地经销商。但是由于资金不足，利润很底。经过精心计算和多方考察，我们觉得这项生意还是有利可图的，所以我们决定向协会申请小型基金贷款。

我们准备了一份计划书提交给协会审批。经过初选之后被通知参加了一场对话会议。与会的还有很多其他提交了申请的协会会员。大家彼此交流生意经，很多会员都有蛮不错的计划。协会也与我们交流了一些宝贵经验并逐个给予建议。

接下来的日子我们期待着贷款可以尽快获得批准，因为圣诞节，新年，各种节日接踵而至，很快就要进入销售旺季。可是随着日子一天天接近，我们的申请还没有批下来。怕错过这段赚钱时机，我们决定不再等待，实行承担风险，直接开始采购。

我们开口向亲戚朋友借钱但还是不够支付第一期货款，深思熟虑后，我们决定吸纳一个合伙人。这样一来不但可以分摊风险，在日常经营方面还可

以还可以多个帮手。很幸运的我们得到一个朋友的支持，加入成为合伙人。

我的先生去中国采购进货，我们则在家里焦急地等待着。终于令人振奋的消息来了，协会终于赶在货物到达之前批准了我们的贷款。收到钱后我们第一时间还清了所有借款，而省下的钱则留以应付日常经营支出。

货物抵达之日，我们也同时收到消息市场经济发展渐趋缓慢。我们在华人新年前成功售出一部分货品后开始发现零售商的订货日渐减少。很多商家反映市场购买力减弱，要求延付货款。

这就是做生意要面对的风险，我们不得不想方设法尽快脱售手中货物，减价，在报纸和网络上登广告。不幸的是经济衰退的影响越来越大，很多新加坡人失去工作，消费者收紧荷包。随着更多坏消息经过各种媒体公布，零售商的生意额一落千丈！我们当然也无法幸免，很多定期向我们提货的商家关门结业。货品积压在手无法获取利润。不幸中的万幸是协会的贷款是免利息的，我们还有多3个月时间才开始分期还款。

我们重新转做直销，在各种流动市场和展销会上摆摊售卖。尽管销售额不大，至少女士服装不是易腐商品，慢慢地我们还是可以赚取到一定利润。一路走来我们从没想过要放弃，俗话说万事起头难，我们坚信困难时期终将过去。

当新加坡经济渐渐复苏，我们的生意也会跟着好转。当然如果您想支持我们，请购买我们的女士服装，协会会员一律享有优惠折扣。如果您有好的促销点子也可以通过电邮告诉我们，我的邮箱地址是：[janelle.yeo@gmail.com](mailto:janelle.yeo@gmail.com)

# 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。

# New Face on the Block



**Name:** Tommy Lee Hoe Seng  
**Date of joining HWA:** 12 August 2009  
**Designation:** Driver  
**Background:** Work as a bus-driver  
**Personal goal:** to help and serve our physically challenged members  
**Likes:** Fishing and Basketball  
**Favourite food:** Crab  
**Anything you may want to say to HWA members or colleagues:**  
To be happy everyday.



**Name:** Sam Weng Cheong  
**Date of joining HWA:** 7 September 2009  
**Designation:** Driver  
**Background:** Was in the retail business for 12 years  
**Personal goal:** To work with the less fortunate and contribute to the disability sector  
**Likes:** Reading, Watching TV and traveling  
**Favourite food:** All local food  
**Anything you may want to say to HWA members or colleagues:**  
Look forward to working and learning from everyone here.

**Name:** Michael Tan See Hai  
**Date of joining HWA:** 2 November 2009  
**Designation:** Executive Director  
**Background:** I have worked in the commercial sectors for the last 25 years. Having worked as an Executive Director in another VWO, I am humbled to be given the opportunity to join HWA and hope to share my experiences with HWA members, donors, volunteers and colleagues.



**Personal goal:** I hope to have a meaningful and happy life and be able to contribute in making this world a better place to live for the less fortunate.  
**Likes:** Time by the beach  
**Favourite food:** Eat to live  
**Anything you may want to say to HWA members or colleagues:** "Little drops of water make the mighty ocean."



**Name:** Mr Mohd Ali Bin Osman  
**Date of joining HWA:** 24 September 2009  
**Designation:** Driver  
**Background:** Work as a bus-driver  
**Personal goal:** Hope his joyful character will uplift our members' lives  
**Likes:** Watching the English Premier League  
**Favourite food:** Nasi Byrani, Chapati, Tosai  
**Anything you may want to say to HWA members or colleagues:**  
Hope to have a fulfilling time working here.



**Name:** Patricia Chia FangFang

**Date of joining:** 9 November 2009

**Designation:** Assistant Executive (Fund-Raising)

**Background:** I worked at KDF for one year as a fundraising assistant. It is an organisation catering for kidney dialysis patients. Before this, I was working at a country club as an Event Executive. I was in charge of kids club and assist in a few major events.

**Personal goal:** Improve the life of the needy and implement a few charity projects for HWA

**Likes:** Passionate about theatre plays, music and movie. My idols are The Corrs and Kenny G.

**Favourite Food:** Chili Crab, KFC

**Anything you may want to say to HWA members or colleagues:** Be passionate about life. Treat people with love.



**Name:** Dexter Goh

**Date of joining:** 1 December 2009

**Designation:** Assistant Executive (Fund-raising)

**Background:** Was working in the manufacturing sector before.

**Personal Goal:** To contribute towards the disability sector

**Likes:** Wheelchair basketball

**Favourite food:** Nonya Food

**Anything you may want to say to HWA members or colleagues:** Let's work together for a brighter future.

**Name:** Bryan Lim Ee Fung

**Date of Joining:** 23 November 2009

**Background:** Bryan Lim was a pioneer in software development and creative sectors since 1995. He has spearheaded in the development of numerous marketing strategies and projects when he was in the sectors of multimedia and design and advertising. He has brought his passion to community service sector and become a new member of Handicaps Welfare Association in 2009.



He has taken up this new challenge to make a difference in the lives of people with physical challenge. He strongly believes that everyone in our society should be given an equal shot at a normal life and hopes that all of us will do our part in help them along.

**Anything you may want to say to HWA members or colleagues:** The success of HWA depends on each of you, and on your belief. Memories of our lives, of our works and our deeds will continue in others.

## 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**.

# 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 **22 January 2010**. 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-Sep 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, July - Sep 2009 issue, are:

**Ho Boon Tiong**  
Membership no. 2664H

**Tan Swee Geok**  
Membership no. 0363T

**Ng Sook Kwan**  
Membership no. 0812N

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

## In The News

# Mona Lisa in sunglasses

The icon dressed for the hot weather here is a winner for disabled artist Chua Yew Eng

magdalen ng

**P**araplegic Chua Yew Eng has won an award at an international drawing competition with her take on a famous painting.

The 62-year-old's interpretation of Italian master Leonardo da Vinci's famed Mona Lisa has made her one of 14 merit award winners of the My Mona Lisa competition, organised by the Japan-based Hayashibara International Art Festival.

The annual arts festival, which aims to increase awareness of disabled artists, invited entries from Asia to reimagine the iconic painting.

This year, it received 708 entries from

Japan, China, Hong Kong, South Korea and Singapore.

Chua, who became a paraplegic more than 40 years ago when she fractured her spine from a bad fall, drew her version as a vibrant, colourful Mona Lisa who dons sunglasses and a hat.

She says of her painting: "Singapore's weather is so hot. Of course Mona Lisa has to dress for it."

Apart from winning a trip to Hong Kong, she also has her painting displayed with 52 other selected entries at Lasalle College of the Arts until Nov 29.

Among the paintings on display is the winning piece by Japanese artist Hirano Shinji, whose Mona Lisa has pale white skin and big expressive eyes. He won a trip to the Louvre Museum in Paris to see the real Mona Lisa.

The only other Singaporean artist featured in the collection is Denise Chan, who is autistic.

The 21-year-old says she took only two minutes to complete her pencil drawing.

Both Singaporean artists were asked to take part in the competition by local charity Very Special Arts Singapore (VSA), which promotes the artistic talents of people with disabilities.

Chua has been taking craft and painting lessons at the school for three years, while Chan joined the group two years ago.

"On why the Mona Lisa was chosen as the theme, the school's executive



Dressing Mona Lisa for the occasion is Chua Yew Eng with her practical take on the iconic painting (behind her on the wall). ST PHOTO: ASHLEIGH SIM



Two's company: Japanese Hirano Shinji's winning entry and Singaporean Denise Chan's pencil drawing. PHOTOS: VERY SPECIAL ARTS SINGAPORE

director Christopher Yeow says numerous artists and contemporary pop artists have been inspired to come up with new meanings for the attractive but mysterious painting.

"The message to these artists with disabilities is, 'So how would you, with a great wealth of imagination, portray it? You may be the da Vinci of this century'," he says.

songyuan@sph.com.sg

View it

### MY MONA LISA

Where: Brother Joseph McNally Gallery, Lasalle College of the Arts, 1 McNally Street  
When: Till Nov 29, 10am to 6pm, closed on Mondays  
Admission: Free  
Info: www.vsa.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

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For additional information or clarification, please call us at (65) 6254 3006.

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# Our Mission

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