

life storeys

Life in the Heartlands

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Tengah comes to life at **HDB COMMUNITY DAY 2025**



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Dear Readers,

Welcome to the November/ December 2025 edition of Life Storeys.

Turn to **Talk of the Town** for our report on HDB Community Day 2025, and meet award recipients of Friends of Our Heartlands and Singapore's Friendly Neighbourhood Award. The event also marked the official opening of the Plantation Plaza Neighbourhood Centre in Tengah town. Read on to find out more about Tengah - HDB's newest town.

Meanwhile, in **Around the Block**, get to know buskers Bryan Wong, Tan Chu Yuan, Sia Chee Eng and his son Mark, and learn what they enjoy most about performing in public spaces.

In **Our Life Stories**, discover Project Citizens - The First Million, which captures and shares the nation-building stories of our founding generation and inspires us to reflect on our shared values and our role in shaping Singapore's future.

This edition's **Livein' It Up** section is filled with quick tips on staying healthy while on holiday; engaging home repair services; and keeping safe on pedestrian-only paths. And with the festive season just round the corner, we have also compiled a thoughtful list of gifts that do good.

As 2025 draws to a close, we hope these stories have brought you closer to the heart of our communities. Here's wishing you and your loved ones a joyful holiday season and a wonderful New Year ahead!

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Life Storeys is a 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!

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Tengah comes to life at **HDB COMMUNITY DAY 2025**



Shoppers and residents were having fun at Plantation Plaza tenants' booths.



Minister Chee Hong Tat and Mdm Halimah Yacob at HDB Community Day 2025.

**HDB
COMMUNITY
DAY 2025**

Celebrating *life* in the heartlands

**PLANTATION
PLAZA**

A Shared Vision

On 26 July, the spirit of community shone brightly at HDB Community Day 2025! Held in conjunction with the opening ceremony of Plantation Plaza, Tengah's first Neighbourhood Centre, the event honoured more than 2,100 community champions through the Friends of Our Heartlands (FOH) awards and 12 neighbourhoods through the Singapore's Friendly Neighbourhood Award (SFNA) 2025. Over 3,400 residents across Singapore participated in this celebration.

The day was made even more meaningful by the presence of Minister for National Development, Mr Chee Hong Tat and Mdm Halimah Yacob, Chancellor of the Singapore University of Social Sciences and former President of the Republic of Singapore, who has been appointed as Patron of the FOH Network. They were joined by Chua Chu Kang GRC Grassroots Advisers Dr Tan See Leng, Mr Jeffrey Siow, and Dr Choo Pei Ling.



A vibrant lion dance kicks off the celebrations.

Building Stronger Communities Together

As part of ongoing efforts to strengthen neighbourly ties and expand community outreach, HDB renewed its Memorandums of Understanding with Singapore Polytechnic and Temasek Polytechnic. These collaborations will provide students with valuable hands-on experience in community engagement and project management, nurturing future leaders for the heartlands.

Interactive booths around Plantation Plaza saw local tenants showcasing handmade crafts and local treats, while fringe performances entertained families. Meanwhile, at Tengah Community Club, Tengah FOH volunteers ran engagement booths featuring sustainability and neighbourliness tips, including a life-sized Snakes and Ladders game that children and adults alike enjoyed. An exhibition there traced the town's growth and celebrated the close-knit bonds among neighbours.

At the heart of it all was a resilient and strong sense of community, where friendships flourish, neighbours support one another, and everyone feels at home.



Read more:



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

Minister Chee addressing residents at HDB Community Day 2025, celebrating community champions and the opening of Plantation Plaza.

Volunteers light up the Community

Almost 50 Friends of Our Heartlands (FOH) volunteers guided 310 participants on a lively Tengah Familiarisation Tour and managed activity booths for HDB Community Day 2025, bringing to life themes such as smart and sustainable living, gardening, environmental care, and the joy of co-living with nature.



Promoting neighbourliness and ownership through gardening.



Empowering Youth Through Volunteerism

Among them is 16-year-old Phoebe Tan, one of the youngest volunteers in HDB's FOH network, which empowers residents to build stronger, more connected neighbourhoods. Phoebe's infectious energy, creativity, and commitment have earned her the FOH Bronze Award and the hearts of many.

Soon after signing up as a Tengah FOH Volunteer, she helped launch "School's Out, Fun's In @ Tengah", a volunteer-led event which transformed shared spaces into vibrant play and learning zones. Through games and activities, residents could find out more about the key themes in Tengah while exploring new areas in Tengah. "I'll never forget seeing an elderly woman skipping rope with her grandchild. It's touching when grandparents pass down games from their era," Phoebe shares.

Phoebe listens to her neighbours, gathers their concerns, like the need for more senior care facilities, and shares them with their Member of Parliament, to help shape a better, more inclusive Tengah. Despite a busy school schedule, she treats volunteering as her 'me time'. "It's relaxing because I'm doing what I love," she says.



FOH Bronze Award recipient Phoebe Tan interacting with children at the life-sized Snakes & Ladders game.

Growing Community Through Gardening

Phoebe is not alone in her mission. Fellow awardees Aaron Lim and Lana Lum are also planting roots through gardening, even before moving to Tengah in 2025.

“I always wanted to be part of a community,” Aaron shares, so when the opportunity arose to help out at a gardening booth at one of the Roadshows, they gamely took up the challenge. Lana adds, “We didn’t have green fingers, but we thought, ‘Why not?’”

Helping out at the Roadshow led to them taking on a leadership role to run their own gardening booths, and leading other volunteers in this activity. During the HDB Community Day 2025, they led gardening activities as part of the Tengah Community Engagement Showcase, using gardening to promote neighbourliness and ownership. Looking ahead, they hope to cultivate a thriving community garden filled with edible plants and herbs, nurturing a kampong spirit through sharing and connection.

Together, their stories reflect a growing nationwide movement. Since 2017, FOH volunteers have contributed more than 103,500 hours, reaching over 216,000 residents across Singapore.

For Phoebe, Aaron, Lana, and many others, their communities are places where bonds deepen, and neighbours unite as one.



FOH Bronze Award recipients Aaron Lim and Lana Lum engaging with their fellow Tengah neighbours.

Neighbours who care make strong communities

Building caring and connected neighbourhoods is a shared journey, and the residents of Nee Soon Central and West Terra show us how it can be done.

Empowering Children and Families through Project Pencil

In Nee Soon Central, Project Pencil is a ground-up movement helping children and families. Recognised with Singapore's Friendly Neighbourhood Award (SFNA), a multi-agency initiative by the Singapore Kindness Movement and HDB, together with People's Association, Ministry of National Development, and Municipal Services Office, in support of the SG Cares Movement, Project Pencil offers over 20 children free weekly tuition, Silat classes, and more.

Singapore's
**friendly
neighbourhood**
Award 2025



Project Pencil is among 12 neighbourhoods honoured with SFNA for keeping kampong spirit alive.

The team also supports elderly neighbours by delivering groceries, accompanying them to clinics, checking in regularly, and responding swiftly to emergencies. This community spirit flourishes further through a lively WhatsApp group where nearly 200 neighbours connect, transforming neighbours into friends.

“Project Pencil is not just about helping children,” shares Sarimah Amat, founder. “It’s about creating a network of care where no one feels alone. We’re all in this together.”

Fostering Resilience and Care in West Terra

Over in West Terra, neighbours show that community care goes hand in hand with preparedness. Twice honoured with the SFNA, West Terra has built resilience through shared learning and support.

Recognising the importance of emergency preparedness, residents trained and equipped themselves with CPR, AED, and firefighting skills, with workshops drawing nearly 200 participants yearly. When a storm blackout hit, neighbours sprang into action, mobilising through WhatsApp to deliver hot meals, share power banks, open fridges and set up hot water dispensers to keep everyone comfortable. They showed that strong communities are built not with bricks and mortar, but with heart.

Twice honoured by SFNA, West Terra builds resilience through care, training, and support.

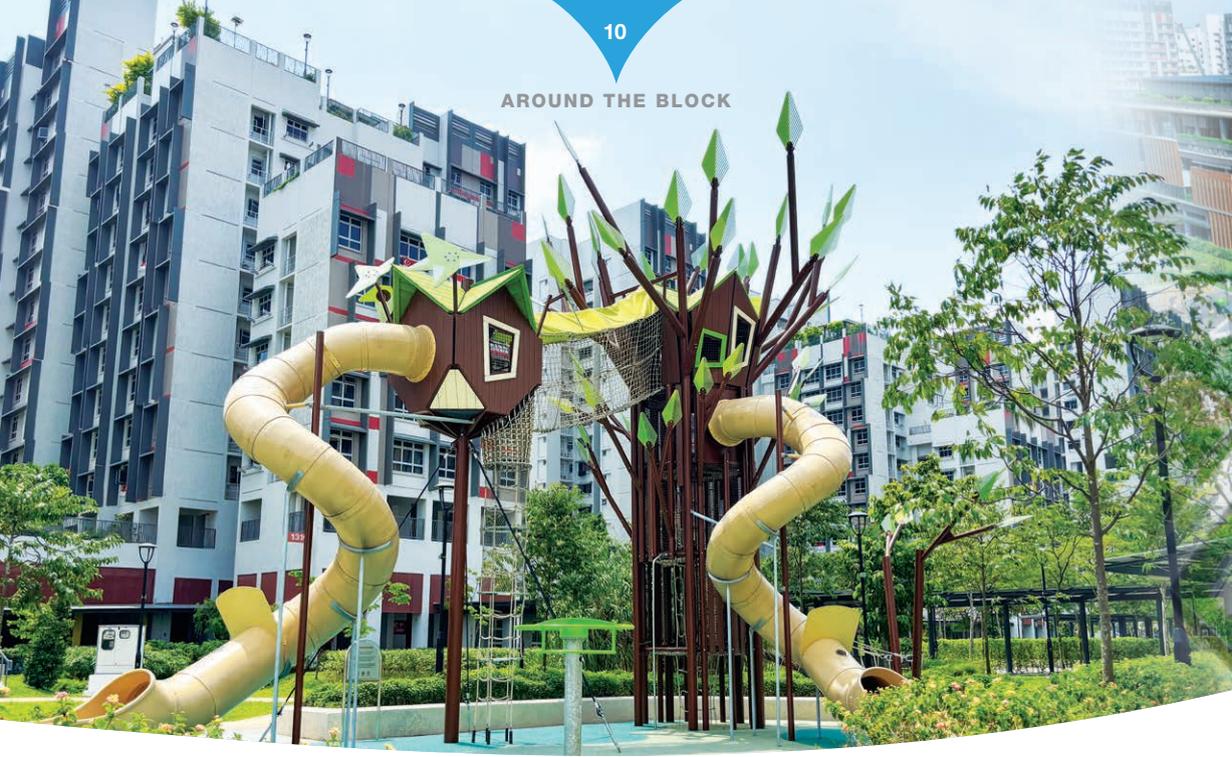


Their care extends beyond emergencies. Neighbours warn each other about scams, provide one-to-one digital guidance to seniors using online services, and assist scam victims with meals and part-time jobs. Newcomers are welcomed warmly and invited to join chats and activities.

“One value we cherish is building trust by offering instant support through our chat groups,” says Daryl Lim, volunteer with West Terra.

At SFNA’s second edition, these communities were among 12 honoured for keeping the kampong spirit alive. The enthusiastic response from communities nationwide reflects a collective commitment to a more caring and inclusive Singapore.

Together, these neighbours prove true strength comes from looking out for one another, transforming neighbourhoods into homes where everyone belongs and thrives.



PLAY, LEARN, WORK AND LIVE AMID NATURE IN *Tengah*

Singapore's first smart and sustainable town offers smart living with abundant greenery and heart.

Just a few years ago, Tengah was a quiet patch of land in the West. Today, it is one of Singapore's most talked-about new towns, offering a fresh take on public housing where smart design, sustainability and kampong spirit come together.



As the first new HDB town in over two decades, Tengah showcases a fresh vision for public housing that extends beyond just building homes. It is designed as a smart and sustainable living environment that prioritises residents' well-being and social interaction, creating thriving communities where residents can truly feel at home with nature. Tengah, alongside the Jurong Innovation District and Jurong Lake District, is also part of a broader plan to transform the West into a vibrant region to live, learn, work and play.

The development of Tengah is progressing well. As Minister for National Development, Mr Chee Hong Tat, shared at HDB Community Day 2025 in July, "To date, we have completed close to 12,000 HDB units in Tengah. By the end of this year, almost half of the planned 30,000 (public housing) flats in Tengah will be completed."



From Farmland to Lush Evergreen Town

Tengah's transformation has been years in the making. From its early days as a rural area with farmland and kampong settlements in the 1950s to its use as a military training ground through the 1990s and 2000s, it is now being reimagined as Singapore's first smart and sustainable town, with car-lite streets and green, smart features that put people and nature first.

Tengah's Five Districts

What sets Tengah apart is its thoughtful design. The town is made up of five districts, each with its own charm and identity, reflecting the area's heritage and history. Plantation District is inspired by the villages and farms that once dotted Tengah. It is home to the popular Plantation Farmway, with children's playgrounds, fitness stations, and a bioretention lawn which temporarily detains and filters runoff during rain while doubling as a community space during dry weather. Garden District

is situated within a picturesque setting, featuring the more organic Garden Farmway and pocket gardens. Park District fronts the future Central Park, and will be home to Tengah Town Centre. Brickland District draws inspiration from the former brickworks situated in Tengah with brick-inspired themes, while Forest Hill District will be surrounded by the Forest Corridor and Central Park, making it ideal for nature lovers.

Tengah Coming to Life

Today, the town is already buzzing with activity. Apart from Tengah's first neighbourhood centre, Plantation Plaza, residents enjoy convenient access to Tengah Bus Interchange and Tengah Community Club. The Plantation Farmway has become a vibrant outdoor space where neighbours gather for workouts and community bonding, with its open lawn hosting regular events that strengthen the kampong spirit.



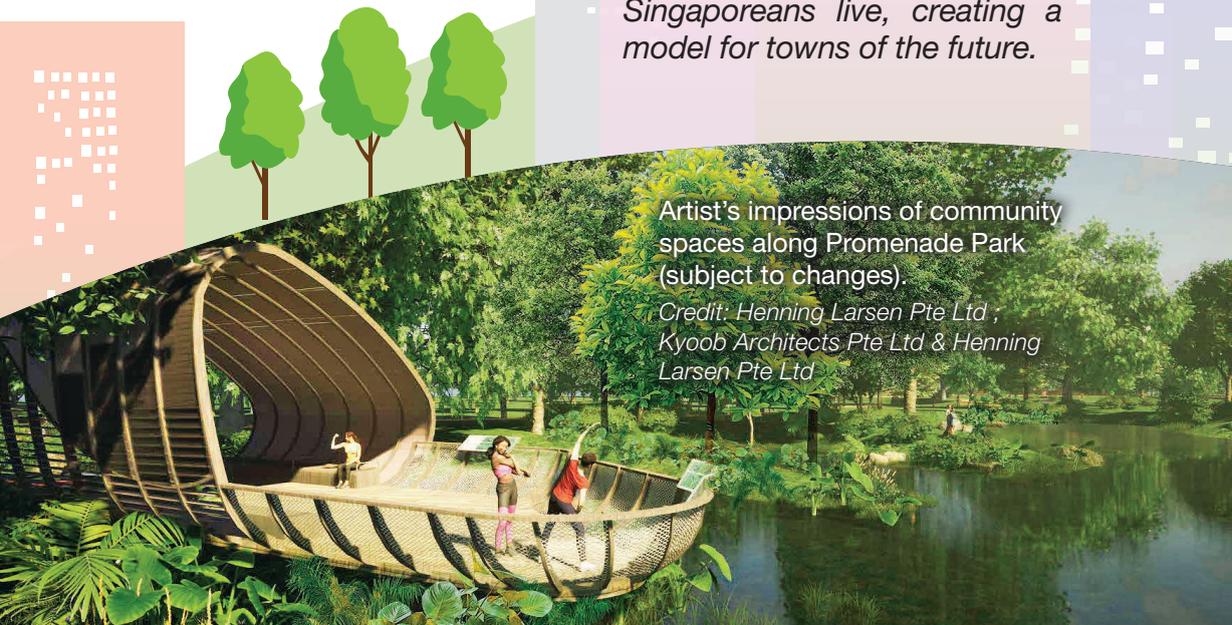
The Future Takes Shape

Upcoming developments will further enrich daily life in Tengah. The upcoming Jurong Region Line will enhance accessibility, linking Tengah to key destinations and neighbouring towns such as Choa Chu Kang, Jurong East, Jurong Lake District and Nanyang Technological University. Essential services will expand, with Tengah Polyclinic providing healthcare closer to home, while the second neighbourhood centre, Parc Point, will offer a vibrant mix of shops, eateries and services. Residents can also look forward to the Promenade Park, featuring nature play gardens, fitness areas and seating spaces designed for recreation and relaxation.

Tengah represents a bold new chapter in public housing, where smart technology, eco-friendly design, close integration with nature, and community-centric spaces shape the way Singaporeans live, creating a model for towns of the future.

Artist's impressions of community spaces along Promenade Park (subject to changes).

*Credit: Henning Larsen Pte Ltd ;
Kyoob Architects Pte Ltd & Henning
Larsen Pte Ltd*



THE BUZZ

About Busking

Coming to a neighbourhood near you:
inspiring busking performances not to
be missed!

Introduced in 1997, the Busking Scheme in Singapore enlivens city life and energises urban spaces. The Scheme provides opportunities for individuals to share their creative expressions and interact with audiences in the public space. It is also part of the National Arts Council (NAC)'s efforts for Singaporeans and visitors to encounter and appreciate our diverse arts and culture offerings.



Busking performances, which feature music, street theatre, and visual arts, happen at over 90 locations island-wide. It's an exciting and effective way to showcase our arts and cultural traditions, while making public spaces vibrant and welcoming.

That's not all. Busking increases accessibility to the arts by bringing them into spaces where we live, work and play. It also helps families and neighbours connect and bond over shared art experiences. With public support, busking can transform our heartlands into thriving cultural hubs where art is part of everyday life.



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

For more details on locations and times of busking performances in your neighbourhood, visit <https://eservices.nac.gov.sg/Busking/> or scan the QR code.



TAN CHU YUAN, guzheng musician, has been busking for three years. Heartland locations where he usually performs at are Tanjong Pagar Plaza, Paya Lebar Square, Clementi Mall, and Beo Crescent Market.



I worked as a freelance guzheng instructor, teaching private lessons and at schools (co-curricular activity). After Covid hit, I took up a job in sales. But seeing my friends perform as buskers often ignited the musical spark in me, so in November 2022, I decided to audition and became a busker.

WHAT DO YOU ENJOY MOST ABOUT PERFORMING?

Seeing how people slow down or even stop to watch my performance! Some end up dancing to the music, and that is always a pleasure to watch. What I enjoy most is being able to perform song requests from the audience.

WHAT DO BUSKING PERFORMANCES ADD TO A NEIGHBOURHOOD?

In a way, it's like bringing a radio station onto the streets. Adding background music into the commuters' daily lives makes you excited as you start your day, or calms your senses after a busy day at work. As people watch how the musical instruments are being performed, they experience nostalgia or gain new knowledge.

Once, an elderly lady suddenly began dancing to the music I played; it was a Mandarin oldie titled *Tian Mi Mi* 《甜蜜蜜》. Then, another lady joined in and they danced together!

HOW CAN RESIDENTS BEST ENJOY YOUR PERFORMANCES?

Don't be shy to lose yourself in the performance and express your emotions. Seeing everyone enjoying the performance makes me feel that what I do is appreciated and worthwhile!





SIA CHEE ENG & MARK SIA, father-and-son musical duo, have been busking for three years. Heartland locations where they usually perform at are Elias Mall. and Punggol MRT station.



Mark, my son and my busking partner, is autistic. To help improve his behaviour, I decided to teach him to perform music. He has become more sociable and confident.

MOST MEMORABLE INTERACTION WITH THE AUDIENCE DURING YOUR PERFORMANCE?

Many people have shown great interest in our music. They stop to watch, give a tip, share food and drinks, sing and dance along, etc.

HOW DO YOU THINK BUSKING TRANSFORMS ORDINARY NEIGHBOURHOOD SPACES INTO A CULTURAL HUB?

The neighbourhood can be quite boring if people are just busy walking by. Having some live music or other performances can liven up the atmosphere.

HOW WOULD YOU ENCOURAGE RESIDENTS TO ATTEND BUSKING PERFORMANCES IN THEIR NEIGHBORHOOD?

Singaporeans are very busy, so we understand that nobody can stay and enjoy the performance for too long. But knowing that our music has touched their hearts in that very short time gives us great satisfaction.





BRYAN WONG, circus act street performer, has been busking for three-and-a-half years. Heartland locations where he usually performs at are Hougang Mall, and Tampines MRT station.



I trained in wushu for 18 years and dreamt of becoming a performer. But I realised it was a very tough journey in Singapore. I considered busking because it allowed me to connect with audiences while earning a decent income. I'd never tried busking before and thought it might be interesting.

TELL US ABOUT YOUR FAVOURITE ACT.

I specialise in the Cyr Wheel; it is a large steel ring which I stand inside and roll and spin it around while grasping the rims. To many people, it looks like a simple routine but I took two years of training to perfect the choreography.

WHAT DO YOU ENJOY MOST PERFORMING IN THE HEARTLANDS?

Some children have given me drawings they did themselves. One young boy, who has attended my performances, sometimes gifts me origami cranes and swans. These are very precious memories to me.

WHY SHOULD WE ATTEND BUSKING PERFORMANCES IN OUR NEIGHBOURHOODS?

Busking is an accessible way for many Singaporeans to enjoy arts performances, and in spaces they least expect it. Depending on your desired view, you can always change seats in the middle of an act!



A Tribute to our *Founding* *Generation*

by the Founders' Memorial



Project Citizens - The First Million captures and shares the nation-building stories of our founding generation, inspiring us to reflect on our shared values and our role in shaping Singapore's future.

Did you know, nearly 1 million people registered as the first citizens of independent Singapore when the National Registration Act came into effect in 1966? But, as Mr S Rajaratnam, former Deputy Prime Minister said, “being a Singaporean is not a matter of ancestry but a matter of conviction and choice.”

The Founders' Memorial commemorates the values and ideals exemplified by our founding leaders and generation. It will open as an integrated garden and gallery experience at Bay East Garden in 2028.

In conjunction with SG60, the Founders' Memorial pays tribute to the founding generation through *Project Citizens - The First Million*. Join the Founders' Memorial in honouring the founding generation by participating in the three initiatives of *Project Citizens - The First Million*.



SENIOR ENGAGEMENT PROGRAMME

A key initiative of Project Citizens is the Senior Engagement Programme, which aims to collect stories from our nation's founding generation of citizens, and bring to life their contributions, hopes and dreams, and values. Through fun and meaningful activities happening throughout Singapore, volunteers will help these seniors recount and record their stories during the early nation-building years and their hopes for the future. To share your story, scan the QR code now. More information at go.gov.sg/sep-registerinterest.



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

HERE FOR YOU

Ms Nuradilah binte Ramlan, a volunteer facilitator at the Senior Engagement Programme recounted that some seniors shared experiences with her that they had not shared before, even with their grandchildren. They never felt that what they went through during the early nation-building years was worth commemorating.

But after going through the programme, they were happy to have their sacrifices and contributions acknowledged and walked away with a new sense of pride of what we had achieved as a nation. They also connected with others with similar experiences even though they came from different backgrounds. As a volunteer from the younger generation, being part of this tribute inspired Nuradilah too.

85 & GOING STRONGER

Born in 1940 and the eldest of 13 children, Mdm Yuen Siew Mei, Florence, spent her childhood in cramped and difficult conditions. Her family lived in a zinc-roofed house where the front portion operated as their family's salon business and the rear served as their living quarters. Due to these challenging circumstances, they were among those selected to move into the first batch of public housing flats.

Mdm Yuen gave up her own education and worked from a young age to support her siblings through school - all of whom were able to complete their studies. Despite having no formal education and initially lacking confidence, she was determined to improve herself. She attended commercial night school to develop her skills while juggling multiple jobs.

Mdm Yuen's perseverance paid off when she secured a position as a beauty consultant in the cosmetics industry. She worked her way up to become a senior consultant, overseeing sales assistants across Singapore. From someone who once lacked confidence, Mdm Yuen spent her career coaching and helping others believe in themselves. Now at 85, she continues working and volunteering in the community, still committed to uplifting and empowering others.

PROJECT CITIZENS POP-UPS

Explore the founding generation's journey to citizenship at the pop-ups islandwide! The pop-up exhibition invites you to reflect on what being Singaporean means today, and the role you can play in shaping our nation's future. Be sure to share your reflections with the Founders' Memorial for a chance to win exclusive Project Citizens merchandise. Stay updated on the pop-up locations by following **@FoundersMemorialSingapore** on Facebook and **@foundersmemorialsg** on Instagram, as we continue this meaningful engagement and honour the founding generation's nation-building journey to inspire future generations of Singaporeans.

NOT MERE SPECTATORS: THE MAKINGS OF MULTICULTURAL SINGAPORE

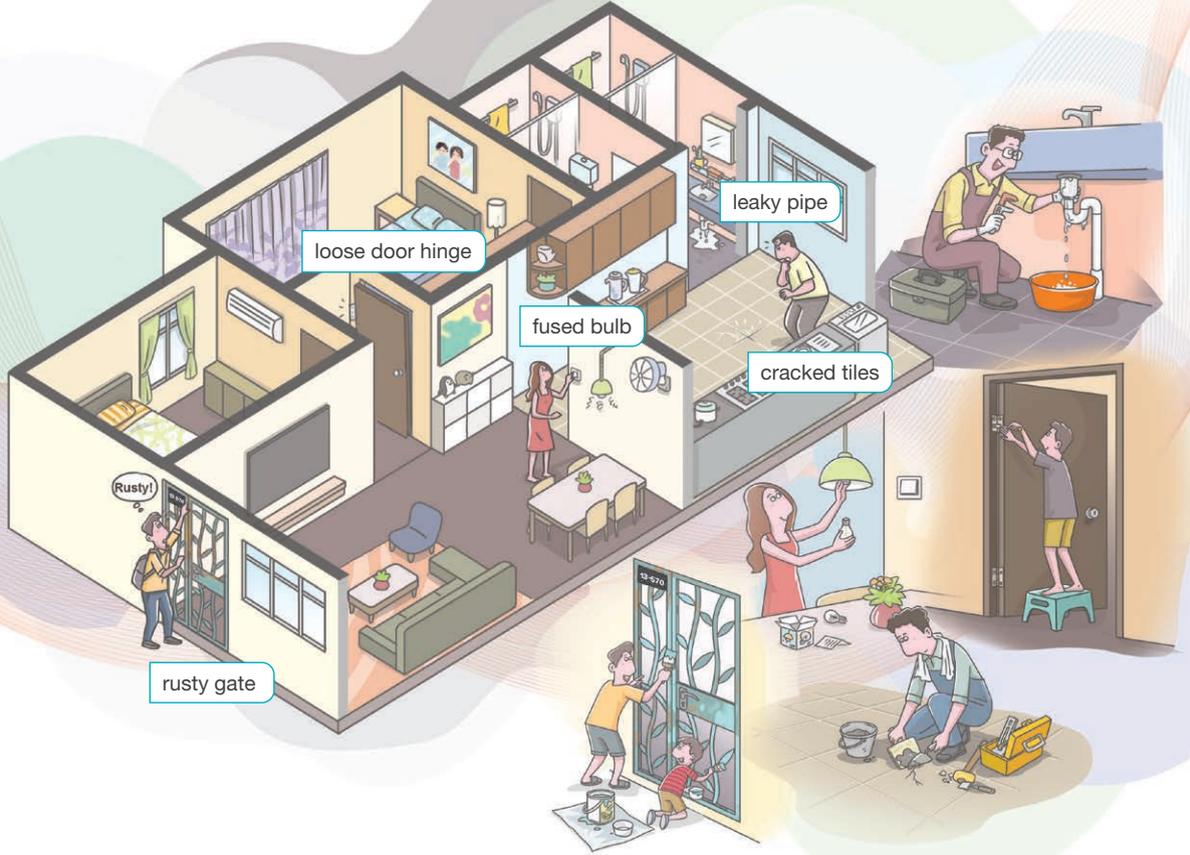
Visit *Not Mere Spectators: The Makings of Multicultural Singapore*, a thought-provoking exhibition at the National Gallery Singapore from 31 Oct 2025 to 29 Mar 2026. Admission is free for all. Reflect on how multiculturalism became, and continues to be, foundational to our nation's unity and progress, and your role in building Singapore's future. Stop by the Project Citizens media wall; its showcase of stories will invite you to reflect on Singapore's nation-building journey.



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

Free walk-in guided tours are available every Saturday and Sunday at 3pm. Two-way bus transport from locations around the island are offered for selected slots at a nominal fee.

Scan the QR Code for more information.



Your Home MAINTENANCE PLAYBOOK

日常保养,
预防大维修

Buku Panduan
Penyenggaraan
Rumah Anda

உங்கள் இல்லப்
பராமரிப்புச்
செயல்திட்ட
வழிகாட்டி

Keep your home in excellent condition with regular care and attention. Start by spotting and addressing minor home maintenance issues promptly.

Ever spotted a dripping tap or a leaky pipe and wondered, “What should I do?” Fret not – these issues can often be resolved quickly if discovered early.

As flats age, minor maintenance issues like leaky taps, peeling paint, and squeaky hinges may become increasingly common, making it essential for homeowners to stay proactive about upkeep.

HERE'S HOW YOU CAN STAY ON TOP OF THINGS:



Inspect regularly

Check gates, door hinges, windows, taps, and pipes for rust, leaks, or any signs of wear and tear.



Fix issues early

Some issues may seem minor now, but sorting it out early can prevent a bigger, costlier repair later.



Get the right help

A trusted professional can save you time and money. Visit go.gov.sg/hdb-minor-repairs for a list of repair contractors* you can engage. Always get a few quotes before choosing a contractor.

TIPS:

Taking a few simple steps today can help you avoid major repairs tomorrow and save money in the long run. Visit go.gov.sg/hdb-homecare-guide for some simple maintenance tips.

**All services and payments are private arrangements between homeowners and contractors. HDB is not responsible or liable for workmanship, materials or service quality.*

作为屋主，定期检查家中的固定装置和配件，并及时修复这些小问题，可有效避免日后可能需付的高额维修费用。浏览 go.gov.sg/hdb-homecare-guide 以获取一些简单维护技巧。如遇无法处理的问题，请及时聘请专业承包商。

不知从何入手？

欢迎浏览 go.gov.sg/hdb-minor-repairs 页面上的维修承包商名单*。在决定聘请任何承包商前，请务必比较报价，确保价格合理与服务品质。

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Sebagai seorang pemilik rumah, anda digalakkan sering memeriksa lekapan dan pemasangan demi mengelakkan masalah kecil berubah menjadi pembaikan yang mahal. Sila kunjungi go.gov.sg/hdb-homecare-guide untuk mendapat panduan penyenggaraan yang mudah. Atau jika anda ragu-ragu untuk membaiki sesuatu, sila dapatkan khidmat kontraktor profesional dengan segera.

Tidak pasti di mana hendak bermula?

Kunjungi go.gov.sg/hdb-minor-repairs untuk senarai kontraktor khidmat pembaikan*. Dan beringat-ingat untuk membandingkan sebut harga sebelum menerima sebarang tawaran daripada kontraktor.

*Semua khidmat dan bayaran adalah urusan peribadi antara pemilik rumah dan kontraktor. HDB tidak bertanggungjawab atau menanggung liabiliti terhadap mutu kerja, bahan atau kualiti perkhidmatan.

இல்ல உரிமையாளராக, உங்கள் வீட்டிலுள்ள பொருள்களையும் பொருத்துதல்களையும் அடிக்கடி முறையாகச் சோதித்தீர்களானால் சிறு பிரச்சினைகளை விலையான பழுதுபார்ப்பாக மாறாமல் தடுக்க உதவும். எளிய பராமரிப்புக் குறிப்புகளுக்கு go.gov.sg/hdb-homecare-guide என்ற இணையத்தளத்திற்குச் செல்லவும். உங்களுக்கு ஏதாவது ஒன்றை எப்படிப் பழுதுபார்ப்பது என்று நிச்சயமாகத் தெரியவில்லை என்றால், தொழில்முறை ஒப்பந்ததாரர் ஒருவரை அணுகுங்கள்.

எங்கிருந்து தொடங்குவது என்று தெரியவில்லையா?

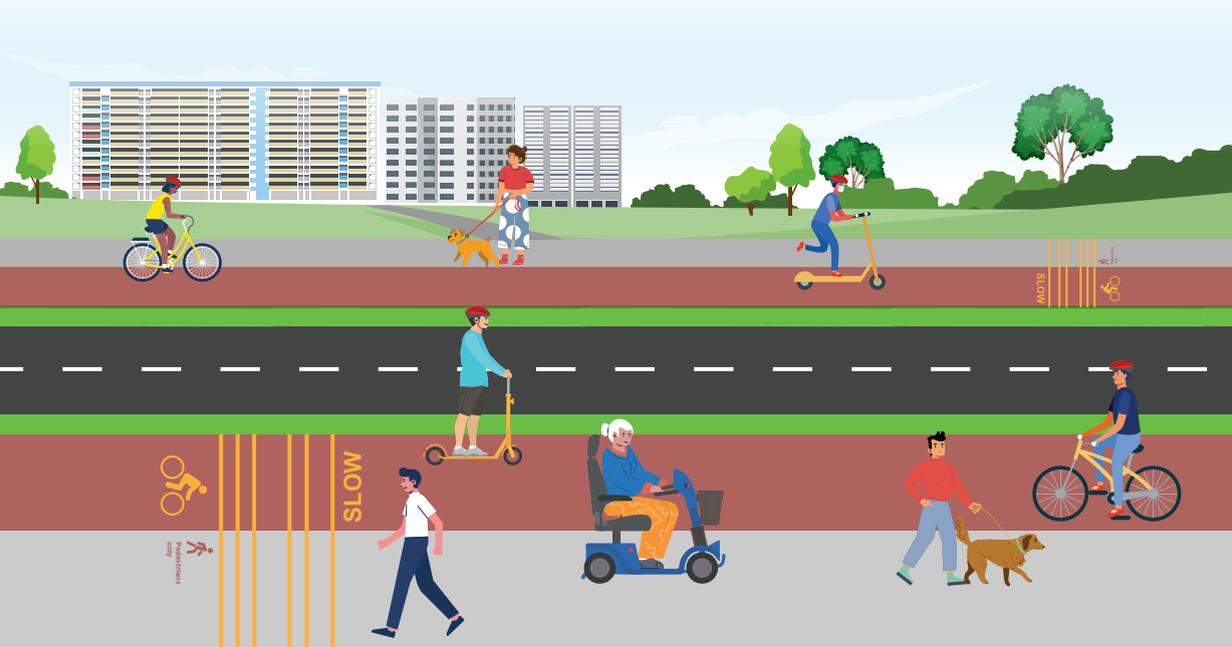
go.gov.sg/hdb-minor-repairs என்ற இணையத்தளத்திற்குச் சென்று பழுதுபார்ப்பதற்கான ஒப்பந்ததாரர்களின் பட்டியலைப் பார்க்கவும்*. ஒப்பந்ததாரரை அமர்த்தும் முன்பாக பணிக்கான விலை விவரங்களை ஒப்பிட்டுப் பார்க்க மறவாதீர்கள்.

* அனைத்துச் சேவைகளும் மற்றும் கட்டணங்களும் இல்ல உரிமையாளர்களுக்கும் ஒப்பந்ததாரர்களுக்கும் இடையிலான தனிப்பட்ட ஏற்பாடாகும். அவர்களுடைய வேலைத்திறனுக்கோ, பொருள்களுக்கோ அல்லது சேவைத் தரத்திற்கோ வீடமைப்பு வளர்ச்சிக் கழகம் (HDB) பொறுப்பாகாது.

Stride Forward: **SAFER WALKS** With **PEDESTRIAN-ONLY** **PATHS**

Enjoy safer, more comfortable walks with Pedestrian-Only Paths!

To improve path safety, over 200km of footpaths next to dedicated cycling paths have been converted to Pedestrian-Only Paths, giving walkers and users of personal mobility aids (PMAs) such as electric wheelchairs and mobility scooters with space to move comfortably at their own pace.



Since 1 July 2025, bicycles and personal mobility devices (PMDs) should keep only to the adjacent cycling path. This helps to keep Pedestrian-Only Paths clear, reduce conflicts between path users, and make journeys more enjoyable for everyone.

As our country's cycling path network grows, more Pedestrian-Only Paths will be rolled out, steadily improving safety across our shared spaces.

Identifying the paths is simple. If you walk, look for the pedestrian logos and "Pedestrians Only" markings painted on the paths. If you cycle, stick to the paths with the cyclist logo!

On standalone footpaths and shared paths, current sharing practices remain. Users of active mobility devices and pedestrians should continue to look out for one another and share the space graciously. Faster-moving users should always give way to pedestrians and more vulnerable users.

Before heading out, check the guide on the next page to see where different active mobility devices are allowed. By staying informed and being considerate, we can all help keep our paths safe and pleasant for everyone.

WHERE ACTIVE MOBILITY DEVICES ARE ALLOWED



Footpath

Unmarked paths beside roads and within HDB estates

MAX SPEED: 10KM/H



Pedestrian-Only Path

Located next to cycling path



Cycling Path

Typically red (or dark grey), marked with 'Cyclist' logo

MAX SPEED: 25KM/H



Shared Path

Paths marked with 'Cyclist' and Pedestrian' logos

MAX SPEED: 25KM/H



Road

Excludes expressways and road tunnels

FOLLOW ROAD SPEED LIMIT



Bicycle



Power-Assisted Bicycle (PAB)



Motorised Personal Mobility Device (PMD) E.g. e-scooter



Non-Motorised Personal Mobility Device (PMD) E.g. kick-scooter



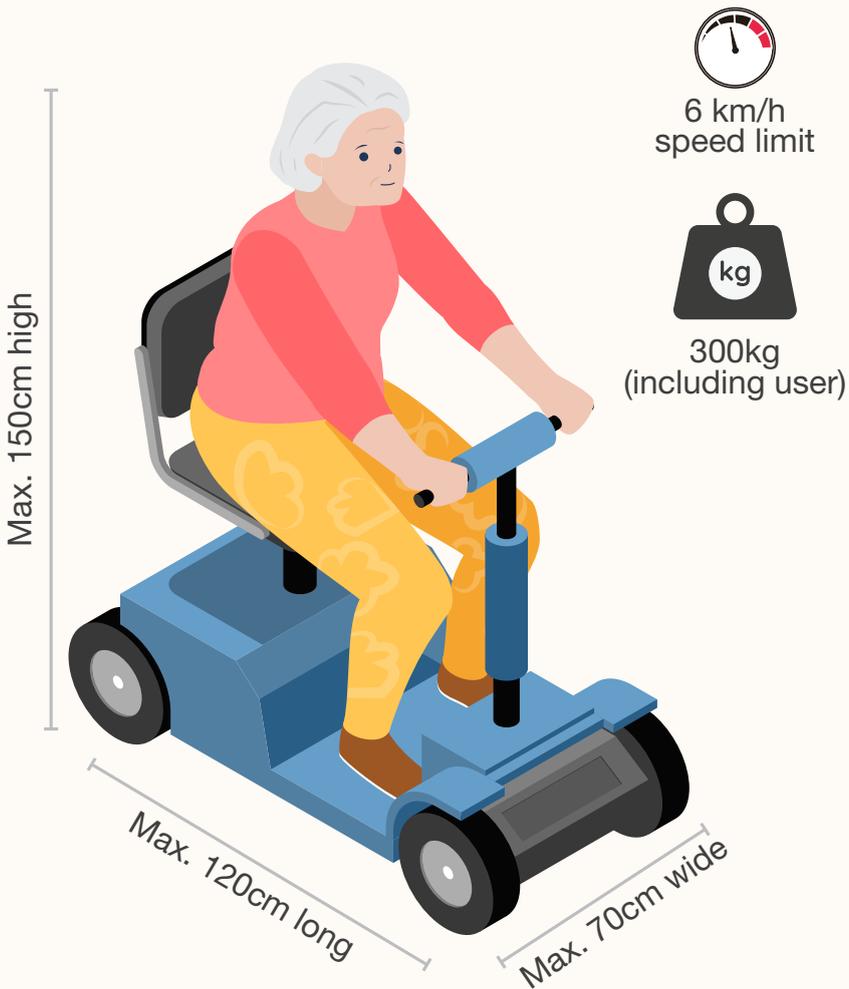
Personal Mobility Aid (PMA) E.g. mobility scooter, electric wheelchair



! Device users moving at higher speeds should always look out for pedestrians and more vulnerable users

■ Information is correct as of 22 July 2025.

PMA users: What you need to know



If you use a Personal Mobility Aid (PMA) such as a mobility scooter, or a manual or electric wheelchair, please take note of these upcoming rules and ensure you meet these requirements from 2026:

- If you use a mobility scooter, you will need a Certificate of Medical Need from your regular doctor or Occupational Therapist (OT), or you may check with General Practitioners (GPs) if they offer this service. This requirement does not apply to manual or electric wheelchairs. More details can be found on **[go.gov.sg/amrules](https://www.go.gov.sg/amrules)**.
- Make sure your PMA is of the right size. It must not be larger than 120cm long, 70cm wide, and 150cm high (measured from the floor to top of PMA or user's head when seated on PMA, whichever is higher). The maximum weight, including the user, must not exceed 300kg.
- Keep to 6 km/h (brisk walking speed) when using your PMA on public paths.

Gifts

that **GIVE BACK**

These products don't just spread festive cheer — they also empower vulnerable communities and protect the environment.

With the final quarter of 2025 upon us, it pays to start your Christmas shopping early. Make it extra special for yourself and your loved ones — with gifts that do good.



GIFTS ABOVE \$50

Laser Etched Art on Metal - Baba House

This artwork captures charming Peranakan architectural and design details. Admire it flat, upright, or from the wall.

Available from [The Art Faculty](#).



Gentleman's Signature Combo

Treat the men in your life to perfectly groomed nails—complete with shaping, cuticle care, massage, and a polished finish that will have them looking sharp from fingertips to toes.

Available from [The Nail Social \(The Social Space\)](#).



Give Me A Hand

This card game features 100 questions (in English, simplified Chinese, and hanyu pinyin) to ignite meaningful conversations and deepen your interpersonal relationships.

Available from [The Social Space](#).



GIFTS FROM \$15 TO \$50

Hand Wash Set

This gently cleanses your skin, transforming hand hygiene into a luxurious treat. Tear sachet, pour into bottle, and mix with warm water.

Available from [Pass It On](#).



Taj Mahal White Tea & Ginger Candle

Inspired by the world-famous monument, this comforting fragrance energises with its top trio of bergamot, lemon, and orange, before settling into white tea and honey. Contains a seed-embedded paper and compressed soil, to grow your own mini plant!

Available from [Pass It On](#).



Compact Pleated Bag - All Things SG Blue

At 50cm by 35cm, this roomy carrier is the perfect companion for shopping trips. An adjustable strap allows you to wear it in various ways. Pull at both ends, and it folds into a nifty 8cm by 8cm.

Available from [The Art Faculty](#).



GIFTS BELOW \$15

Metal Bookmark - Sam Leong Road Shophouses

A beautiful gold-plated copper bookmark that preserves your place in every tale whilst adding a touch of elegance to your reading ritual.

Available from [The Art Faculty](#).



Ang Ku Kueh Soap and Balm Set

Handmade by local villagers in Sarawak with natural ingredients such as beeswax, and coconut and sweet almond oils, this soap and balm duo promises to nourish your skin while soothing your senses with a cherry blossom or orange pomelo scent.

Available from [The Social Space](#).



Dining Plate - S, Coconut Fibre

Crafted from upcycled coconut fibres, its blend of effortless elegance and environmentally conscious approach makes this a conversation starter for every home party.

Available from [Pass It On](#).



A decorative background featuring several gift boxes of various colors (red, gold, brown) and ribbons (pink, red, gold) scattered across the page. The gift boxes are wrapped in different styles, some with bows and some with twine. The ribbons are flowing and add a festive touch to the layout.

STOCKISTS

The Art Faculty

A social enterprise by Autism Resource Centre (Singapore), The Art Faculty celebrates the abilities of individuals on the autism spectrum. They promote and showcase special talents through their artworks and art embellished onto quality, functional products. For every sale of artwork and product, differently abled artists earn royalties - learning the value of work and financial independence through this dignified source of income. The Art Faculty also trains and employs differently abled staff for their retail outlets, in-store café, artisan work sites and warehouse.

www.theartfaculty.sg

The Social Space

Founded by Daniel Yeow and Cheryl Ou, The Social Space comprises a cafe, a nail salon, and retail of fair-trade products. Besides providing training and employment for beneficiaries including youths-at-risk, persons with special needs, and single mothers, it also seeks to promote more ethical, social and sustainable choices among consumers.

www.thesocialspace.co

Pass It On

Launched in 2019 by Michelle Chow, the Kickstarter campaign exceeded its goal by 500 per cent and contributed to the reforestation of 50,750 trees. She also founded GREEN-HOUSE, Singapore's first and largest sustainable retail festival.

www.pass-it-on.co

Pricing and product availability are subject to change and the discretion of the respective shops. Images are for illustration purposes only. Actual size and colours of products may vary.



With the year coming to a close, are you looking forward to a well-deserved holiday?

A report by Hilton reveals that most Singaporeans prefer destinations in the Asia-Pacific region. No surprises that Japan topped the list at 37 per cent, while Australia (26 per cent) and Malaysia (25 per cent) rounded up the top three.

For a stress-free vacation, it is important to keep yourself and your loved ones healthy during the trip. Here are some tips from Dr Pamela Gopal E-Wei, Associate Consultant (Post-Acute & Continuing Care), and Ms Adeline Chong Wei Qi, Senior Pharmacist, from Sengkang Community Hospital.



SingHealth
Community Hospitals

Outram • Sengkang

What vaccinations are recommended for year-end travellers?

If you are heading to developed countries like Japan, South Korea, and China, routine vaccinations such as measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis, and seasonal influenza typically suffice.

For Southeast Asian destinations like Malaysia and Thailand, recommended vaccinations include hepatitis A and B, and typhoid. For extended stays or adventure travel, ask about rabies pre-exposure prophylaxis.

For Australia, routine vaccinations are generally adequate but hepatitis A and B may be recommended. Consider Japanese encephalitis for prolonged stays in rural or agricultural areas within Asia and the Western Pacific.

Vaccines should be administered four to six weeks before departure to ensure adequate immunity. Some, including hepatitis B, require multiple doses over several months. You may also consult your doctor, or check out the CDC Travellers' Health website for other information.

BASED ON HOLIDAY DESTINATIONS POPULAR AMONG SINGAPOREANS, WHAT ILLNESSES DO WE OFTEN ENCOUNTER?



INFLUENZA

What is it? Caused by the influenza virus, it infects the respiratory tract, including the nose, throat, and lungs.

How does it spread? Primarily through respiratory droplets when infected individuals cough, sneeze, or talk, and through contact with contaminated surfaces.

What are the symptoms?

- Fever and chills
- Cough
- Sore throat
- Runny nose
- Body aches
- Headache
- Fatigue

TYPHOID FEVER

What is it? Caused by the *Salmonella typhi* bacteria, it affects multiple organ systems such as intestines, liver, spleen, bone marrow, and gallbladder.

How does it spread? Through consuming contaminated food or water.

What are the symptoms?

- Sustained fever
- Headache
- Body aches
- Loss of appetite
- Fatigue
- Abdominal pain
- Bloody diarrhoea or constipation
- Dehydration

HEPATITIS A & B

What is it? Viruses that target the liver.

How does it spread? A: Through consuming contaminated food and water; B: Through blood or sexual contact.

What are the symptoms?

- Fever
- Abdominal pain
- Loss of appetite
- Nausea
- Vomiting
- Fatigue
- Dark urine
- Jaundice

DENGUE, ZIKA, CHIKUNGUNYA

What is it? Mosquito-transmitted viral infections.

How does it spread? Through bites from infected Aedes mosquitoes. Zika: also through blood transfusion and sexual contact.

What are the symptoms?

- Fever
- Headache
- Rash
- Muscle and joint aches
- Nausea
- Vomiting

WHAT SHOULD TRAVELLERS PACK IN THEIR MEDICAL KIT?



Inspect repellent

Adults require 20 to 35 per cent DEET concentrations; children, six to 10 per cent.

Sunscreen

A good one should offer broad-spectrum (UVA and UVB); SPF of more than 30; and water resistance.

Motion sickness pills

Can be taken 30 to 60 minutes before travel and repeated for long journeys.

Diarrhoea management

Oral rehydrating salts, anti-diarrhoeal options such as charcoal and Smecta, and probiotics.

Other medications

To address common ailments such as fever and pain (paracetamol and ibuprofen); cough (dextromethorphan lozenges or diphenhydramine syrup); runny or blocked nose (cetirizine or illiadin); and sore throat (lozenges).

WHAT ABOUT POST-TRAVEL CARE?



- Some key symptoms may indicate travel-related illnesses that require medical attention.
- Fever can signal infection, ranging from common respiratory viruses to more serious conditions. It may occur days to weeks after return.
- Persistent diarrhoea may indicate serious gastrointestinal infections. Symptoms may be accompanied by dehydration, abdominal cramping, and systemic illness that can significantly impact recovery if left untreated.
- Jaundice, characterised by yellowing of the skin and eyes, could suggest hepatitis infection or other liver-related conditions. It may be accompanied by fatigue, abdominal pain, dark urine, and pale stools.
- New skin rashes, which may indicate vector-borne diseases such as dengue, Zika, or chikungunya, allergic reactions to new environments or medications, or other infectious conditions.



LEVEL UP YOUR HOME FIRE SAFETY SCORE!



<ACT NOW>
>800 Fires occur in HDB Flats annually

LEVEL 1

Stove Guardian

Never leave the stove unattended while cooking.



LEVEL 3

Socket Master

Don't overload power sockets.
Use appliances and power adapters with a valid Safety Mark.



LEVEL 2

Battery Whiz

Charge Active Mobility Devices on a hard, flat surface to allow for optimal dissipation of heat.
Avoid charging devices or their batteries near combustible materials or along an escape path.
Motorised Personal Mobility Devices and e-scooters should be UL2272 certified.
Power-Assisted Bicycles should be EN15194 certified and affixed with LTA's seal of approval.



LEVEL 4

Fire Detective

Install and maintain Home Fire Alarm Device.



LEVEL 5

Insurance Pro

Keep HDB fire insurance up to date.
Purchase home insurance to cover damages to renovation and personal belongings.



★ Complete all levels to become a Home Safety Champion! ★