

Life storeys

Life in the Heartlands

ISSUE 43
FEB/ MAR 2025



A WHOLE WORLD OF
GREEN AND FUN AT
*Chinese and
Japanese
Gardens*



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DEAR READERS,

Welcome to Life Storeys February/ March 2025.

In this issue we invite you and your family to explore the scenic surroundings of the Chinese and Japanese Gardens.

Turn to **Talk of the Town**, and discover the galore of family-friendly stops, from beautiful pagodas and invigorating spaces to tranquil waterscapes.

We turn the spotlight on Bidadari, meanwhile, in **Around the Block**. Brimming with some of our island's most precious natural delights, the neighbourhood also offers fabulous local flavours.

In **Our Life Stories**, we speak to Emily Yap, founder of Dunearyn Youth, to find out how she strikes a balance between her work as a palliative care nurse and her passion for volunteering.

Finally, in **Livin' It Up**, learn how to reduce waste in our environment. Other reads include smart ways to declutter your home, build a better neighbourhood together by understanding your resident profile, and identify signs of mental health challenges among youths.

Here's to a fabulous February/ March.

The Editorial Team

PUBLISHED BY
Housing & Development Board

EDITORIAL ADVISERS
Eileen Neo, Shivonne Wong Tien Lee,
Tan Xiao Rong, Low Yi Ying

PROJECT MANAGEMENT
DESIGN, PHOTOGRAPHY, ILLUSTRATION AND PRODUCTION
Redbean De Pte Ltd

EDITORIAL
Mary Lim, Lead Writer
Patsie Tan and Jimmy Tan, Writers



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.



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Twin Pagoda at Chinese Garden

A WHOLE WORLD OF GREEN AND FUN AT

Chinese and Japanese Gardens

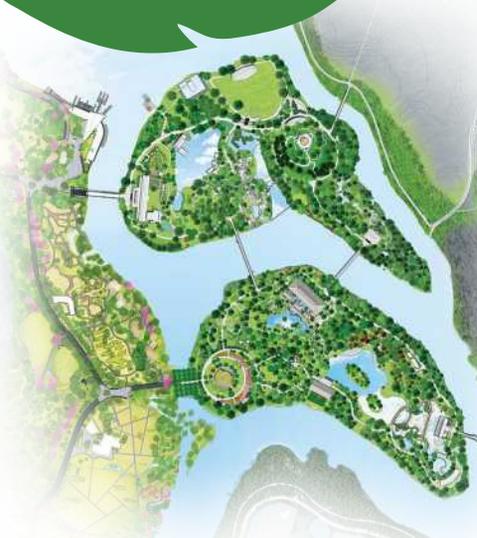
Chinese and Japanese Gardens
at Jurong Lake Gardens

Photo credit: National Parks Board

Explore new sustainable features, recreational spaces, and familiar landmarks in the heart of Jurong.

Step into a world of tranquillity and excitement at Chinese and Japanese Gardens, which opened to the public in September 2024 following the completion of rejuvenation works. This marked the completion of the 90-hectare Jurong Lake Gardens, Singapore's first national gardens in the heartlands. Originally built in the 1970s, Chinese and Japanese Gardens have been thoughtfully enhanced to preserve their natural ambience and distinctive cultural character, while offering a refreshed array of features and amenities within a scenic lakeside setting.



Sunken Garden

Cloud Pagoda

Photo credit: National Parks Board

Perfect Spots for Recreation and Family Fun

Chinese and Japanese Gardens are vibrant spaces for recreation and family fun. Whether you are seeking a peaceful moment of reflection or an adventurous day out, there is something for everyone to enjoy.

Take a stroll through lush greenery integrated with waterscapes, relax in the new community spaces, or snap stunning photos at familiar landmarks like the Cloud Pagoda and the Stoneboat in Chinese Garden.

Perched atop a small hill with a view of Jurong Lake, the seven-storey Cloud Pagoda is inspired by the Linggu Temple Pagoda in Nanjing, China.

For a peaceful moment by the water, visit the Stoneboat, which is situated on the banks of the Lotus Pond. Here, you can enjoy the calming sensation of gently floating on water, as if aboard a boat, while surrounded by nature.

At Japanese Garden, immerse yourself in the tranquil beauty of the Sunken Garden and Floral Garden.

The Sunken Garden, encircled by towering green walls, offers a calming, valley-like landscape filled with lush epiphytes such as orchids, ferns, and mosses. At its heart, a cenote-inspired water feature recycles rainwater, enhancing the peaceful atmosphere perfect for quiet reflection.

Meanwhile, the Floral Garden features four themed gardens — Tranquillity Garden, Abundance Garden, Wabi-sabi Garden, and Invigoration Garden — each offering scenic lake views and featuring traditional Japanese elements such as sculptural rocks, bamboo clusters, and ornamental trees. As a showcase for community stewardship, the Floral Garden also features five community plots co-designed with students and volunteers.

These are just some of the many exciting features awaiting your visit — come and discover more!



Stoneboat

Photo credit:
National Parks Board

Sustainability at the Gardens

The rejuvenated Chinese and Japanese Gardens continue the Gardens' emphasis on sustainability, with a suite of sustainable features and smart solutions that contribute towards greener outcomes.

At both gardens, a smart water management system has been implemented, which includes a water pump and filtration system that utilises natural vegetation and soil microbes to clean and restore the water. Within the gardens, solar panels have been installed on the new buildings to help lower the Gardens' energy consumption.

In addition, the footpaths within Chinese and Japanese Gardens are made from carbon dioxide mineralised concrete, which uses advanced CCU (Carbon Capture & Utilisation) technology to convert industrial waste carbon dioxide into a mineral to produce carbon dioxide mineralised concrete. This is a stronger form of concrete while reducing the use of cement.

Affirming the Gardens' commitment to environmental sustainability, the second phase of its development has achieved the BCA Green Mark 2021 Platinum Super Low Energy certification.

Footpaths in Chinese and Japanese Gardens are made from carbon dioxide mineralised concrete, which helps to reduce carbon emission during construction process and contributes to sustainability.

Photo credit: National Parks Board

VISIT CHINESE AND JAPANESE GARDENS



Entrance is FREE!



Open daily from 5.30am to 12am

HOW TO GET TO CHINESE AND JAPANESE GARDENS?



By MRT:

From Chinese Garden MRT station (EW25):

- To entrance at Chinese Garden Bridge (5-min walk)
- To the information counter at Pagoda Plaza (8-min walk)

From Jurong East MRT station (NS1/EW24):

- To entrance at Japanese Garden Bridge (20-min walk)
- To the information counter at Water Lily Pavilion (23-min walk)



By Car:

- The nearest parking lots are located at Lakeside Garden.
- Chinese Garden is a 5-minute walk from North Carpark.
- Japanese Garden is a 15-minute walk from South Carpark.



BIDADARI PARK: *Sustainable Fun for All*

Explore scenic nature trails, discover hidden wildlife, and enjoy vibrant outdoor experiences at Bidadari Park.

Escape the city hustle in Bidadari, where nature and modern living come together beautifully. Nestled between Woodleigh, Potong Pasir, and Bartley, this vibrant estate is rich in greenery and history.

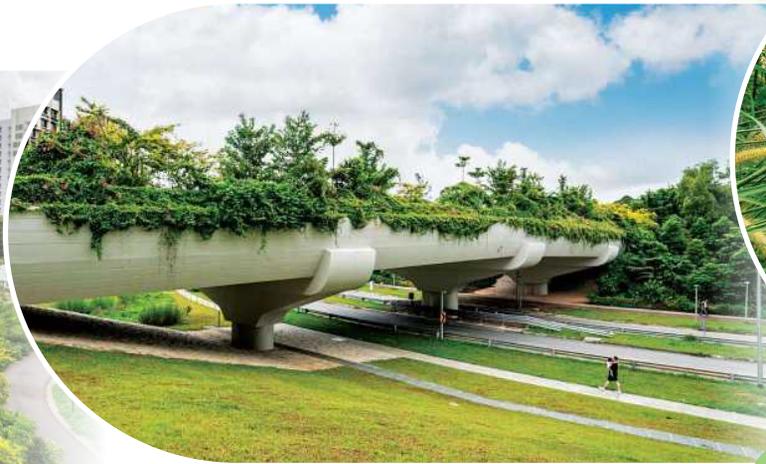
Bidadari, which means 'angel' in Malay derived from the Sanskrit word *widyadari* (an angelic being in Hindu mythology), boasts a fascinating history. What began as a grand estate in the 1800s became a historic cemetery. Today, it has been transformed into a 'Community in a Garden'.

At the heart of the estate lies Bidadari Park — a peaceful oasis where biodiversity thrives. Here are some highlights that will make your visit truly memorable.



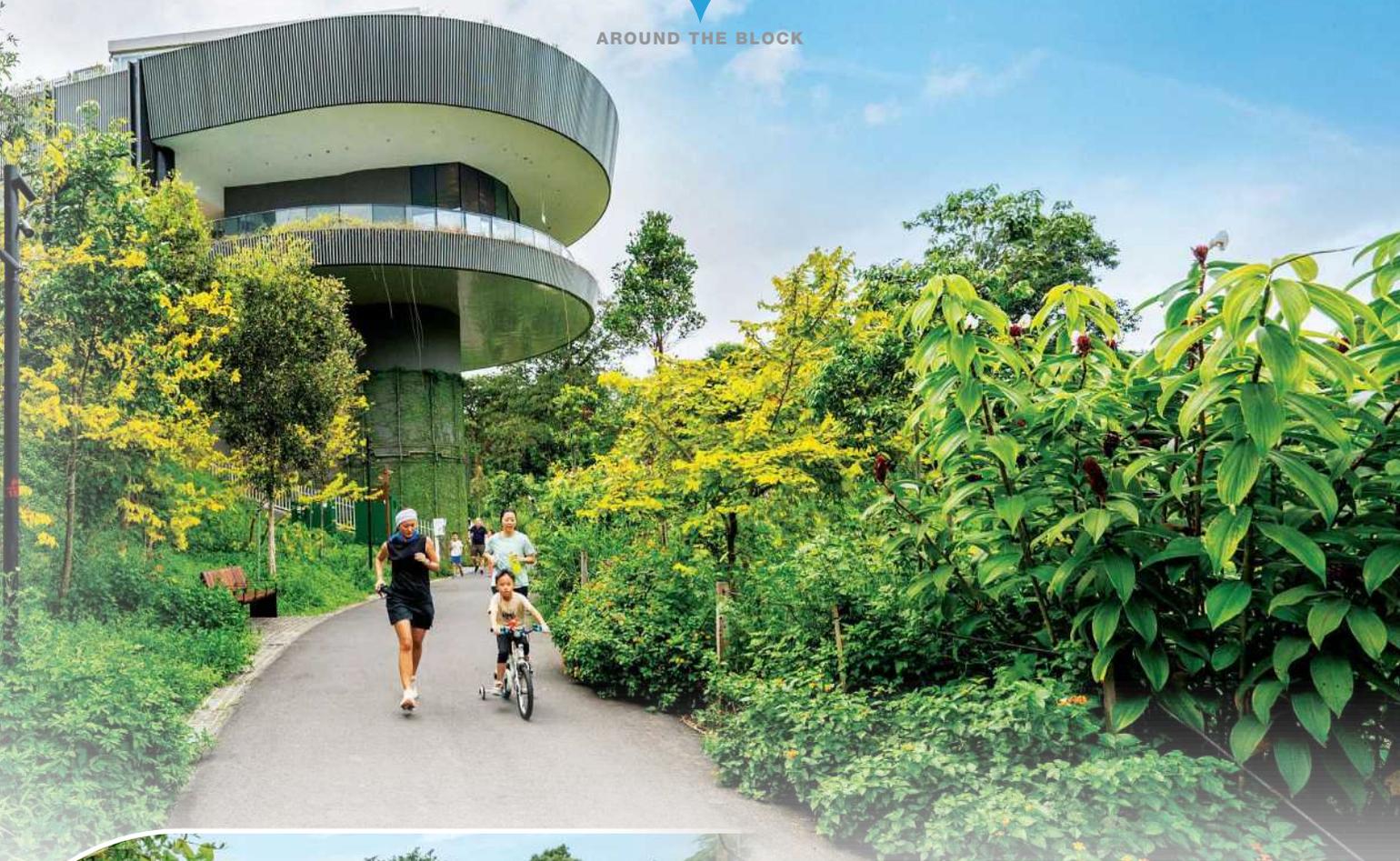
A Multi-functional Scenic Lake

The Alkaff Lake is more than just a beautiful sight — designed to serve as a stormwater retention pond, it helps manage rainfall and protect the estate and surrounding areas from flooding. On sunny days, you can take a leisurely stroll around the lake or pack a picnic to enjoy some quality time with loved ones by the water.



A Haven for Birdwatchers

Bidadari is a delight for nature enthusiasts, particularly birdwatchers. The park serves as a stopover site for migratory birds along the East Asia-Australasian Flyway. With bird hides and a Raptor Nest platform, it is a fantastic place to observe both local and migratory species. For the best views, head to the hillock, a birdwatching hotspot connected to the main park by a 100-metre-long land bridge lined with flowering trees and shrubs.



A Rich Tapestry of Ecosystems

As you explore Bidadari Park, you will encounter a variety of habitats — from woodlands and marshlands to open grasslands — each hosting its own unique flora and fauna. The park is home to a variety of trees, including critically endangered species, as well as a diverse range of wildlife such as birds, butterflies, dragonflies, and aquatic life. With 5.2 kilometres of trails to discover, there is no shortage of adventures. Don't miss the Woodland Experiential Trail, where you can admire towering Tembusu trees, which are native to Singapore.

A Glimpse into the Past

For those curious about the past, the Heritage Walk offers a fascinating journey into Bidadari's history, told through a series of informative storyboards. When fully completed, this path, lined with mature rain trees, will lead from Woodleigh MRT station to an upcoming relocated memorial garden. The garden will pay tribute to the historical significance of Bidadari Cemetery, showcasing the Christian, Muslim, and Hindu sections, as well as cultural artefacts from the former cemetery.

Savour the Flavours OF BIDADARI

For food lovers seeking new and exciting culinary adventures, Bidadari is the place to be. This vibrant neighbourhood boasts a diverse range of dining options, sure to delight any palate. Ready to explore some of the area's best eats? Let's go!

“*Our new neighborhood is a perfect blend of convenience and charm – every corner brings a new delight, from amazing food to tranquil green spaces. It's more than just a place to live; it's a vibrant community where life feels brighter and more refreshing, making it the perfect spot for a young family like ours.*”

Mr and Mrs Seamus Wan Pak Ban,
Bidadari residents



OLLA

The Woodleigh Mall
11 Bidadari Park Drive, #01-55
Open daily 8.30am to 9.00pm

Coffee enthusiasts, you are in for a treat! Founded in 2011 by award-winning barista Hee Wei, OLLA has come a long way from its humble roots as a mobile coffee cart. Now with two cafes in Singapore – including this cosy gem at The Woodleigh Mall – it is the perfect spot to catch up with friends, enjoy a quiet read or indulge in a perfectly brewed cup of coffee. OLLA offers a variety of coffee, tea, and even hot food. What truly sets OLLA apart is the OLLAKASE experience, a unique twist on the traditional omakase where baristas surprise you with personalised coffee creations tailored to your taste.



Bik 106

Bik 202C

Bik 212

Woodleigh Mall

Tham's Roasted Delights

Maxim
Blk 212 Bidadari Park Drive, #03-01
Open daily 10am to 8pm

Experience the luxury of Peking Duck, usually reserved for special occasions, at Tham's Roasted Delights — a stall in a kopitiam setting. You can enjoy this exquisite dish at surprisingly affordable prices, with the chef expertly carving it right before your eyes. The crispy skin, paired with *hoisin* sauce, cucumbers, scallions, and a delicate crepe, is nothing short of mouth-watering. The stall also offers a selection of other roasted delights, including roast duck, roast pork, *char siew* and white poached chicken. It also has an outlet in Ang Mo Kio.



Pura Vida Cocina Mexican Fusion

Woodleigh Village Hawker Centre
Blk 202C Woodleigh Link, #01-25
Open Mon, Wed-Fri: 12pm to 3pm, 5pm to 8.30pm |
Sat to Sun: 11am to 8.30pm
Closed on Tue

Looking for something different from your typical hawker fare? Head over to Pura Vida Cocina, where former Chico Loco head chef, Teo Kok Pin, offers a fresh twist on Mexican dishes. From XL tacos and DIY burrito bowls to freshly made nachos, there is plenty to enjoy. The spiced chicken rice, for example, features marinated chicken with a homemade Mexican-inspired marinade, served with corn, salad and a sunny-side up egg. With minimal frying and no pork or lard, it is a delicious and healthy choice.



Huat Heong Bak Kut Teh

Blk 106 Bidadari Park Drive, #01-05
Open daily 11am to 8.30pm

Indulge in a comforting bowl of Huat Heong Bak Kut Teh, where the flavourful broth brims with herbal goodness and tender pork ribs, served in the signature Malaysian style. Beyond the classic *Bak Kut Teh*, you will find a selection of delectable options, including curry chicken and a mixed braised platter.



Emily Yap started a ground up initiative – Dunearn Youth in 2020 to help the needy overcome challenges of COVID-19. It has since powered her journey into community service. Here's her story.



BREAKING

New Ground

WHAT LED YOU TO START DUNEARN YOUTH?

The idea for Dunearn Youth emerged during the height of COVID-19 in 2020, a time of uncertainty and fear. When Singapore raised its risk assessment to Dorscon Orange, panic buying emptied supermarket shelves. I was worried about my grandmother navigating crowded stores and extended this concern to elderly individuals and lower-income families with limited support. So I gathered like-minded friends and began delivering groceries to vulnerable groups. What started as a small act of kindness evolved into a mission that deeply transformed me. Witnessing the gratitude and relief on recipients' faces gave me purpose, solidifying my commitment to community service.

WHAT DO YOU ENJOY ABOUT THE WORK OF DUNEARN YOUTH?

It allows me to connect with my community while helping them address challenges like rising living costs and food insecurity. Support from the National Youth Council's Young ChangeMakers Grant and the Temasek Foundation OSCAR Fund has provided us vital resources to reach out to others in need. Our work goes beyond delivering Carepacks of groceries to needy families, which we started during the COVID-19 pandemic in 2020. It's about fostering connections, allowing us to strengthen relationships and offer new programmes on health, digital inclusion, mental wellness, and sustainability.



TELL US MORE ABOUT THESE PROGRAMMES.

HEALTH: As a nurse, I used Carepack deliveries to provide both essentials and health education. Through conversations, seniors were encouraged to take charge of their health, fostering ownership of their well-being.

DIGITAL INCLUSION: Witnessing the digital divide during deliveries prompted me to secure the Infocomm Media Development Authority's Digital for Life Grant. We conducted workshops to teach seniors skills like booking medical appointments online, using apps, and avoiding scams. These efforts empowered them to navigate the digital world confidently.

MENTAL WELLNESS: Isolation during the pandemic had significant mental health impacts on the elderly. I joined Bukit Timah Age Well Everyday (AWE), an initiative by Yeo Boon Khim Mind Science Centre, research centre of NUS and NUHS where I learnt Reminiscence Therapy. I volunteer at eldercare facilities and encourage seniors to live an active ageing lifestyle. I also help persons with dementia improve their self-esteem.

SUSTAINABILITY: Post-pandemic, I shifted focus to climate action, leading the Recycle Right campaign. Supported by partners like the National Environment Agency and Municipal Services Office, Ministry of National Development, we empowered over 700 participants to adopt sustainable practices through talks and workshops, fostering environmental responsibility.

MOST MEMORABLE MOMENT?

One elderly woman I delivered a Carepack to offered me bread and water because she thought I looked tired. I was deeply moved by her kindness amidst her own struggles. It reminds me of the generosity within our community.

HOW DO YOU BALANCE BETWEEN WORK AND VOLUNTEERING?

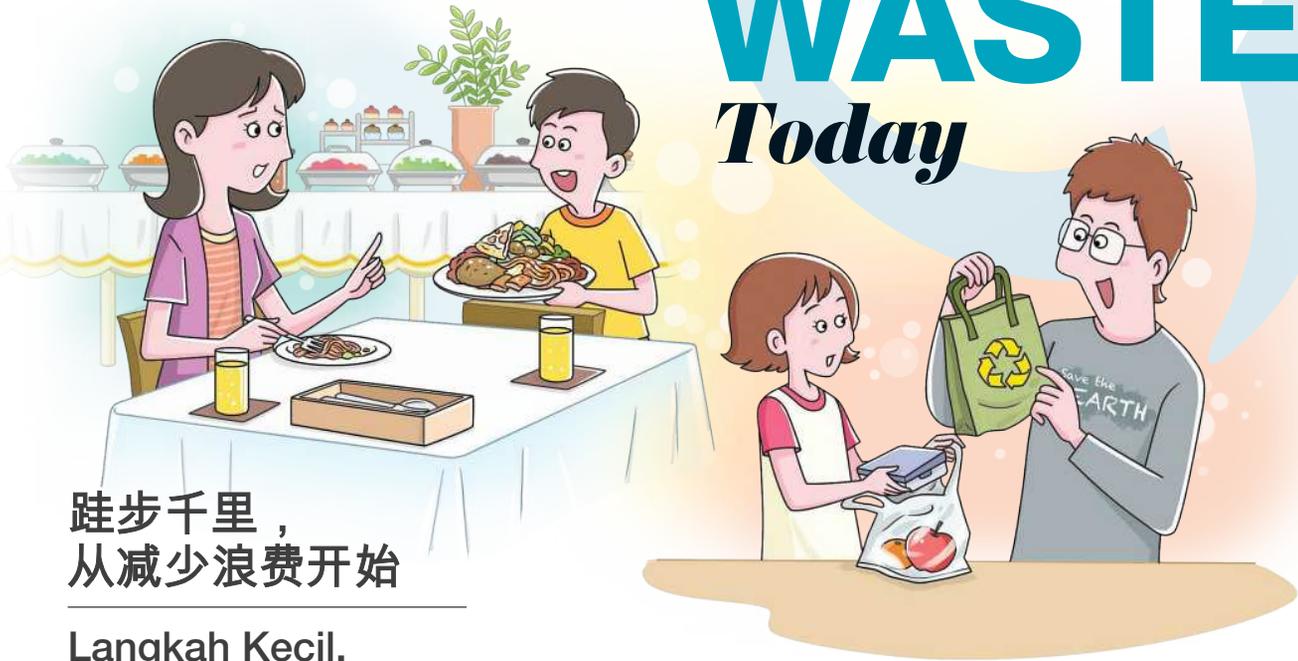
I work as a palliative care nurse; I strike this balance through intentional time management. Volunteering rejuvenates me, while I prioritise self-care through activities like bouldering, pilates, and spending time with loved ones.

LESSONS FROM VOLUNTEERING?

Volunteering taught me that true connection with our community comes from these shared moments of care. When we help each other, we not only uplift individuals, but strengthen the fabric of our entire community. This is the essence of our Singapore story; a story of resilience, compassion, and mutual support.

Small Steps, Big Impact:

REDUCE YOUR WASTE Today



跬步千里，
从减少浪费开始

Langkah Kecil,
Kesan Besar:
Kurangkan Sisa
Anda Hari Ini

சிறிய முயற்சி, பெரிய
தாக்கம்: இன்றே
உங்கள் கழிவுகளைக்
குறைத்திடுங்கள்

Did you know?

What can I do with unwanted items which are still in good condition?

- Donate or resell items in good condition for a second life.
- Learn more at go.gov.sg/reusesg.

Ever thrown away food you couldn't finish or used a plastic straw just once? These small actions, when added up, can have a big impact on our environment. With Semakau Landfill expected to be full by 2035, it is time for us to rethink our everyday habits.

To address this, Singapore's Green Plan aims to cut landfill waste by 30% by 2030. The Say YES to Waste Less (SYTWL) campaign, launched in 2019, encourages simple changes in our daily lives to reduce food wastage and disposables — two major sources of waste. Small changes in our habits could help the planet (and save us money too)!

Here are some simple tips to help you become a waste-less champion:



**SAY
YES
TO WASTE LESS**

An initiative by
National Environment Agency



Say No to Disposables!

TIP 1

Every time we use a disposable item, it ends up in the trash. Let's bring our own containers and bottles, and say no to utensils for takeaways. Some F&B outlets even offer discounts for using our own reusables – a win-win for our wallet and the planet! Want to see where you can get discounts for using your own reusables? Check it out at go.gov.sg/sytwli. And don't forget to bring your reusable bags when you shop for groceries!

貼士 1 : 拒絕一次性用品

自備環保盒和瓶子，避免使用一次性餐具。購物時，帶上可重複使用的環保袋。

TIP 1 : Katakan 'Tidak' bagi Barang Pakai Buang

Bawa bekas makanan dan botol anda sendiri dan katakan 'tidak' bagi alat makan untuk makanan bawa pulang. Gunakan beg guna semula apabila membeli-belah.

உதவிக்குறிப்பு 1 : ஒற்றைப்பயன் பொருள்களைப் பயன்படுத்தாதீர்கள்

உணவங்காடிகள்/ உணவகங்களிலிருந்து வாங்கிச் செல்லும்போது உங்கள் சொந்தக் கலன்கள், பாட்டில்களைக் கொண்டு வாருங்கள்; அவர்கள் கொடுக்கும் பாத்திரங்களை மறுத்திடுங்கள். பொருட்கள் வாங்குவதற்கு மீண்டும் பயன்படுத்தக்கூடிய பைகளைப் பயன்படுத்துங்கள்.



Give Your Item a Second Lease of Life

TIP 3

Before throwing something away, ask yourself if it can be reused, repaired, or donated. Give unwanted items a second life – save money and declutter your home! Visit go.gov.sg/reusesg to find out where you can donate, repair, or resell them.

貼士 3 : 旧物改造，焕发新生

在丢弃物品之前，考虑是否可以重新利用、修复或捐赠。

TIP 3 : Berikan Hayat Baharu kepada Barang-Barang Anda

Sebelum anda membuang sesuatu, fikirkan jika ia boleh diguna semula, dibaiki, atau diderma.

உதவிக்குறிப்பு 3 : உங்கள் பொருள்களை ஒரு முறைக்கு மேல் பயன்படுத்த முயற்சி செய்யுங்கள்

ஒரு பொருளை எறிவதற்கு முன்னர் அதை மீண்டும் பயன்படுத்த முடியுமா, பழுதுபார்க்க முடியுமா, அல்லது நன்கொடையாகக் கொடுக்க முடியுமா என்று எண்ணிப் பாருங்கள்.

By making these simple, everyday changes, we can all help build a waste-less community. Remember, every little bit counts, and together, we can make our world a cleaner, greener place.



Feed Your Stomach, Not the Wastebin

TIP 2

Food wastage is a big problem in Singapore. Let's fight it! Plan our meals and shop with a list to buy only what you need while saving money. When dining out, order wisely and don't hesitate to ask for smaller portions (especially rice or noodles) or skip those extra side dishes. For even more tips on reducing food wastage and disposables, visit go.gov.sg/sytwltips.

貼士 2 : 聪明购物，减少剩食

提前规划菜单，列好购物清单，购买自己能吃完的食物。

TIP 2 : Isikan Perut Anda, Bukan Tong Sampah

Lakar perancangan makan, siapkan senarai membeli-belah dan pesan hanya apa yang anda boleh habiskan.

உதவிக்குறிப்பு 2 : உங்கள் வயிற்றுக்கு உணவளியுங்கள், குப்பைத்தொட்டிக்கல்ல

என்ன சாப்பிடுவதென்று திட்டமிடவும், பட்டியலிட்டு வாங்கவும், உங்களால் சாப்பிட்டு முடிக்கக்கூடியவற்றை மட்டும் வாங்கவும்.



Let's Recycle – The Right Way!

TIP 4

Recycling is an easy way to reduce waste, but around 40% of the items in blue recycling bins cannot be recycled due to contamination from items such as food and liquid waste. Let's recycle the right way with three simple steps! Step 1, Check if your item can be recycled, by using the Bloobin AI Chatbot on WhatsApp (go.gov.sg/askbloobin) or Telegram (go.gov.sg/askbloobintg)! Step 2, Clean and dry your recyclables before recycling. Step 3, Recycle them in the blue recycling bin or recycling chute. And don't forget, cardboard boxes from online shopping are also recyclable – make sure to flatten them to prevent choking the blue recycling bin/ chute!

貼士 4 : 正确回收，事半功倍

投放回收物品到蓝色回收箱之前，先确保它们适合回收，并清洗干净。

TIP 4 : Kitar Semula dengan Betul

Sebelum anda masukkan barang anda ke dalam tong/ pelongsor kitar semula yang berwarna biru, pastikan dahulu barang tersebut sesuai untuk dikitar semula dan kemudian bersihkan.

உதவிக்குறிப்பு 4 : சரியான முறையில் மறுபயனீடு செய்யுங்கள்

மறுபயனீடு செய்யக்கூடியவற்றை நீல நிற மறுபயனீட்டுத் தொட்டிகளில்/ சரிவுக்குழாய் வழித் தொட்டிகளில் போடுவதற்கு முன் அவை மறுபயனீடு செய்ய ஏற்றவையா என்பதைச் சரிபார்த்துப் பின்னர்ச் சுத்தம் செய்யுங்கள்.

Simplify and

Start the New Year by refreshing your home! Clutter from busy lives and sentimental items can feel overwhelming, but a mindful approach to decluttering can help transform your space and welcome 2025 with renewed clarity.

Here's a simpler way to help you get started:



1

Picture Your Ideal Space

Picture a space that's comfortable, practical, and enjoyable every day. Let this vision inspire you to clear the clutter.



2

Start with Letting Go

Begin by releasing items you no longer need or use. Make room for what truly matters.



3

Sort by Category, Not Room

Organise by category — everyday essentials, clothes and accessories, paperwork and documents, etc. — rather than cleaning one room at a time. This lets you see how much you have and makes it easier to decide what to keep.



5

Tidy in Order

Start decluttering with one category, like essentials or clothes, to build your confidence and skills in letting go of things. Avoid starting with sentimental items! Stick with one category until it is complete.



6

Embrace 'One In, One Out'

For every new item, let go of an old one. This habit helps prevent clutter from accumulating.



7

Keep Only What Sparks Joy or Serves a Purpose

Ask yourself, "Does this make me happy or serve a purpose?" Keep items that you love, use, or need.

Thrive: DECLUTTER YOUR HOME FOR A SUSTAINABLE FUTURE



4

Give Everything a Home

Designate spots for each item — a drawer, shelf, or container — making it easy to maintain order.

Create a Home that Reflects You

These steps go beyond tidying — they shape a home aligned with your values for a calmer, intentional life.



8

Build a Daily Reset Routine

Spend a few minutes each day putting things back in place. This routine maintains a serene, clutter-free home.

As we declutter our home, let's not forget the importance of organising our HDB Household Shelters (commonly known as Bomb Shelters). These emergency spaces can easily become cluttered, so let's ensure they remain clear and functional for any unforeseen situations.



Building A BETTER NEIGHBOURHOOD *Together*

Are you curious to learn more about your resident profile or the profiles of others around you, and how you can contribute to building a better neighbourhood?

Keen to know your profile regarding your involvement in tackling municipal issues and promoting considerate behaviours in your neighbourhood? Simply answer seven simple questions in the Resident Profiling Tool, designed by the Municipal Services Office (MSO)!

Municipal issues are everyday problems that affect your neighbourhood and the quality of the living environment. Examples include:



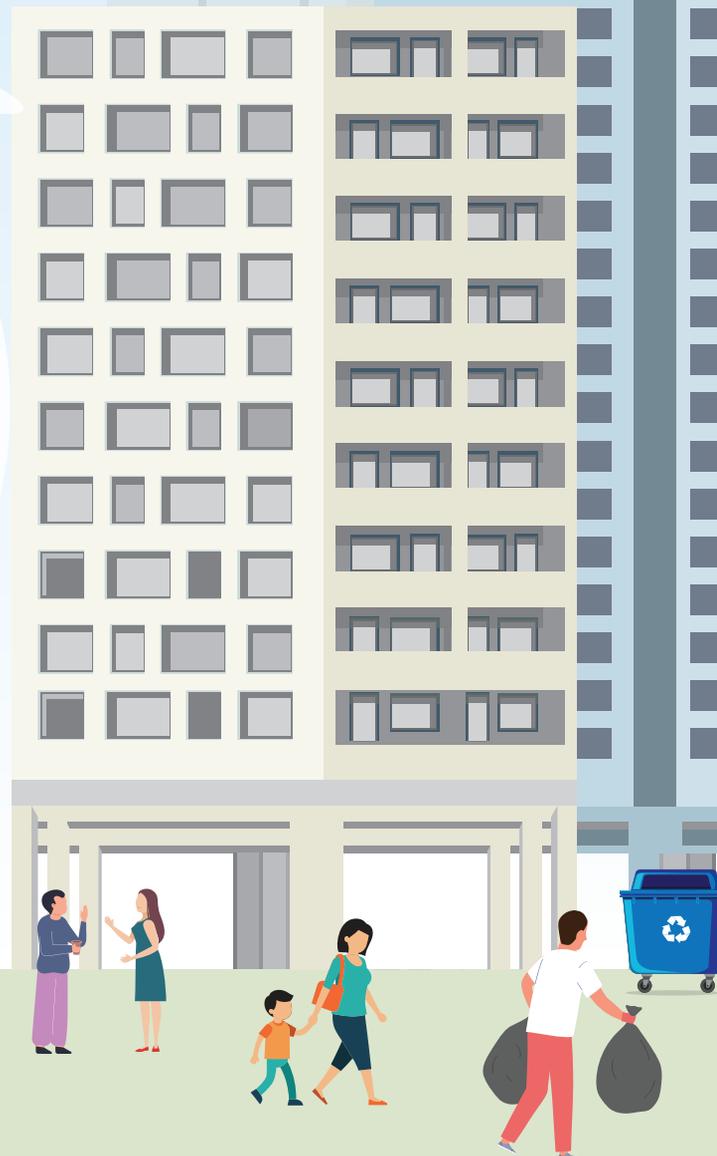
Dirty areas, overflowing rubbish bins, etc. in the neighbourhood.



Cluttering in shared spaces like common corridors or staircases.



Noise nuisance in the neighbourhood and from neighbours.



You can be a Champion Charlie, Neutral Nancy, Tolerant Tina, or Quiet Quinn based on your level of satisfaction with municipal issues in your neighbourhood, and your willingness to be involved in efforts to resolve these issues with fellow residents and the community. Please see below for the description of each profile.

CHAMPION CHARLIE

You frequently take charge of resolving problems with neighbours personally and are actively involved in your community! You can extend your positive influence through leading and championing initiatives which could improve your neighbourhood.



NEUTRAL NANCY

You are quite involved with your community and usually take the first step to resolve municipal issues with your neighbours. You are prepared to play an active role to build a better living environment.



TOLERANT TINA

You tend to be accommodating when it comes to municipal issues that you encounter. You prefer to join and work with other people who are managing the issues.



QUIET QUINN

You may not be very involved in your community to upkeep your neighbourhood. When affected by municipal issues, you tend to work on your own to resolve them.



Note: Adapted from MSO's Resident Archetypes Study 2023



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

Let's work together to enhance our living environment. To find out about your profile, scan the QR code or visit go.gov.sg/profiling-tool.

LOVE OUR 'HOOD FUND

If you have ideas for a ground-up initiative or project to help address municipal issues in your neighbourhood, MSO will support you through Love Our 'Hood Fund to turn your ideas into reality!

Here is an example of a community-led project supported by the Love Our 'Hood Fund:



Ms Pamela Low (extreme right), with her fellow resident volunteers participating in a community clean-up.

Clean Fernvale to Address Cleanliness Issue

Ms Pamela Low, a Fernvale resident, works with a team of passionate resident volunteers to organise monthly community clean-ups and put up behavioural signages to encourage binning and discourage littering in Fernvale. Together, they raised awareness about waste management and recycling, while promoting considerate habits to keep Fernvale clean.



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

Scan the QR code or visit go.gov.sg/lohfund for more information about the Fund. The application is open year-round.

For further queries regarding the Fund, you can email MSO at: OneService_Community@mnd.gov.sg.

NAVIGATING THE CONVERSATION: *Youth Mental Health and Communication Tips at Home*



About one in three youths aged between 15 and 35 years reported experiencing severe or extremely severe symptoms of depression, anxiety and/ or stress, according to the National Youth Mental Health Study (NYMHS). By understanding the contributing factors and recognising the signs early, we can offer the right support to help them navigate these challenges.

互动交流：提升家庭沟通，
促进青少年心理健康

Mengemudi Perbualan:
Kesihatan Mental Belia dan
Panduan Berkommunikasi
di Rumah

உரையாடலை வழிநடத்துதல்:
இளைஞர் மன ஆரோக்கியம்
மற்றும் வீட்டில் பயன்படும்
உரையாடற் குறிப்புகள்

Factors Associated with Mental Health Challenges



Excessive Social Media Use

Constant and excessive exposure to curated online content can trigger feelings of inadequacy, anxiety, and depression, as young people may develop unrealistic expectations of themselves.

Body Image Concerns

Social media often promotes unrealistic beauty standards, leading to insecurity.

Cyberbullying

Online harassment can result in emotional distress, anxiety, and depression.

Practical Tips for Youths

If you are struggling with mental health concerns, it is never too early to seek help. Here are some tips to help you navigate these challenges:

- Reach out to a trusted adult, friend, or counsellor to share your feelings.
- Reach out to CHAT for a private and confidential mental health assessment (for ages 16 to 30). Alternatively, you can access webCHAT, a text-based support for immediate, supportive conversations with trained professionals – visit for.sg/chat to find out more.
- Consider visiting the MindSG website for a list of alternative first-stop touchpoints for in-person mental health assessment at CHAT or/ and other mental health services such as mindline.sg.

Practical Tips for Parents and Caregivers

As a parent or caregiver, your support plays a key role in helping your child navigate mental health challenges. Here are some tips:

- Foster open communication by creating a safe space for your child to share their feelings. Listen actively and validate their emotions.
- Encourage professional help if you are concerned about your child's mental health. Gently suggest they seek support and reassure them that they can always talk to you.

Remember, there is no one-size-fits-all approach to communication. Every parent-child relationship is unique. However, by fostering resilience, self-esteem, and social support, you can equip your child with the tools to handle life's challenges.

Recognising the Signs

If you notice these signs in your child, it is important to start a conversation about their well-being:

Excessive Social Media Use



For the purposes of the study, spending more than three hours a day on social media platforms was defined as excessive. However, it is not just about the time spent online. If your child feels anxious, stressed, or unable to focus on other activities, these may be signs of excessive use and could be harmful.

Body Image Concerns



If your child is overly preoccupied with their appearance, constantly seeking reassurance, or engaging in unhealthy behaviours like excessive dieting, over-exercising, or avoiding mirrors, they may be struggling with body image issues.

Signs of Cyberbullying



If your child becomes withdrawn, upset, or avoids social media after using it, they may be a victim of cyberbullying. Look for changes in mood and social withdrawal.

By providing a safe, supportive environment, parents and trusted adults can help guide young people through these challenges and encourage them to seek help early.

Age and Gender Differences in Mental Health Challenges

Mental health challenges can affect anyone. Generally, youths below 30 and females are more likely to experience body image concerns and excessive social media use.

Cyberbullying impacts both genders, but men may feel less comfortable seeking help due to societal expectations around masculinity or fear of judgement.



Young People's Minds Matter

为父母和照顾者提供的实用建议

Panduan praktikal untuk Ibu Bapa dan Penjaga

பெற்றோர், பராமரிப்பாளர்களுக்கான நடைமுறைக் குறிப்புகள்

作为家长或照顾者，您的支持在帮助孩子应对心理健康挑战方面起着关键作用。您可以：

- 为孩子创建一个可以分享感受的安全空间，促进开放式交流。积极倾听并认可他们的情绪。
- 如果您担心孩子的心理健康，可鼓励他们寻求专业帮助，并向他们保证他们可以随时向您倾诉。

Sebagai ibu, bapa atau penjaga, sokongan anda memainkan peranan penting dalam membantu anak anda menangani cabaran kesihatan mental. Berikut ialah beberapa panduan:

- Memupuk komunikasi yang terbuka dengan mewujudkan ruang selamat untuk anak anda meluahkan perasaan. Dengar secara aktif, dan fahami dan terima emosi mereka.
- Mencadangkan bantuan professional sekiranya anda prihatin terhadap kesihatan mental anak anda. Dengan lembut, galakkan mereka untuk mencari bantuan, dan beri mereka keyakinan bahawa mereka sentiasa boleh berbual dengan anda.

பெற்றோராக அல்லது பராமரிப்பாளராக உங்கள் ஆதரவு உங்கள் பிள்ளைகளின் மனநலம் சவால்களைச் சமாளிக்க முக்கியப் பங்கு வகிக்கிறது.

- உங்கள் பிள்ளை தங்கள் உணர்வுகளை வெளிப்படையாக பகிர்ந்துகொள்ள பொருத்தமான சூழ்நிலையை ஏற்படுத்துங்கள். அவர்கள் கூறுவதை காது கொடுத்து கேட்டு அவர்கள் உணர்வுகளை ஆதரியுங்கள்.
- உங்கள் பிள்ளைகளின் மனநலம் குறித்து கவலை கொண்டிருந்தால் நிபுணத்துவ உதவியை நாடவும். அவர்கள் உங்களிடம் ஆதரவு பெறமுடியும் என்றும் உங்களிடம் எப்பொழுதும் பேச முடியும் என்றும் உறுதி அளியுங்கள்.



Keep It Festive, Keep It Clear!

**Don't Let Irresponsible
Dumping Ruin Your Holiday Cheer**



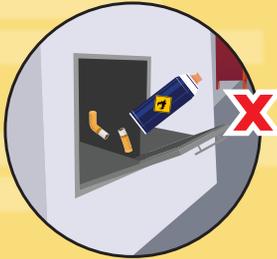
KEEP IT SMALL

- ✓ Only throw bagged refuse that is smaller than the chute's opening.
- ✓ For larger items, throw them at designated locations provided by the Town Council.



KEEP IT CLEAR

- ✓ Show consideration to neighbours by keeping common areas clear.



KEEP IT SAFE

- ✓ Ensure that items are no longer flammable or can no longer ignite a fire before disposing them.



<https://go.gov.sg/hdb-bulky-item-guide>

Still unsure of how to dispose of your bulky items? Scan the QR code to find out the answer. Upon scanning, you will be directed to a link that contains gov.sg.

**For bulky/heavy items,
contact your Town
Council for free removal.**



Be part of the **SOLUTION**,
not the cause of **POLLUTION**