



Dear \${FNAME}\$,

When paying for a meal, donate a little extra towards the Belanja-A-Meal (B.A.M.) Initiative which has officially launched in Sembawang GRC. Learn more on how you can B.A.M. below!

Check out Sembawang Central's Tree Planting Day with Minister Ong Ye Kung.

If you had missed the live telecast of Sembawang GRC virtual Countdown to 2021 celebration, see the festivities that brought our GRC together towards the stroke of midnight.

Stay tuned to our weekly highlights for more news closer to home. Join our [Telegram channel](#), follow us on [Facebook](#) and visit our [blog](#).

Like us on Sayang Sembawang

Join our Telegram Channel

Launch of Belanja-A-Meal (B.A.M.) in Sembawang GRC



Photo Source: Ong Ye Kung's Facebook page

On 3 January, MPs for Sembawang GRC Minister Ong Ye Kung, Dr Lim Wee Kiak, PBM, Mr Vikram Nair, Ms Poh Li San and Ms Mariam Jaafar officially launched the Belanja-A-Meal (B.A.M.) initiative in Sembawang GRC, at Fu Chan Coffeeshop (Block 505 Canberra Link).

22 coffee shops and 135 stalls are on board this B.A.M Initiative throughout Sembawang GRC, helping over 600 beneficiaries living in the area.

Find out how you can sponsor a meal for your fellow resident in need below.



The poster features a warm orange background with a white bowl of food and steam rising from it. The title 'BELANJA A MEAL' is written in large, white, sans-serif capital letters, with the Chinese characters '请你吃一餐' below it. A circular logo with 'B.A.M.' inside is in the top right corner. The text is arranged in sections: a title section, a 'WHAT IS BELANJA A MEAL?' section with an English description and a Chinese translation, and a 'HOW TO BELANJA A MEAL?' section with three numbered steps, each accompanied by a small bowl icon with a number inside.

BELANJA A MEAL

请你吃一餐

B.A.M.

WHAT IS BELANJA A MEAL?

'Belanja a Meal', or 'B.A.M', is a project where residents sponsor meals for other residents who are experiencing difficulties or with less means. We have a caring neighbourhood and this is one way we support each other!

《请你吃一餐》或“B.A.M”这项善举的目的是让善心人士捐赠一餐给生活面对困境的居民。

HOW TO BELANJA A MEAL?

-  Upon purchasing your food, inform the stall vendor that you would like to sponsor a meal.
如果您想加入“B.A.M”这项善举的话，请在购买食物时告知有关摊主。
-  Contribute S\$ 1 or more (S\$ 1 = 1 credit and 4 credits = 1 hot meal).
您可捐献一块钱或更多金额
(一块钱 = 一个磁铁，四个磁铁 = 一份热餐)
-  Stick the magnet(s) on the board fixed at the front of the stall.
请把以钱换来的彩色磁铁吸附在摊位前方的海报板上，这样一来，有需要帮助的居民就可以取下磁铁换取免费的热餐。

Woodlands residents can register to be a donor [here](#).

Sembawang West residents can register to be a donor [here](#).

For residents *in other divisions*, you may inform the participating stallholder that you'd like to make a contribution.

Sembawang GRC New Year Countdown to 2021 Virtual Celebration



Albeit a different countdown from previous years, many Sembawang GRC residents gathered online for this year's celebration, which was held via Instagram Live on MP for Sembawang GRC (Woodlands) Ms Mariam Jaafar's Instagram page, on 31 December 2020.

Spirits ran high during the virtual event with host Sylvia Chan, and live performances by Jack and Rai, Fakkah Fuzz, and Aisyah Aziz.

Watch the full telecast [here](#).

Tree Planting Day in Sembawang Central



Sembawang Central kicked off the new year with Tree Planting Day on 3 January, at the open space near Blk 503C Canberra Link. Minister Ong Ye Kung officiated the event, planting Happiness Tree and Chiku at the greenery landscape of the estate, further beautifying the surroundings.

Get To Know Your MP: Mariam Jaafar



Let's get to know our MP for Sembawang GRC (Woodlands), Ms Mariam Jaafar!

Find out her funny travel story, her aspirations for the Woodlands community, and more [here](#).

#EatwhatFriday

Roti Prata @ Curry Café



Check out this place that serves amazing curry dishes that is found only at Curry Café. We especially love the Roti Prata because it is so crispy and flavourful! When dipped in either chicken or mutton curry, the taste is further heightened. What's more, even our MP, Dr Lim Wee Kiak, PBM, claims that they serve one of the best Roti Pratas in Singapore!

Location: Blk 482, Admiralty Link, #01-13

Wanton Mee @ Block 313A Sembawang Drive



To our fellow foodie residents, add this Wanton Mee stall your list of good food in the North. The egg noodles is served at the right level of springy-ness, drenched in a mixture of homemade sauces. What's unique is in its wanton, with the minced meat well-marinated! To ensure its freshness, they make these amazing wantons from scratch daily.

Location: Block 313A Sembawang Drive

Talks and Workshops in Sembawang GRC

Our Health Journey

Our Mental Wellness Journey

Our Healthy Journey

Knowing physical fitness is the first requisite of happiness is not enough!
How best to care for your health and know RED flags to watch out for!



Coach Adib
Woodlands Health
Campus



Ustaz Alawi
Host/Moderator
Masjid Yusof Ishak

Sun, 17 Jan
9.00am

Come and join us to learn more about:

- Live Workout with Coach Adib
- Chronic Disease Management
- Red flags to watch out for

Sun, 7 Feb
9.00am

Come and join us to learn more about:

- Live Workout with Coach Adib
- Healthy Cooking

SCAN HERE TO REGISTER

Organised by: M3@Woodlands, Woodlands Health Campus

Join Coach Adib for a live workout and learn more about Chronic Disease Management with Woodlands Health Campus.

Date: 17 January & 7 February 2021, Sunday

Time: 9am

Venue: via Zoom

Sign up [here](#).

Our Mental Wellness Journey!

Mental wellness is not simply an absence of mental illness. Maintaining good mental health is important and no one should be left behind!

Sun, 24 Jan 2021 | 10am



Ms. Juhaiti Awang
Social Worker
Club HEAL



Ms. Nurulain Rawi
Counsellor
Club HEAL



Ms. Nurya Huskain
Host/Moderator

Come and join us to learn more about:

- How elderly may develop mental health illnesses
- How mental health affect the elderly
- Risk factors
- Ways to improve the mental health of the elderly
- Caregiver support

Facebook LIVE: M3@Woodlands

Sign Up Now!

Organised by: Health Navigator, M3@Woodlands, Club HEAL

Learn more about mental health affecting elderly with Club Heal.

Date: 24 January 2021, Sunday

Time: 10am

Venue: via M3@Woodlands Facebook page

Sign up [here](#).

Fight Cancer!

FIGHT CANCER!

Colorectal cancer is the most common cancer affecting Singaporeans today. We can prevent, detect earlier and treat colorectal cancer successfully.



Dr Lim Jit Fong
Consultant Colorectal Surgeon



Raja Hamzah, PBM
Host/Moderator

Sun, 31 January | 10am

Come and join us to learn more about:

- Signs and symptoms of colorectal cancer
- Risk factors of colorectal cancer
- Prevention methods of colorectal cancer

Sign up now! go.gov.sg/fcs

Organised by: Health Navigator, M3@Woodlands, Business Network

Supported by: SINGAPORE CANCER SOCIETY

You are invited to attend the Fight Cancer talk on Colorectal Cancer with Singapore Cancer Society.

Date: 31 January 2021, Sunday

Time: 10am

Venue: via Zoom

Sign up [here](#).

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