

Life storeys

Life in the Heartlands

ISSUE 41

JUL 2024

Changing the Way We Play and Live with the **RECREATION MASTER PLAN**

 **HOUSING &
DEVELOPMENT
BOARD**

Join the *Life Storeys* survey and
stand to win shopping vouchers!
go.gov.sg/hdb-lifestoreys

Upon scanning, you will be directed
to a link that contains gov.sg.



CONTENTS

TALK OF THE TOWN

Changing the Way We Play and Live with the Recreation Master Plan **1**



AROUND THE BLOCK



Family-Friendly Fun in Sengkang **4**

Where Community and Convenience Meet **6**

OUR LIFE STORIES

Guardians of Path Users in the Community **8**



LIVIN' IT UP

Reducing Risks of AMD-related Fires **10**

The Unspoken Struggles of Youths **12**



Don't Let Ageing Affect Your Eyesight **14**

Mural, Mural On the Wall **16**

DEAR READERS,

We are pleased to present Life Storeys July 2024.

The way we play is changing, and the Recreation Master Plan aims to create new experiences to cater to different ages, needs and abilities. Find out what to expect in **Talk of the Town**.

In **Around the Block**, meanwhile, we discover hot spots and must-stop places in the neighbourhood of Sengkang.

Meet an Active Mobility Community Ambassador in **Our Life Stories**, and learn how to safely use active mobility devices on public shared paths.

This edition's **Livin' It Up** section is chock full of useful tips for you and your loved ones, from reducing risks of fire incidents pertaining to active mobility devices, to mental health among youths and eyecare for seniors.

Finally, discover how wall murals with 3D Augmented Reality effect have helped refresh the mood and look in Boon Lay.

Enjoy the stories!

The Editorial Team

PUBLISHED BY
Housing & Development Board

EDITORIAL ADVISERS
Eileen Neo, Shivvonne Wong,
Tan Jun Hao, Low Yi Ying

PROJECT MANAGEMENT
DESIGN, EDITORIAL, PHOTOGRAPHY,
ILLUSTRATION AND PRODUCTION

Redbean De Pte Ltd
Mary Lim, Lead Writer
Chrysan Chiang, Writer



Photo credit:
Urban Redevelopment Authority (Cover)
LPF team – Team Smiling 5 (Cover)
National Parks Board
(Contents – Talk of the Town)

Life Storeys is a quarterly community publication by the Housing & Development Board, bringing you stories and happenings from your neighbourhood. Join us in creating a gracious and harmonious living environment for all! You can also access the electronic version at <https://go.gov.sg/hdb-lifestoreys> or scan the QR code below.



Upon scanning, you will be directed to a link that contains gov.sg.



Copyright © 2024 Housing & Development Board
All rights reserved. No part of this material may be reproduced or transmitted in any form or by any means.

Changing the Way We Play and Live with the

RECREATION MASTER PLAN

The Sembawang Shipyard will be redeveloped as a mixed-use waterfront district packed with recreational opportunities galore.

Photo credit: Urban Redevelopment Authority



The Rail Corridor is a 24-km long recreation spine from Woodlands in the North to Tanjong Pagar in the South.

Photo credit: Urban Redevelopment Authority

Get ready to explore new experiences and new destinations.

Recreation planning has always been an integral aspect of Singapore's land use planning, aimed at enhancing our physical, mental and social well-being. It also brings people and the communities together.

These objectives are encapsulated in the Recreation Master Plan, which builds on the efforts over the last 60 years of creating a quality living environment for residents.

As needs of Singaporeans evolve, so should the purposes of recreational spaces. Our parks, community spaces, sports facilities, among others, now offer more than well-being and wellness – they also present opportunities for inclusivity and diversity. Read on to find out how these are achieved through the three focus areas.



The Recreation Master Plan aims to bring people and communities together by promoting our physical, mental and social well-being.

RECREATION MASTER PLAN

AN ISLAND OF GREEN, BLUE & FUN

By enhancing the connectivity between Singapore's network of parks, natural green spaces and waterways, residents can look forward to new recreational experiences.

Among the highlights is the Round Island Route, a 150km trail that runs through Southern Ridges, Jurong Lake Gardens and Pasir Ris Park, where you can jog, cycle or even meditate amid lush, tranquil environs. All eyes are also on Sembawang Shipyard – this former British naval outpost is a cherished remnant of Singapore's nautical history – as it will be redeveloped as a mixed-use waterfront district brimming with exciting lifestyle amenities.

The beauty of such wide, open and green spaces is complemented by the sparkling blue of our canals, reservoirs, and coastlines. From strolling to fishing to canoeing, these are perfect reasons to break away from the hustle and bustle.



The Round Island Route is a 150km trail that runs through Southern Ridges, Jurong Lake Gardens and Pasir Ris Park.

Photo credit: Urban Redevelopment Authority



Look forward to greater well-being and hours of fun with nature play in a therapeutic garden.

Photo credit: National Parks Board

EVERYDAY PLAY-CES

By activating underutilised spaces for recreation, residents can expect new (and nearer to home!) destinations and platforms for bonding and mingling with others in the community.

The key to using space creatively? Keep it multi-functional. Located near existing and upcoming public housing developments, the Queensway node along the Rail Corridor will become a new community space for current and future residents. In the meantime, void decks of selected HDB blocks are being transformed into venues for workshops and even art galleries.

If you are looking for a space to reconnect with nature, pop over to the therapeutic gardens at Sun Plaza Park and Sembawang Park, and enjoy hours of fun with nature play. You may also look forward to a future therapeutic garden at Stirling View (which will be completed from 2026 onwards). These therapeutic gardens are developed with evidence-based design principles to facilitate interactions with nature and improve well-being of residents. Or, gather the chums for some recreational activities at a community plaza in the neighbourhood.



Scan to find a therapeutic garden near you!

<https://go.gov.sg/nparks-therapeutic-gardens-parks>
Upon scanning, you will be directed to a link that contains gov.sg.



INVOLVING COMMUNITY IN PLAY

By incorporating designated quiet corners and prioritising accessibility, residents can enjoy more inclusive play for different ages, needs and abilities.

Punggol Regional Library offers an extensive suite of services catered to persons with disabilities – it is the first public library in Singapore to do so. A dedicated passageway provides wheelchair-bound citizens with easier access.

Over at the National Museum of Singapore, senior citizens can drop in at a social space known as Reunion, where they can engage in meaningful activities inspired by the collections there.

Here's the best bit: everyone can chip in to create play-spaces through various initiatives. The Build-A-Playground initiative and the Remaking Our Heartland programme have enabled residents to co-design playgrounds and neighbourhood spaces respectively in collaboration with HDB. Finally, there is the Lively Places Fund, which supports ground-up efforts to enliven public spaces.



Sign up here for the Lively Places Fund.

<https://go.gov.sg/hdb-lpflpc>

Upon scanning, you will be directed to a link that contains gov.sg.



Residents can look forward to an upcoming "River Crab" playground at Toa Payoh Neighbourhood Park in 2025.



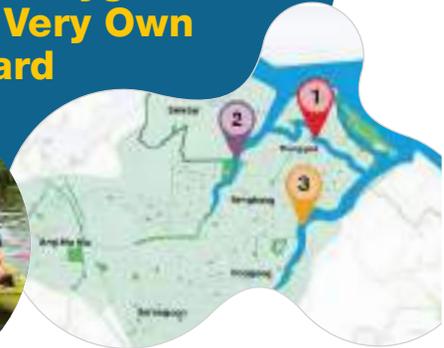
Join us as we re-imagine the following places and share your ideas for recreational opportunities at these areas in the North-East Region:

Outdoor Adventures: Nature Playgrounds in Our Very Own Backyard



Punggol Waterway

Photo Credit: Public Utilities Board



- 1 Punggol Waterway
- 2 Sungei Punggol
- 3 Sungei Serangoon

North-East Waterways

Along the northern waterways, you can enjoy water activities such as kayaking, boating, fishing and wakeboarding.

The promenades along our waterways at Serangoon Reservoir, Punggol Reservoir and My Waterway @ Punggol are popular with cyclists and other recreational users. There is potential to further enhance our waterways into active spaces for water activities and connect them to our recreational nodes such as the Punggol Regional Sports Centre, SAFRA Punggol and Anchorvale Community Club.

Park at Sengkang West

The proposed park at Sengkang West Industrial Estate aims to provide a green respite amidst the urban landscape, and an opportunity to inject more greenery and recreation for both residents and workers in Sengkang. The park will feature lush landscaping to strengthen the ecological connectivity in Northeastern Singapore.



Proposed Park

KEEN TO SHARE YOUR IDEAS?
Submit them here:

FOR NORTH-EAST REGION:
go.gov.sg/northeastregionplay
OTHERS:
go.gov.sg/recreation



Family-Friendly Fun In Sengkang

From wildlife to wet life, Sengkang offers a plethora of options for both the young and young-at-heart.

Located in the North-Eastern part of Singapore, Sengkang took its name from Lorong Sengkang, a road off Lorong Buangkok. Translated into Chinese (盛港), the name means “prosperous harbour”, and is a reminder of its former days as a fishing village and port, and was home to rubber, pepper, and pineapple plantations.

Sengkang’s development started during the late 1990s, and it was the first satellite town with major public transport amenities built in tandem with public housing. Now Sengkang is a vibrant neighbourhood set against modern comforts with lush green landscapes.

Aside from the excellent transport connections that make

it easy to get here and around town, Sengkang’s appeal among young couples and families is enhanced by a multitude of amenities from shopping malls to recreational spots.

That’s not all. Sengkang boasts a peaceful ambience – thanks to picture-perfect parks and waterways – for a great escape from the daily hustle and bustle.

Go on, explore our favourite stops in Sengkang now.

Sengkang Swimming Complex

57 Anchorvale Road, Singapore 544964

With six water slides, two Olympic-sized pools, and a jacuzzi, no prizes for guessing how families in the neighbourhood are spending their weekends. Ready, get set, and get wet!

Photo courtesy of Sengkang Swimming Complex



Sengkang Sculpture Park

Beside Blk 291A Compassvale Street,
Singapore 541291

The park features more than 60 sculptures that hark back to its beginnings as a marine and fishing village and showcases how Sengkang has evolved into a hub for the arts. Expect to find many quirky pieces, from dancing figures to a gigantic whale!



Sengkang Riverside Park

Anchorvale Street, Singapore 544834

Nature enthusiasts come here to enjoy its rich biodiversity. Head straight to the floating wetland for glimpses of mangrove birds and damselflies. Sitting on the Punggol Reservoir, it is Singapore's second largest manmade wetland. Check out those fruit-shaped sculptures and the mangosteen shelter along the boardwalk!



The doors of Anchorvale Village are now open! From groceries and meals to medical care, enrichment centres and retail therapy, Anchorvale Village is a one-stop destination that has it all.

The newest four-storey New Generation Neighbourhood Centre features established retail shops like Daiso, and fitness studios like 24/7 FITNESS. Hungry and looking for more options? Move right up to the second storey to relish food from the hawker centre with 36 stalls in an expansive space for 650 people. Shoppers can also score rewards through the ShopperLink app when shopping and dining at Anchorvale Village.

Getting to and from Anchorvale Village is a breeze. Hop onto the LRT to Farmway LRT station, or take a scenic stroll along the Punggol Park Connector, exiting via the Anchorvale Community Club.

Anchorvale Village's community plaza on the first storey and the fitness station and playground in the roof garden are spaces primed to foster community spirit. These spaces host interest-based activities like mass workouts, providing opportunities for interactions and strengthens the community spirit.

Located at 339A Anchorvale Road, Singapore 541339, Anchorvale Village has plenty of goodness to offer and here are some discoveries worth exploring.

Where Community and Convenience Meet

JoyWaltzAcademy

#03-04 @ Anchorvale Village

Open Weekdays 1.30pm to 9.00pm, Weekends 9.00am to 7.00pm

Closed on Wed

Ms Joyce Yeo, executive director of Joy Education Pte Ltd, is passionate about influencing the young through music and has been imparting music foundations to children since 2012 in various schools and clubs. In response to numerous requests from parents, JoyWaltzAcademy was set up as a boutique piano academy with five branches across Singapore. The academy offers an exclusive Pianist Prodigy™ course meticulously designed to nurture a child's musical aptitude and enthusiasm for long-term proficiency. As a social enterprise partner with raiSE Singapore, JoyWaltzAcademy remains dedicated to providing sustainable employment for differently-abled persons.



Rempah by Chilli Padi

#B1-05 @ Anchorvale Village
Open 10.00am to 10.00pm, Mon to Sun

Rempah by Chilli Padi is a subset of family-run Chilli Padi Holding Pte Ltd founded by Mdm Patricia Lee in 1997 with her establishment of Chilli Padi Nonya Restaurant at Joo Chiat. Her sons, Bing Cheng and Ming Lun, are respectively the Group's Vice-President and Chef. Located in Anchorvale as a Quick Service Restaurant, Rempah brings authentic and acclaimed peranakan food to the heartlands at affordable prices! Its menu avails their highly popular Dry Laksa, Mee Siam, Nasi Lemak and must-try Seafood Laksa Pao Fan, made unique using their secret handcrafted rempahs and traditional peranakan ingredients. Rempah by Chilli Padi is also halal certified, and orders can be made easily at the counter or via the self-ordering kiosk.



Biryani Brews

#B1-21 @ Anchorvale Village
Open 10.00am to 9.00pm, Mon to Sun

Craving for authentic Hyderabad Style Biryani in Northeast Singapore? Biryani Brews, founded by Ms Nagapriya Lakshmi, has set up a cozy dine-in space at Anchorvale Village to provide delectable Indian Cuisine. Biryani Brews' DUM Biryani and Tandoori, prepared by combining elements of Hyderabad Cuisine, are highly reviewed by customers for their taste and quality. "The DUM Biryani is prepared by marinating the chicken and mutton overnight with handpicked spices and cooked in traditional type of Handi (pot)," shared Ms Priya. While there are plans for expansion, Anchorvale residents remain the first to enjoy the exquisite cuisine that Biryani Brews has to offer.



Dou Hua Ah Mei

#01-19 @ Anchorvale Village
Open 10.00am to 10.00pm, Mon to Sun

Dou Hua Ah Mei is pioneered by founder, Ms Cheryl Ng, and advisor, Ms Rena Low, who are determined to perfect their traditional beancurd for the residents of Anchorvale. Unlike the usual emphasis on sweet flavours, Dou Hua Ah Mei has curated additional options such as kimchi, soy sauce, and "酸辣" (sour and spicy) to cater to a wide range of taste preferences. "Our alternative beancurd flavours, sour, fruity, and spicy, are well received by residents who are more sugar conscious." Just as life is often likened to the flavours of "酸甜苦辣咸" (sour, sweet, bitter, spicy and salty), Dou Hua Ah Mei hopes that residents can derive warm comfort from their beancurd. One would often find them open past their operating hours to satisfy residents' cravings for a late night snack!



GUARDIANS of PATH USERS *in the* Community

These volunteers are our communities' unsung heroes. They advocate the safe use of active mobility devices and use their influence within their own communities to nudge behavioural norms.

To promote safe and responsible use of active mobility (AM) devices on paths, the Land Transport Authority (LTA) launched the Active Mobility Community Ambassadors (AMCA) programme, formally known as the Active Mobility Patrol (AMP) in 2016.

We meet Pragash Kulasagar, also fondly known by the residents as Jason, who has been leading the Teck Ghee AMCA team since the initiative's inception. Outside of his AMCA commitments, one would find him in his day job suited up as an aircraft technician.

Teck Ghee AMCA Team Leader, Pragash Kulasagar, also known as Jason to the community.



Ronnie Tan, a fellow Teck Ghee AMCA volunteer, working alongside with Jason, sharing safe path sharing practices with a young cyclist.



WHAT ARE THE ROLES OF AMCA VOLUNTEERS?

AMCA volunteers engage the public by sharing information with them on safe and responsible use of AM devices. Other than AM device users, we also engage pedestrians on how to share paths graciously with one another. Ultimately, we focus on making public shared paths conducive and keeping users safe.

HOW IS AN AMCA VOLUNTEER PREPARED FOR THE ROLE?

LTA trains volunteers on public engagement techniques and keeps us updated on AM rules and safe path sharing practices. There are also yearly refresher courses, as well as networking initiatives for AMCA teams to share their experience and best practices with one another.



Jason and Ronnie, engaging the public at what used to be a dangerous crossing without the traffic light. The traffic light was installed after the AMCA team provided feedback to LTA.



SLOW

Hi Jason!

HOW DID YOU COME TO KNOW ABOUT AND JOIN THE AMCA PROGRAMME?

I have always been an active volunteer with the Residents' Network and its related initiatives. When the formation of the Teck Ghee AMCA was in its initial exploration stage, the then Chairman of Teck Ghee's Citizens' Consultative Committee (CCC) approached me to pioneer an AMCA team to which I gladly took up the challenge. Prior to that, I had served 10 years with the Citizens on Patrol (COP) scheme in which I led teams focused on crime prevention.

WHAT IS THE COMMITMENT FOR AN AMCA VOLUNTEER LIKE?

Our volunteers conduct outreach at various shared paths in Teck Ghee monthly, particularly at crowded places with high pedestrian-cyclist interactions. We usually spend one and a half hours on outreach each time. Every quarter, my team would collaborate with other nearby AMCA teams for joint engagements too.



SLOW



All smiles as cyclists use the shared path responsibly and appreciate the team's efforts.



SLOW



SLOW

COULD YOU SHARE A LITTLE MORE ON THE JOINT ENGAGEMENTS?

These engagements could be joint patrols or community events. One example was the partnership that my team did with the Yio Chu Kang AMCA team. We organised a community cycling event for residents from Teck Ghee through Ang Mo Kio and Yio Chu Kang before ending back at Teck Ghee. Along the way, we would stop to share safe cycling practices with participants, such as the importance of keeping left on paths to allow space for other path users to pass us. We are currently planning another community event themed "how to maintain your bicycle" to reach out to more residents who cycle in the neighbourhood.

EVERY ROLE COMES WITH ITS CHALLENGES. WHAT DO YOU AND YOUR TEAM FACE?

When we first started, we were often mistaken as AM enforcement officers, probably because our vests were similar in colour then. Hence, AM device users would often avoid us or run away from us when they spot us from a distance. Sometimes, we get hurled vulgarities which can be demoralising. During post-engagement debriefs, our experienced volunteers would share



MOTS



with those less experienced tips on how to deal with such unpleasant encounters. Over time, residents start to recognise us and understand our intentions. It helps that our vests are now light blue in colour!

WHAT KEEPS YOU AND YOUR TEAM GOING?

Many times, cyclists would give us a thumbs up and encourage us when they pass us by. They would also give feedback on paths needing enhancements which makes us realise that they understand our role within the community. Ultimately, what we do benefits everyone and keeps our community safe.

BE A COMMUNITY AMBASSADOR!

Keen to be part of the AMCA volunteer programme to spread the word on the safe use of AM within your own community and make a difference? Register your interest to volunteer via <https://go.gov.sg/amcaroi>. LTA will get in touch with you to understand your interest and how you can be integrated into the volunteer community, such as connecting you with existing AMCA teams, or working with your group or organisation to self-organise regular outreach activities.

AS AN ACTIVE MEMBER IN THE COMMUNITY, WHAT DO YOU LIKE MOST ABOUT YOUR NEIGHBOURHOOD?

The park connector and cycling paths are the best! From Teck Ghee, I love how I can cycle safely all the way to East Coast Park, up to Esplanade and return to Teck Ghee. The ride is therapeutic and I can stop along the way to capture scenic views.

REDUCING RISKS *of* **AMD-related Fires**

降低电动活跃通勤工具相关的火患风险

Mengurangkan Risiko Kebakaran Berkaitan AMD

செயல்திறனுள்ள இடம்பெயர் சாதனம் (AMD) தொடர்பான தீ ஆபத்துகளைக் குறைத்தல்

SAFE CHARGING PRACTICES FOR MOTORISED ACTIVE MOBILITY DEVICES (AMDS)

电动活跃通勤工具的安全充电规范

Amalan Pengecasan Selamat untuk Alat Mobiliti Aktif (AMD) bermotor

மின்கலன் பொருத்தப்பட்ட செயல்திறனுள்ள இடம்பெயர் சாதனத்துக்குரிய (Active Mobility Device) பாதுகாப்பான மின்னேற்ற நடைமுறைகள்

Ensure safe use and charging of Motorised Active Mobility Devices (AMDs)

Statistics from the Singapore Civil Defence Force (SCDF) showed that the number of AMD-related fires increased by almost 13% from 2022 to 2023.

Be proactive in protecting yourself and your neighbours against AMD-related fires by following these safe charging tips.

Buy/Renew Your HDB Fire Insurance

The HDB Fire Insurance is valid for 5 years, with premiums ranging from \$1.65 to \$8.25 (including GST). The insurance covers the cost of reinstating damaged internal structures, fixtures, and areas built and provided by HDB.

For additional protection, including coverage for reinstating home contents (e.g. renovations, personal belongings) and other benefits not covered under HDB Fire Insurance, you are strongly encouraged to buy a separate home insurance policy from an insurer of your choice.

Scan here for more detail



Upon scanning, you will be directed to a link that contains gov.sg.



Do charge PAB/PMD on a hard flat surface to allow optimal dissipation of heat.

为了安全起见，个人代步工具和电动脚踏车都应该停放在坚硬、平实的地面进行充电，这样才能确保充电时达到最佳的散热效果。

Mengecas PAB/PMD di atas permukaan yang keras dan rata untuk membenarkan pelepasan haba yang terbaik.

உகந்த வெப்பப் பரவலுக்கு PAB/PMD சாதனங்களை உறுதியான தட்டையான பரப்பில் வைத்து மின்னூட்டுங்கள்.

Do purchase only compliant devices. PMDs should be UL2272 certified, while PABs should have the EN15194 certification, affixed with LTA's orange seal of approval.

在选购电动个人代步工具时，请只购买符合UL2272标准的工具；而电动脚踏车则需得到EN15194的安全认证，并贴上陆路交通管理局 (LTA) 的橙色安全认证贴纸，以示获得批准。

Beli hanya peranti yang mematuhi syarat. PMD hendaklah disahkan dengan UL2272, sementara PAB harus mempunyai pensijilan EN15194, dilekatkan dengan meterai kelulusan LTA yang berwarna jingga.

ஏற்புடைய சாதனங்களை மட்டுமே வாங்குங்கள். PMD-கள் UL2272 சான்று பெற்றதாக இருக்க வேண்டும். PAB-களில் EN15194 சான்றோடு எல்டிஏ-வின் (LTA) ஆரஞ்சு வண்ண ஒப்புதல் முத்திரை ஒட்டப்பட்டிருக்க வேண்டும்.



Do not charge batteries immediately after using your AMD.

使用电动活跃通勤工具后，请勿立即为电池充电。

Jangan cas bateri serta-merta selepas menggunakan AMD anda.

AMD-யைப் பயன்படுத்திய உடனே மின்கலன்களை மின்னேற்றம் செய்யாதீர்கள்.

Do not charge AMDs or its batteries near combustible materials or along an escape path.

请勿在易燃材料附近或逃生通道上为电动活跃通勤工具或其电池充电。

Jangan cas AMD atau baterinya berhampiran dengan bahan mudah terbakar atau di sepanjang laluan keluar.

எரியக்கூடிய பொருள்களின் அருகிலோ வெளியேறும் பாதையிலோ AMD- ஐயோ அவற்றின் மின்கலன்களையோ மின்னேற்றம் செய்யாதீர்கள்.

Do not charge batteries that are deformed, corroded or powdery.

切勿为变形、腐蚀或出现不明粉末的电池充电。

Jangan cas bateri yang kemik, kembung, berkarat atau berserbuk.

சிதைந்த, துருப்பிடித்த, தூளான மின்கலன்களை மின்னேற்றம் செய்யாதீர்கள்.

Do not overload electrical outlets. Only use power adaptors that carry the Enterprise Singapore's SAFETY Mark label, and chargers and batteries from the original manufacturer.



请勿使插座超载。只使用印有新加坡企业发展局 (Enterprise Singapore) 安全标志标签的电源适配器，以及来自原制造商的充电器和电池。

Jangan membebankan saluran elektrik. Hanya gunakan penyesuai kuasa yang membawa label selamat SAFETY Mark daripada Enterprise Singapore, dan pengecas dan bateri daripada pengeluar asal.

மின்வாய்களில் அளவுக்கு அதிமாக பளு ஏற்றாதீர்கள். எண்டர்பிரைஸ் சிங்கப்பூர் பாதுகாப்பு அடையாளமுள்ள மாற்றி அமைக்கும் துணைப்பொறி (Power Adaptors), மற்றும் அசல் தயாரிப்பாளர்களிடமிருந்து வாங்கிய மின்னேற்றி (Chargers), மற்றும் மின்கலன்களை மட்டுமே பயன்படுத்துங்கள்.

Do not leave AMDs or batteries charging for a prolonged period or charging them unattended overnight.

请勿长时间或隔夜为电动活跃通勤工具或其电池充电。

Jangan tinggalkan AMD atau bateri yang mengecas untuk tempoh yang lama atau mengecas tanpa pengawasan semalaman.

AMD-கள் அல்லது மின்கலன்களை நீண்ட நேரம் மின்னேற்றம் செய்யும் நிலையில் விடாதீர்கள்; கவனிப்பில்லாமல் இரவு முழுவதும் அவற்றை மின்னேற்றம் செய்யாதீர்கள்.

Do not tamper with, modify, or attempt to repair your device on your own.

请不要擅自更改、改装、或修理通勤工具。

Jangan usik, ubah suai atau cuba membaiki peranti anda sendiri.

உங்கள் சாதனத்தை நீங்களே வலிந்து மாற்றாதீர்கள்; பழுது பார்க்காதீர்கள்.

THE UNSPOKEN Struggles of Youths



青少年中的无声挣扎

Pergolakan Belia
Yang Tersembunyi

இளையர்களால்
வெளிப்படுத்த முடியாத
பிரச்சினைகள்

One in 10 young people struggle with one (or more) mental health disorder(s). This was revealed in a study by the National University of Singapore, which surveyed more than 3,300 youths aged between 10 and 18.

Find out how you can offer mental health support to young people

While the surge in mental health issues among youths have been attributed to factors such as transition – both environmental and psychological – seeking help is difficult due to the stigma surrounding the condition(s).

Hence, it's important to pay a little more attention and be compassionate towards the youths around us and in the community by lending a helping hand or listening ear.



Young People's Minds Matter



Top 3 mental stressors among youths:

青少年中最常见的三大主要压力来源：

3 tekanan mental teratas dalam kalangan belia:

இளையர்களின் மன அழுத்தத்திற்கான முதல் 3 காரணிகள்:

Challenges at school or work

校园内或职场上面对的挑战

Cabaran di sekolah atau tempat kerja

பள்ளி அல்லது வேலையிடத்தில் ஏற்படும் சவால்கள்

Conflicts in interpersonal relationships

在经营人际关系时出现冲突

Konflik antara hubungan perseorangan

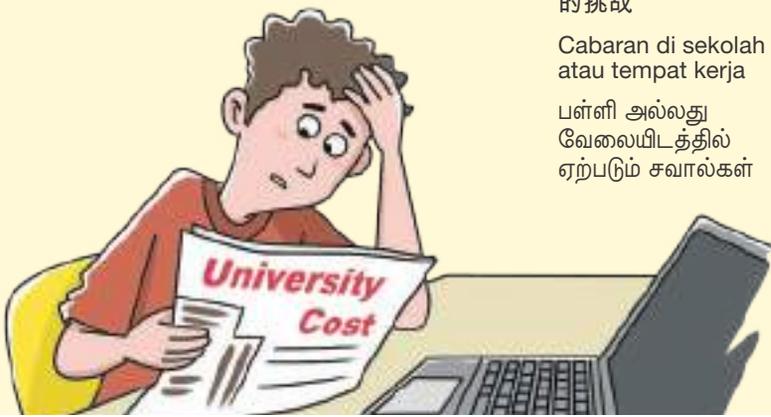
மனித உறவுகளுக்கிடையே ஏற்படும் முரண்பாடுகள்

Concerns with financial security or responsibility

担心经济保障或财务责任

Kebimbangan tentang jaminan kewangan atau tanggungjawab

பொருளாதாரப் பாதுகாப்பு அல்லது பொறுப்புகள் குறித்த கவலை



Potential behaviours indicating signs of mental health struggles:

出现心理健康隐忧的一些潜在迹象：

Tingkah laku yang mungkin menunjukkan gangguan kesihatan mental:

மன அழுத்தப் பிரச்சினைகளால் பாதிக்கப்பட்டிருப்பதைக் குறிக்கும் சாத்தியமுள்ள நடத்தைகள்:

Difficulty sleeping

睡眠困难

Susah hendak tidur

தூங்குவதில் ஏற்படும் சிரமம்



Loss of interest in activities that used to be enjoyable

对曾经喜欢的活动失去了兴趣

Hilang minat dalam kegiatan yang dahulunya dianggap seronok

முன்பு மகிழ்ச்சியாகச் செய்தவற்றில் ஆர்வம் குறைதல்



Self-harm/self-injury

自殘或自傷

Memudaratkan diri/Mencederakan diri

சுயமாகத் தீங்கு விளைவித்துக் கொள்ளுதல் / சுயமாகக் காயம் ஏற்படுத்திக்கொள்ளுதல்



Resources to Get Help

CHAT

Enquiry line:
6493 6500 / 6493 6501



(CHAT offers both in-person and text-based support, webCHAT for young people aged 16 to 30)

Website: <https://for.sg/chat>

Here's how you can offer support:

您可以如何提供帮助：

Anda boleh memberi sokongan melalui cara-cara ini:

நீங்கள் பின்வரும் வழிகளில் உங்கள் ஆதரவை வழங்கலாம்:

Everyone can play a part in supporting those with mental health concerns.

每个人都可以尽自己的一份力，为有心理健康问题的人提供帮助。

Semua orang boleh memainkan peranan dalam membantu mereka yang mempunyai masalah kesihatan mental.

மனநலப் பிரச்சினை உள்ளவர்களுக்கு அனைவரும் ஆதரவாக இருக்கமுடியும்.

Spot mental stressors that may lead to negative behaviours among youths.

留意可能导致青少年出现消极行为的压力来源。

Mengesan tekanan mental yang boleh membawa kepada tingkah laku negatif dalam kalangan belia.

இளையர்களை எதிர்மறையான நடத்தைகளுக்கு இட்டுச் செல்லக்கூடிய மன அழுத்தக் காரணிகளைக் கண்டறிதல்.

Show concern by initiating a conversation and listen intently.

主动通过对话来表达关心，并专心倾听。

Tunjukkan keprihatinan dengan memulakan perbualan dan mendengar dengan teliti.

அவர்களுடன் உரையாடுவது அவர்கள் சொல்வதைக் கூர்ந்து கவனிப்பது ஆகியவற்றின்மூலம் அவர்கள்மீது உங்கள் அக்கறையை வெளிப்படுத்துங்கள்.

Gently suggest or encourage the youth to seek help.

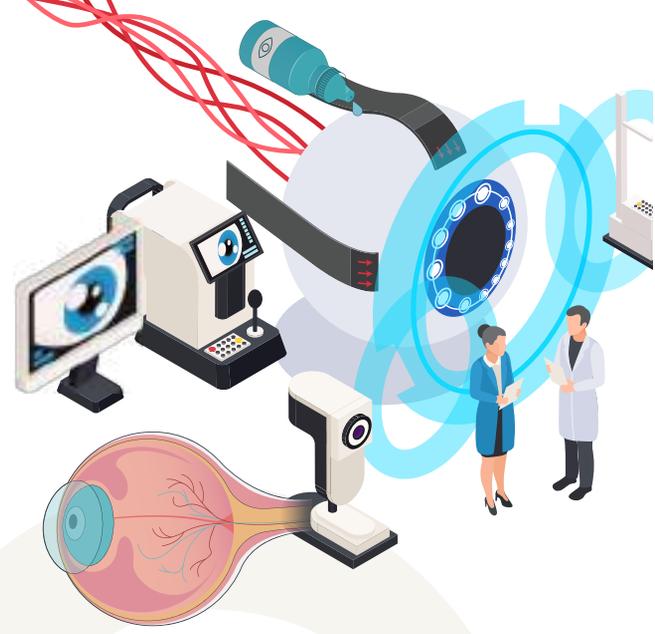
委婉地提出建议，或鼓励青少年主动寻求帮助。

Dengan lembut, sarankan kepada beliau untuk mendapatkan bantuan.

அவர்களிடம் உதவி பெறும்படி பரிந்துரை செய்யுங்கள்.

Keep your peepers peeled for these tips by Dr Leonard Ang, senior consultant ophthalmologist, Lang Eye Centre.

Preserving the health of our eyes can get more challenging as we age. Conditions like glaucoma have no symptoms in the initial stage but can result in blindness as it progresses. It is therefore important to schedule an annual eye check and seek advice from a medical professional about treatment and prevention. Do encourage your friends and families to go for regular check too.



Don't Let AGEING Affect your EYESIGHT

别让年龄影响你的视力

Jangan Biarkan Penuaan
Menjejaskan Penglihatan Anda

மூப்படைதல் உங்கள்
கண்பார்வையைப் பாதிப்பதற்கு
அனுமதிக்காதீர்கள்

Cataract 白内障 Katarak கண்புரை நோய்

SYMPTOMS: Gradual progressive blurring of vision, reduced vision in dim conditions, reduced colour perception, and halo vision.

CAUSES: Ageing, ultraviolet radiation exposure, systemic medical conditions and trauma can cause the lens of the eye to become cloudy. Cataract then starts to form.

TREATMENT: Surgery is usually recommended if the cataract is impairing vision and affecting daily activities.

PREVENTION: Wear sunglasses with UV protection. Quit smoking.

症狀: 视力逐渐模糊, 在灯光昏暗的环境里视力下降, 色彩知觉能力下降, 出现光晕视觉。

导因: 年龄增长 (衰老), 紫外线照射, 系统性疾病, 或是创伤, 都可能导致眼球晶状体出现混浊。这种晶状体的混浊, 就是所谓的白内障。

治疗方法: 如果视力受到影响, 妨碍了日常活动, 医生一般就会建议动手术切除白内障。

预防措施: 佩戴抗紫外线的太阳眼镜。戒烟。

GEJALA: Penglihatan bertambah kabur secara berperingkat-peringkat, penglihatan yang berkurangan dalam keadaan malap, persepsi warna berkurangan, dan penglihatan halo.

PUNCA: Penuaan, pendedahan kepada sinaran ultraviolet, keadaan perubatan sistemik dan trauma boleh menyebabkan kanta mata menjadi keruh. Katarak kemudian mula terbentuk.

RAWATAN: Pembedahan disyorkan jika katarak menjejaskan penglihatan dan kegiatan harian.

PENCEGAHAN: Memakai cermin mata hitam dengan perlindungan UV. Berhenti merokok.

அறிஞர்கள்: படிப்படியாகப் பார்வை மங்குதல், ஒளிக் குறைவான சூழல்களில் குறைவான பார்க்கும் திறன், நிறங்களைக் கண்டறியும் திறன் குறைதல், பார்க்கும் பொருளைச் சுற்றி ஒளிவட்டம் தெரிவது.

காரணிகள்: மூப்படைதல், புற ஊதா கதிர்வீச்சுக்கு உட்படுதல், மருத்துவ நிலைகள் மற்றும் அடிபடுவதால் ஏற்படும் அதிர்ச்சி போன்ற காரணங்களால் கண் வில்லையில் மேகமூட்டம் போல் இருக்கும். பின்னர், கண்புரை ஏற்படத் தொடங்கும்.

சிகிச்சை: கண்புரை பார்வையை மற்றும் அன்றாட நடவடிக்கைகளைப் பாதித்தால் பொதுவாக அறுவைசிகிச்சை பரிந்துரைக்கப்படுகிறது.

தடுப்பு நடவடிக்கை: புற ஊதா நிறப் பாதுகாப்புக்கொண்ட கண்ணாடிகளை (கருப்புக் கண்ணாடி) அணிதல். புகை பிடிப்பதைத் தவிர்த்தல்.

In Singapore, about **20-30%** of those **45 years** and older – and **80%** of **60 years and older** – suffer from some degree of cataract.



Glaucoma 青光眼 Glaukoma கண் அழுத்த நோய்

SYMPTOMS: In its early stage, glaucoma has no obvious symptoms; in its advanced stage, however, reduced field of vision loss can occur.

CAUSES: Conditions such as inflammation of the eye and systemic conditions such as diabetes.

TREATMENT: Eye drops to help lower eye pressure; laser procedure, or surgery.

PREVENTION: Schedule a comprehensive eye check every year if you are aged 45 or older.

症狀: 早期的青光眼患者或许不会出现明显的症状，但是到了晚期，患者的视野逐渐缩小，最终可能导致失明。

导因: 眼部发炎，或系统性疾病如糖尿病。

治疗方法: 使用眼药水帮助降低眼压，激光治疗，或进行手术。

预防措施: 45岁或以上的人士，建议每年定期做一次全面性眼睛检查。

GEJALA: Pada peringkat awal, glaukoma tidak mempunyai gejala yang jelas; bagaimanapun, pada peringkat lanjut, pengurangan medan kehilangan penglihatan boleh berlaku.

PUNCA: Keadaan seperti radang mata dan keadaan sistemik seperti kencing manis.

RAWATAN: Ubat titis mata untuk membantu menurunkan tekanan mata; prosedur laser, atau pembedahan.

PENCEGAHAN: Jadualkan pemeriksaan mata yang menyeluruh setiap tahun jika anda berumur 45 tahun ke atas.

அறிகுறிகள்: ஆரம்பக்கட்டத்தில், கண் அழுத்த நோய்க்கு வெளிப்படையான அறிகுறிகள் எதுவும் இருப்பதில்லை. ஆனால் நோய் முற்றிய நிலையில் குறைந்த பார்வைத் திறன் ஏற்படலாம்.

காரணிகள்: கண் அழற்சி போன்ற நிலைமைகள் மற்றும் நீரிழிவு நோய் போன்ற மருத்துவ நிலைகள்.

சிகிச்சை: கண்ணில் உள்ள அழுத்தத்தைக் குறைக்க உதவும் சொட்டு மருந்து; லேசர் செயல்முறை சிகிச்சை, அல்லது அறுவைசிகிச்சை.

தடுப்பு நடவடிக்கை: நீங்கள் 45 அல்லது அதற்கும் கூடுதலான வயதுடையவராக இருந்தால் வருடம் ஒருமுறை முழுமையான கண் பரிசோதனை செய்திட வேண்டும்.

In Singapore, about **5 in every 100 Singaporeans** suffer from glaucoma. It is the leading cause of irreversible blindness.

Age-related Macular Degeneration (AMD) 老年黄斑病变 (英文简称AMD) Degenerasi Makular Berkaitan Umur (AMD) வயதுசார் விழித்திரைச் சிதைவு (AMD)

SYMPTOMS: Dry AMD can cause a loss of central vision that gets worse over time; wet AMD has symptoms such as distorted vision and dark patches in vision.

CAUSES: Ageing, exposure to blue light radiation, genetics, obesity, and smoking.

TREATMENT: Options include intravitreal injection and laser treatment.

PREVENTION: Wear sunglasses to protect against UV and blue light exposure. Eat a healthy and balanced diet, and exercise regularly.

症狀: 干性老年黄斑病会导致中心视觉丧失，随着时间推移，情况会加剧。湿性老年黄斑病变则会出现视力失真扭曲或出现暗斑。

导因: 年龄增长（衰老），受到蓝光影响，家族遗传，肥胖，抽烟。

治疗方法: 治疗方式包括眼内药物注射以及激光疗法。

预防措施: 佩戴抗紫外线、抗蓝光的太阳眼镜。摄取营养均衡的健康饮食，并定期做运动。

GEJALA: AMD kering boleh menyebabkan kehilangan penglihatan sentral yang lambat laun akan menjadi bertambah teruk. AMD basah mempunyai gejala seperti penglihatan herot dan tompok-tompok gelap dalam penglihatan.

PUNCA: Penuaan, pendedahan kepada sinaran cahaya biru, genetik, obesiti, dan merokok.

RAWATAN: Pilihan termasuk suntikan intravitreal dan rawatan laser.

PENCEGAHAN: Memakai cermin mata hitam untuk melindungi daripada pendedahan cahaya UV dan cahaya biru. Makan makanan yang sihat dan seimbang, dan kerap bersenam.

அறிகுறிகள்: உலர் AMD நாளுக்கு நாள் மோசமாகும் மத்திய கண் பார்வை இழப்பை ஏற்படுத்தலாம்; ஈர AMD – க்கு சிதைந்த பார்வை மற்றும் பார்வையில் கருப்புத் திட்டுகள் போன்ற அறிகுறிகள் இருக்கும்.

காரணிகள்: மூப்படைதல், நீல ஒளி கதிர்வீச்சுக்கு ஆட்படுதல், மரபியல், உடற்பருமன் மற்றும் புகைபிடித்தல்.

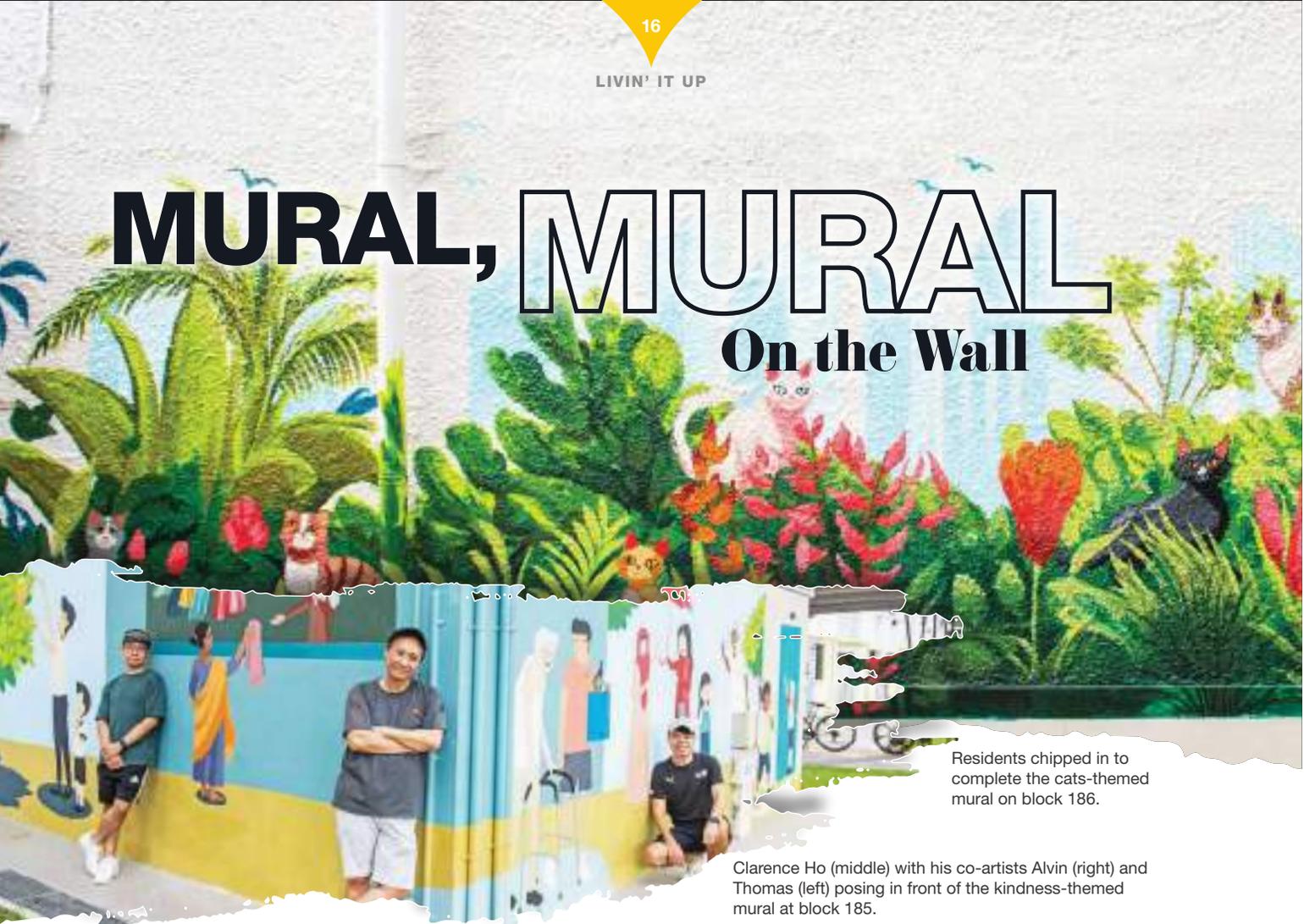
சிகிச்சை: விழித்திரை ஊசி மற்றும் லேசர் சிகிச்சை போன்ற தெரிவுகள் உள்ளன.

தடுப்பு நடவடிக்கை: புற ஊதா மற்றும் நீல ஒளிக்கு ஆட்படாமல் இருப்பதற்குக் கருப்புக் கண்ணாடி அணியுங்கள். ஆரோக்கியமான மற்றும் சமச்சீரான உணவை உண்ணுங்கள், தவறாமல் உடற்பயிற்சி செய்யுங்கள்.

AMD is a leading cause of irreversible blindness in people aged 50 and over. It presents as dry AMD (which affects 90% of patients) and wet AMD. **Dry AMD** develops gradually as light-sensitive cells in the macula degenerate with age and result in loss of central vision. **Wet AMD**, meanwhile, occurs due to growth of abnormal blood vessels under the retina. It can cause vision loss within a short period of time.

MURAL, MURAL

On the Wall



Residents chipped in to complete the cats-themed mural on block 186.

Clarence Ho (middle) with his co-artists Alvin (right) and Thomas (left) posing in front of the kindness-themed mural at block 185.

Community art is reinvigorating the look and mood in Boon Lay. We find out how.

Who knew what difference a wall mural could make to HDB housing? Johny Tan, Chairperson of Boon Lay Zone D Residents' Network, did.

“We wanted to change people’s perception of Boon Lay as an old estate. Art, we felt, could help to enliven the environment,” he explains.

Zone D encompasses blocks like 185, 186, 190, 191 and 221 – these became the site of the new Community Mural project, which was officially launched in March 2024. The event was graced by Mr Desmond Lee, Minister for National Development and Minister-in-charge of Social Services Integration, and a Member of Parliament for Boon Lay.

Johny says these blocks were chosen for their location: **“They are right beside Boon Lay Shopping Centre, where many residents frequent for daily essentials.”**

“Running parallel to the blocks is a sheltered walkway [that they use to travel between Boon Lay Drive and Boon Lay Avenue].”

“As the residents walk or rest along the path, they would be drawn to the colourful wall murals, and appreciate these works of art. They would also be reminded of the values that inspired the creation of these wall murals.”

Among the murals, two blocks – 185 and 186 – were supported by the Lively Places Fund (LPF) and National Arts Council.



Johny Tan, Chairperson of Boon Lay Zone D Residents' Network.

Enlivening Our Environment

The programme seeks to support community-driven projects that invigorate Singapore's public spaces, with the goal of building stronger bonds and place identity among residents.

Both murals were conceived by Clarence Ho, who is also the creator behind several other art projects in the community. The kindness-themed mural at block 185 depicts the everyday lives and heartwarming acts of residents, while the cats-themed one at block 186 is a nod to its huge cat-loving community.

Both murals are equipped with 3D Augmented Reality (AR) – simply scan a QR code with your mobile phone, then point at the icon to check out the various fun effect(s). At 185, you could hear conversations – peppered with laughter – between neighbours. At 186, on the other hand, you could hear cats' mewing.

"I've been incorporating AR into my artworks because I felt it would be more immersive and exciting for the audience," says Clarence. **"And this project is the first time I used AR on wall murals."**

AR required a little more planning by Clarence and his team when working on the murals. Movement, for example, was a crucial element.

As highlighted by his co-artists Alvin and Thomas: **"It changes the way we thought about an artwork; we also had to consider which part would move, and how it would move, for example."**

But the effort was worth it, Clarence says. **"We are encouraged by the response we have received, especially the children who clearly love it."**

Residents trying out the 3D AR to check out the fun effects from the murals.



A Community Effort

These murals are a source of pride not just for the professional artists who conceptualised them but also for residents who offered their time and talent to help complete them.

Among them was A,zura, an 11-year-old pupil from Boon Lay Garden Primary School. She had been on her way home after returning from a movie and saw the artists and other neighbours painting away on the cats mural. Curious, she decided to join in.

The youngster, who was among the crowd at the launch, says, **"I spent about 10 to 20 minutes here. I am interested in art but I was not sure if I was that good at it. After this, I will think about it some more. Oh look, this is the plant I painted!"**



Scan the QR code to learn more about LPF!

<https://go.gov.sg/hdb-lpfipc>

Upon scanning, you will be directed to a link that contains gov.sg.

A,zura proudly pointed out the plant she painted.





Replace worn-out parts on your window!

Replace aluminium rivets and worn-out parts. Engage an approved window contractor to repair any damages immediately. If your window falls due to a lack of maintenance, you may be fined up to \$10,000 and/or jailed for up to a year. Falling windows can kill.

DON'T PLAY PLAY, QUICKLY FIX OK?

Scan to learn how to check your windows, and engage approved window contractors.



<https://go.gov.sg/hdb-window-safety>
Upon scanning, you will be directed to a link that contains gov.sg.