



SIWEC INSIGHT

Sikh Welfare Council, Singapore

January-March 2014

Welcome to yet another issue of our SIWEC newsletter!

The primary goal of our newsletter is to **Engage and Share with You** SIWEC's recent & forthcoming events. We also look forward to hearing from you on how you may want to volunteer and get involved in our activities. Besides the Food on the Table program, other SIWEC activities include Prison Visits, Counselling, Bereavement and Financial Assistance. SIWEC was awarded IPC status by the Commissioner of Charities on 5th November 2009. In keeping with our IPC status, about 10% of our needy clients are non-Sikhs.

Typhoon -Haiyan Relief



Holla -Mohalla



TASK FORCE ESTABLISHED TO REVIEW AND ACT ON ACADEMIC PERFORMANCE OF SIKH STUDENTS

At the Council Review Meeting held in Feb 2013, attended by the Heads of many Sikh Institutions, SIWEC was requested to lead the initiative in attending to this long outstanding problem of the declining performance of Sikh students, as evidenced by the results in the national exams in Singapore. SIWEC has established a small Task Force to review the issue and initiate required actions. It is headed by Amritpal Singh Randhawa, with a representative/s from the SSEF (Jasbir Singh/ Bhupinder Singh), Sikh Centre (Harminder Kaur) and SINDA (Shahul Hameed). The Community is invited to provide inputs to the Task Force and these may be sent directly to the SIWEC office.

Council Review Meeting



WHAT WE DO:

The Sikh Welfare Council (SIWEC) is a charitable organisation with an IPC status ("Institutions of Public Character"), which formulates overall policies in respect of welfare services in Singapore. A comprehensive detail of SIWEC's functions and activities can be found on our website at www.siwec.org.

SIWEC'S Mission

"To improve the welfare and well-being of the community". In this context, programs and scope of support, and assistance have been expanded in the past few years. BUT MORE NEEDS TO BE DONE.

Patrons

Kartar Singh Thakral

Trustees

Mohinder Singh Thakral
Naranjan Singh Brahmputra
Daljit Singh Gaggarbhana
Manmohan Singh Thakral
Gurcharan Singh Narula
Mahn Singh Bajaj
Jagjit Singh Sekhon

MANAGEMENT COMMITTEE

CHAIR

Amarjit Singh Wasan

VICE-CHAIR

Inderpal Singh
Gurmit Sroya

SECRETARY

Dinesh Singh

ASST SECRETARY

Sharanjit Kaur

TREASURER

Harmit Singh

ASST TREASURER

Amritpal Singh

COMMITTEE MEMBERS

Manmohan Singh
Jasminder Singh
Malminderjit Singh
Ranvir Singh

CO-OPTED MEMBERS

Jagjit Singh Sekhon (Advisor)
Sarjit Kaur Gill

SECRETARIAT TEAM

Ranjit Singh
ranjit@siwec.org
Sanjiv Singh
welfare@siwec.org
Karam Kaur
karam@siwec.org
Gayethri Vankobar
gayethri@siwec.org
Baldev Singh
baldev@siwec.org

Kartar Kaur
kartar@siwec.org

Tel: 62999234
2 Townner Road, #06-02
Singapore 327804
Website: www.siwec.org

HOLLA-MOHALLA

Siwec in collaboration with Women's Initiative for Ageing Successfully (WINGS) and SINDA set up a booth at the Holla-Mela event at Bishan Park on the 29th of March 2014. SIWEC used this opportunity to promote its programs and activities. The Holla Mohalla Family Day is a time when the Sikh Community in Singapore gets together and celebrates an 'Active day' in the park to promote community bonding and integration. The event had activities such as family tele-matches, games (e.g. Captain's Ball) and carnival like stations to create a vibrant atmosphere for all attendees to enjoy themselves and mingle with family, friends and community members. The guest of honour for this event was Member of Parliament, Mr Inderjit Singh (MP for Ang Mo Kio GRC).



ANNUAL COUNCIL-REVIEW MEETING

SIWEC Council Review Meeting was held on the 8th February 2014 at Central Sikh Temple. During the meeting, the members discussed the SIWEC work plan for 2014. The members were also updated on the challenges facing SIWEC, new programmes and outreach to the society. The members noted that the awareness of SIWEC activities has gradually increased. The Chairman thanked the Committee and Council members for their participation in this important meeting.



HIGHLIGHTS

Typhoon Haiyan Relief

The Sikh Community recently raised \$15,000 from its members and well-wishers for the victims of Typhoon Haiyan in the Philippines. The CEO of The Red Cross Mr Benjamin Williams accepted the cheque from the Chairman of the Sikh Welfare Council, Mr Amarjit Singh Wassan at the Central Sikh Temple on the 5th of February. The Ambassador of the Philippines Ms Minda Calaguain-Cruz also graced the occasion.



On the 9th of January we graced an event hosted by the Council for The Third Age (C3A). C3A was set up in May, 2007 with the role of promoting active ageing in Singapore. SIWEC was recognised for our collaboration with them and we were presented a token of appreciation. The guest of honour for the event was Mr Heng Chee How, Senior Minister of State, Prime Minister's office, Chairman, Active Ageing and Employability Sub-Committee.



YUVA Mentoring Programme



**If you are between 16 and 25 years of age,
Join us!!!**

Call 6299 9234

We Need You!

Be a Youth Mentor!!!

To be a youth mentor, you don't need special skills - just an ability to listen and to offer friendship, guidance and encouragement to a young person...and you'll be amazed by how much you'll get out of the experience.

One of the greatest ways to affect a child's life positively is by becoming a mentor. Studies show that mentoring someone can benefit both the mentee and the mentor. Mentoring is a shared opportunity for learning and growth.

If you have a sincere desire to help children, are an active listener and an empathetic person, who looks for solutions and opportunities in life, you have all the qualities a good mentor has. It will not take up much time as well. All it will take is a telephone communication with your mentee once a week and a face-to-face meeting once a month.

You can take steps to create a bond and positively influence a teen or a child by checking SIWEC's website for information on becoming a mentor.

HOSPITAL VISITS

One of the services provided by SIWEC is to visit patients in the hospitals. The purpose of the visit is to provide comfort and care, and assistance, if required.

SIWEC makes about 20 monthly visits to various hospitals in Singapore. Each visit lasts between 30 to 40 minutes. Currently, we have about 15 active healthcare ambassadors; they are registered nurses providing this service on behalf of SIWEC. We hope the Sikh Community would continue to inform SIWEC if any loved one has been hospitalised and requires a visit, or prayers to be done at the hospital for the patient.



SIWEC Programmes....

Thanks to your support and guidance SIWEC is now evolving from being a provider of food and finance to the needy to becoming an enabler, supporter and a motivator through holistic care. New programs are being introduced to supplement the traditional ones, which we will continue to administer more effectively and efficiently (support for the needy, handling bereavements, counselling, etc).

The programmes are:

- Family support
- Education Support
- Youth Mentoring
- Hospital/Home Visits
- Prisons Through Care
- Bereavement
- Counselling

Be a Befriender!

The Befriending Programme is a service undertaken by trained volunteers to give offenders the necessary support and guidance before and after their release. This service is meant to give additional emotional support to participating inmates and is open to those who lack positive peers and emotional support from family and friends.

The aim of this programme is to encourage greater involvement from members of the community, specifically the various ethnic groups. As the community realises the importance of their involvement in the reintegration of ex-offenders, programmes such as this can be an important platform to inspire, empower, educate and equip both the ex-offender and society at large. **To know more about the programme, call us.**



"We all need support and friendship, regardless of circumstances. But where do people turn when friends and family are simply no longer there, or can't help us through a difficult time, or need all our care and attention and can't give us any in return? Thank goodness for befriending projects, who help fill the empty spaces where care, support and a listening ear need to be." by Nicola Sturgeon

How You Can HELP....

DONATE NOW
easy, fast, secure



The Sikh Welfare Council is a Volunteer Welfare Organization

(VWO) that depends on the community for volunteers as well as the funds necessary to carry out its various assistance programmes. We are presently assisting more than 20 deserving families on a regular basis so that they can tide over difficult times; we also do a host of other programs. Obviously, this requires a great deal of resources on the part of SIWEC. We would therefore like to appeal to the community at large to help us support the less fortunate. You can do this in various ways, including:

- Giving a one-off donation (e.g. on-line via PayPal, cheques, bank drafts, Give asia etc).
- Making a GIRO application to provide a monthly (recurring) donation. Please contact us for the GIRO Form.
- Making a Bequest (Will).
- Giving a Memorial Donation - a thoughtful way to remember a loved one while giving support to others.
- Volunteering your time and participating in other activities, such as ferrying elderly/disabled Sikhs to and from Gurdwaras.

To donate online please visit us at <http://www.siwec.org/donate/support-our-work/how-you-can-donate>.

you are not alone ...

What is the Community Health Assist Scheme (CHAS)?

The **Community Health Assist Scheme (CHAS)** is one of the Ministry of Health (MOH)'s programmes to help **provide accessible and affordable primary care** to Singaporeans.



Under CHAS, **patients receive subsidised outpatient medical treatments for acute and chronic conditions** as well as **basic dental services** at General Practitioners (GPs) and dental **clinics near their homes**. These patients will also enjoy subsidised referrals to specialist outpatient clinics when required. Singapore Citizens who qualify for CHAS will receive an individual **blue or orange Health Assist card**. Health Assist cardholders will also enjoy subsidised referrals to Specialist Outpatient Clinics (SOCs) located at Public Hospitals or National Dental Centre when required.

From 1 January 2014, all Singapore Citizens (regardless of age) who meet the household monthly income per person of \$1,800 and below can qualify for CHAS. For instance, a family of four living at the same address with a total gross household monthly income of \$7,200 (household monthly income per person is $\$7,200 \div 4 = \$1,800$) will qualify for CHAS, provided that they are all Singapore Citizens.

**For more information, you can log on to the chas website at <http://www.chas.sg/indexpatients.aspx> or call their hotline number at 1800-ASK-CHAS (1800-275-2427). If you have any further queries, feel free to contact SIWEC a.*