



Dear \${FNAME}\$,

Building a greener and more sustainable town has always been one of Sembawang GRC's missions. Read on to learn more about our community's efforts as part of the Action Green Town Plan.

North West CDC and other generous donors in Woodlands have come together to assist families in need.

For students aged 12 and above, find out more on how to get your vaccination.

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

Action Green Town @ Sembawang GRC

Saving Water

Since 2017, we have equipped ourselves with hydrojet washers that are high in pressure and are extremely effective in removing stains, while reducing the amount of water used. This has helped us to save 10 Olympic swimming pools of water per year!

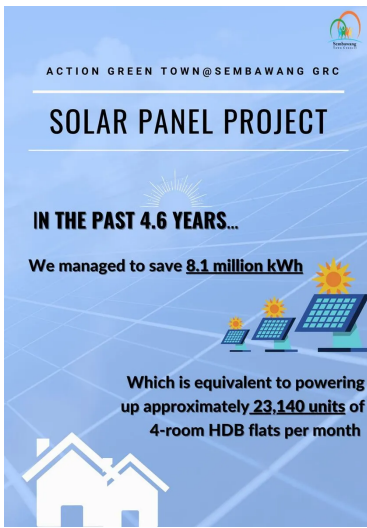
PEG Tray System

Top concrete decks of Multi-Storey Carparks, which were not utilised for parking, have been converted to community gardens using PEG Tray System. There are currently 3 of these community gardens within Sembawang GRC.

PEG Tray System

Did you know? As part of the Lift Replacement Programme (LRP), there are 336 brand new lifts in our GRC which has saved 1.07 million kWh of energy. As a result, it has significantly reduced carbon dioxide emissions that is equivalent to 2.75 million km of driving!

Solar Panel Project



Our Town's Solar Panel Project has helped us save 8.1million kWh of energy in the past 4 years!

LED Re-lamping with motion sensors and timers



LED Re-lamping with motion sensors and timers are both cost and energy efficient! The amount of energy saved in the past 8.5 years can help us power up to 463,000 units of 4-room HDB flats per month! That's how much energy our town has saved in the past few years.

Social Support Grant and Matching Grant

SUPPORTING OUR WOODLANDS COMMUNITY



AN #MPOWERWOODLANDS INITIATIVE BY MS MARIAM JAAFAR

Thank you to our donors and Northwest CDC Social Support Grant

Assistance with arrears for **125** low to middle income households



CNY Ang Baos & Duit Raya for



200 families facing financial difficulties

MRSS Top Up Support for **22** low income seniors



Food Ration & Market vouchers for **100 FAMILIES**



Tertiary Grant for **90** tertiary students & recent graduates



Festive Gifts for **175 FAMILIES** on Short and Medium Term and Long Term Assistance



DELIVERY RIDER Appreciation Gifts for **23** Food delivery drivers



Gifts of Support & Love to **17** Path I Choose (Yellow Ribbon) beneficiaries



With the help of North West CDC's Support Grant and Matching Grant to run local community support programmes, alongside other generous donors in Woodlands, over \$140,000 was raised, 9 programmes were launched and 600 families were assisted within the Woodlands Community during this Covid-19 period. Kudos to the team!

Covid-19 vaccination for students aged 12 and above

Parents, please take note. Here are some information regarding the Covid-19 vaccinations for students aged 12 years and above!

today

COVID-19 VACCINATION FOR STUDENTS AGED 12 AND ABOVE

Who


- Graduating cohorts in secondary and pre-university schools, including students sitting for the N-/O-/A-Level examinations
- All other groups of full-time students in our schools and Institutes of Higher Learning
- Students from ITE and Special Education (SPED) schools will also be contacted by their respective schools/institutions

When


June 1 onwards

Over the next two weeks


Where




Students can take their vaccinations at **existing community vaccination centres**



• Three centres will be at **ITE College campuses**




• One centre will be at **Raffles City Convention Centre**




To **facilitate access for students in SPED schools** who may find it challenging to visit a vaccination site, MOH will **deploy mobile vaccination teams** to the schools


How




- Students or parents/guardians of students (if under 18 years old) **will receive SMSes with a link** to book a vaccination appointment
- The main vaccination exercise for most students will be through the **National Appointment System**



Parental/guardian consent is required for students below the age of 18



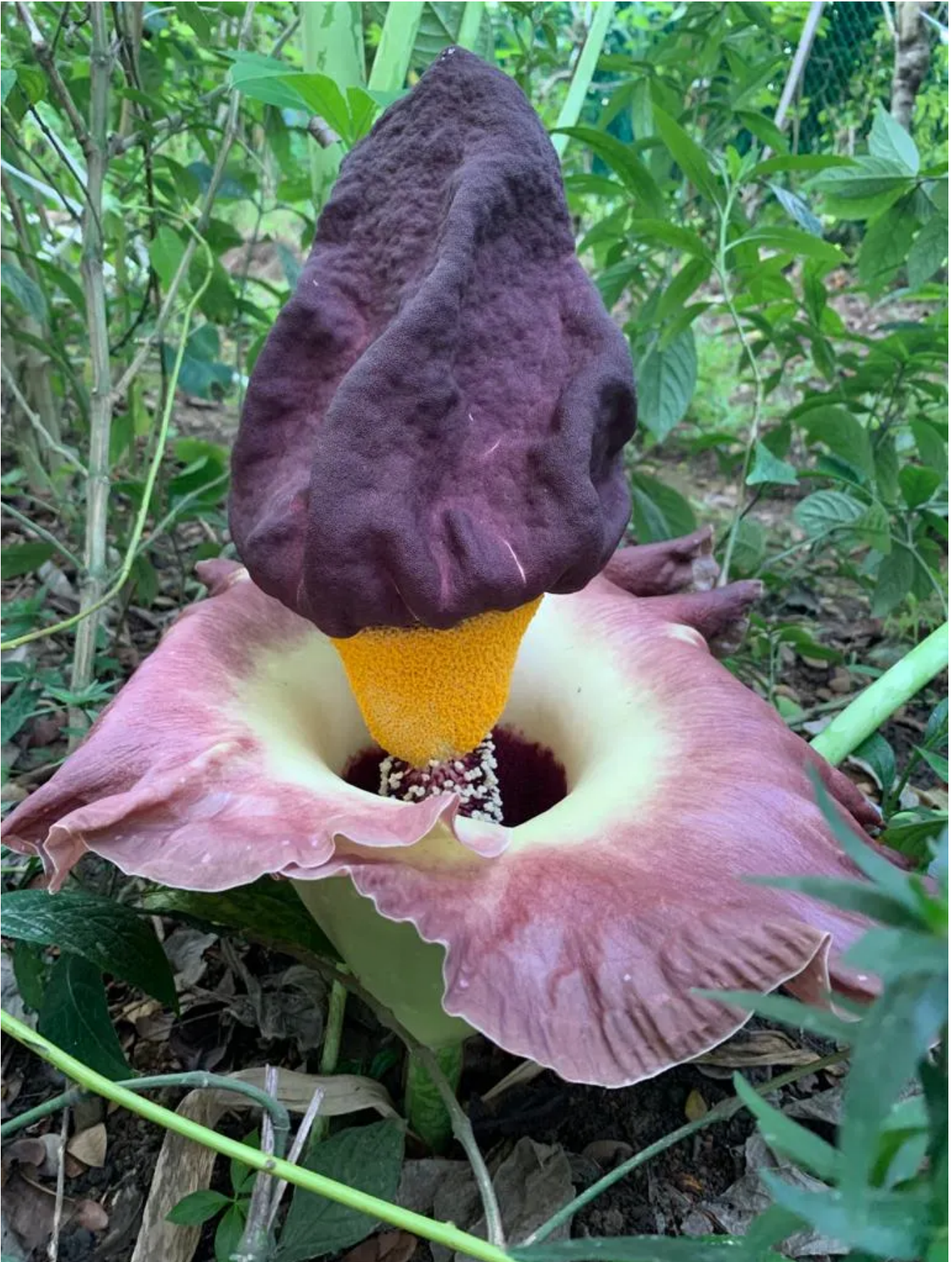
Parents/guardians of students below the age of 13 are required to **accompany their child/ward to the vaccination site**



Individuals **below the age of 18** will only be offered the Pfizer-BioNTech vaccine

Source: Ministry of Education

Exotic Flower spotted at Block 338 Sembawang Crescent



An exotic flower has been spotted at Blk 338 Sembawang Crescent by MP of Sembawang GRC (Canberra), Dr Lim Wee Kiak!

This flower is called **Amorphophallus paeoniifolius (Dennst.) Nicolson**, also commonly known as Elephant Foot Yam. It is a tropical tuber crop grown primarily in Africa, South Asia, Southeast Asia and the tropical Pacific islands.

Fun Fact: Did you know that this flower is actually unisexual? Female flowers found on lower part of spadix, with male flowers towards top and a transitional zone in between. The whole inflorescence reaches 40-50cm tall by 30-40cm across.

Update: The flower was cut out by someone. The gardener of Canberra Zone 1 RN has relocated the flower's remaining roots in the community garden for it to grow again.



NEED A SHOUTOUT?



CALLING ALL LOCAL BUSINESSES IN SEMBAWANG GRC!

Terms and conditions apply

Over these past few weeks, Sayang Sembawang has helped local businesses in the North during this trying period by featuring them on our social media pages!

If you have a home-grown business in Sembawang GRC but not sure how you can reach out to a greater crowd in the community? Fret not, Sayang Sembawang is here to help!

Message us about your business on Sayang Sembawang's Facebook today!

Upcoming Programmes in Sembawang GRC

Fight Cancer



Organised by:    

Supported by: 

FIGHT CANCER!

Symptoms and Treatment of Stomach Cancer

Dr Tan Bo Chuan
Consultant
Department of Surgery
Khoo Teck Puat Hospital

Nadya Hisham
Host

Come and join us to learn more about risk factors, signs and symptoms of stomach cancer, treatment methods of stomach cancer

Date: Thur, 17 June 2021
Time: 8.00pm
Platform: Zoom 

Scan & sign up now!
go.gov.sg/cs



You are invited to FIGHT CANCER programme on Symptoms and Treatment of Stomach Cancer with Singapore Cancer Society on Thu, 17 June at 8pm via Zoom.

Click [here](#) to sign up.

Drug Abuse Programme



DRUG ABUSE!

Learn about drug addiction, tell-tale signs and how it affects your loved ones! Let's break the cycle of drug addiction together!

Sun, 20 June 2021 | Time: 10am

 LIVE M3@Woodlands

Come and join us to learn more about:

- Overview of Singapore's drug situation and current trends
- Types of commonly abused drugs and its effects
- Tell-tale signs of drug abuse
- Drug control approach and penalties for Drug abuse in Singapore

Brought to you by:       

Supported by: 

Scan the QR code & submit your questions



You are invited to Drug Abuse programme with Central Narcotics Bureau and Path I Choose on Sun, 20 June at 10am via M3@Woodlands Facebook.

Click [here](#) to sign up!

Health & Wellness Series



BROUGHT TO YOU BY:     

 **USTAZ ALAMI**
HOST

 **MASELENE NG**
DIETICIAN

 **CHOPE**
COACH ADIB

HEALTH & WELLNESS SERIES

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

DATE: SUN, 27 JUNE 2021 | TIME: 9.00AM | PLATFORM: ZOOM

COME AND JOIN US TO LEARN MORE ABOUT:
MODERATE EXERCISE
HOW HEALTHY EATING CAN IMPACT YOUR CARDIOVASCULAR HEALTH



Jom! Join our Health & Wellness Series on exercise and healthy eating habits for Good Cardiovascular Health with Woodlands Health Campus on Sun, 27 June at 9am via Zoom.

Click [here](#) to sign up!

Like us on Facebook

Follow us on Instagram

Read our blog