



# SAYANG SEMBAWANG

Bringing you the latest community news

Dear \$[FNAME]\$,

Read on to discover more about the ongoing festive activities and events which brightened up both Bukit Canberra and the faces of residents in Sembawang.

Delve into the details of how our community engages elderly residents and improves their welfare.

Get the inside scoop on upcoming events around our town and never miss a beat when it comes to the latest happenings in our vibrant community!

**Stay tuned to our weekly highlights for more news closer to home. Join our Telegram channel, follow us on Facebook to stay in the know.**



## Women's Day Walk at Changi Beach



**Photo Source: Dr Lim Wee Kiak PBM's Facebook**

On Easter Sunday, Dr. Lim Wee Kiak, PBM, our advisor, took part in a Women's Day walk organized by Canberra residents. This event, coordinated by Canberra WEC and CSN, saw enthusiastic participation from the local community, creating a joyous atmosphere as they strolled along Changi Beach. Dr. Lim's involvement highlights his dedication to advancing initiatives that advocate for women's empowerment.

[Find out more](#)

## Admiralty Gives Back @ 693E Porridge Distribution



**Photo Source: Mr Vikram Nair's Facebook**

During the weekend preceding Admiralty's MAEC, Mr. Vikram Nair, our advisor, collaborated with volunteers from Yusof Ishak Mosque and local residents to organize a Ramadan giveaway. This initiative encompassed distributing bags containing various provisions, freshly prepared porridge, dates, and clothing. Additionally, a complimentary haircut service was provided during the event. We extend our sincere gratitude to all the volunteers for generously dedicating their time and efforts, contributing to the success of this meaningful event.

[Find out more](#)

## Annual Sembawang West Biathlon



**Photo Source: Ms. Poh Li San's Facebook**

Ms. Poh Li San, our advisor, took part in the annual Sembawang West Biathlon, a community event held at Woodlands Swimming Complex and the adjacent Woodlands Stadium. Despite the scorching heat, the Biathlon was thoroughly enjoyed by all participants. A total of 150 individuals from Sembawang GRC, various parts of Singapore, and even as far as California and Istanbul, joined the race. Ms. Poh was delighted to witness numerous residents and first-time participants pushing their limits in this endurance sport. The event also attracted many elite youth athletes who excelled in the competition. A heartfelt thanks goes out to all Sembawang CSN volunteers who began their day as early as 6 am, enduring the intense sun and providing enthusiastic support to the participants. Additionally, sincere appreciation is extended to SportSG, the venue sponsor, and Starbalm, the event partner, for facilitating post-race muscle rub-downs.

[Find out more](#)

## Sembawang GRC Community Buka Puasa





Photo Source: Ms. Mariam Jaafar's Facebook

Our advisors, Mr. Ong Ye Kung, Ms. Poh Li San, and Ms. Mariam Jaafar, joined residents for the Sembawang GRC Community Buka Puasa at Masjid Yusof Ishak. The event was particularly meaningful as it welcomed many non-Muslim residents, including students from Spectra Secondary School. They had the opportunity to explore the mosque through a guided tour, with some even choosing to fast for the day to better understand the experience. Representatives from BW Monastery 吉祥宝聚寺, Covenant Evangelical Free Church, and MYI shared insights about OMAK, Good Friday, and Friday prayers, respectively. A special thanks to Shahril and the organizing team, as well as all partners and volunteers, for contributing to the success of this wonderful event.

[Find out more](#)

## Upcoming Events

### Sembawang Heritage Tour

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JOIN US TO DISCOVER THE LEGACIES OF THE DIFFERENT COMMUNITIES ALONG SEMBAWANG HERITAGE TRAIL.

**Date:** Friday, 19 April 2024  
**Time:** 2.30pm to 4.30pm  
**Venue:** SPARKS@Bukit Canberra Community Lounge (Level 1)  
 21 Canberra Link, #01-63, Singapore 756973

This tour will be conducted by students:

Scan to register

For enquiry, please call 6711 2005 or email us at sparks@pa.gov.sg.

ORGANISED BY:

SUPPORTED BY:

Photo Source: Bukit Canberra's Facebook

Join the Sembawang heritage tour to visit historical sites at Sembawang!

Meet up at SPARKS@ Bukit Canberra on Friday, 19 April 2024 from 2.30pm to 4.30pm. Transportation is provided.

Registration link as follows:  
<https://go.gov.sg/heritage-tour-19-april24>

See you there!

[Find out more](#)

### Caregivers-to-Caregivers Training Programme

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## C2C-Dementia

*Are you a Caregiver?*

Caring for a loved one with dementia? Feeling overwhelmed, worried, or stressed? Let us help you. Caregivers Alliance Limited (CAL) specialises in supporting caregivers of persons with dementia.

**Programme Overview:**

- 1 Introduction to Dementia
- 2 Understanding Dementia
- 3 The Brain and Treatment
- 4 Empathy and Compassion
- 5 Communication
- 6 Self Care
- 7 Home Care for Persons with Dementia
- 8 Graduation

Join our 8-week fully funded programme of 2 hours per session.

Together with other caregivers, you will gain in-depth understanding of mental health issues, improve your communication skills and learn how to cope better in your caregiving journey.

To register, scan here:

| Venue   | Time                | Programme Date                                |
|---|---------------------|---|
| SPARKS @ Bukit Canberra<br>21 Canberra Link, #01-63<br>Singapore 756973 | 10:30 am - 12:30 pm | 4 May-22 Jun 24<br>Every Saturday for 8 weeks |

Register online: <https://forms.office.com/r/cTQ5U3jE2f>  
 Contact: 97383109 | Email: paulinetan@cal.org.sg

Co-organised by:

Supported by:

Photo Source: Bukit Canberra's Facebook

Are you a caregiver?

Caring for a loved one with dementia?

Feeling overwhelmed, worried or stress? Do join the program as Caregivers Alliance Limited (CAL) specialises in supporting caregivers of persons with dementia. Join the Saturday, 8-week fully funded programmed of 2 hours per session starting from 4 May 2024 to 22 Jun 2024, 10.30am to 12.30pm at Sparks@Bukit Canberra Seminar Room (Level 1)

Limited slots!  
 Sign up now via <https://forms.office.com/r/cTQ5U3jE2f>  
 Call: 97383109 for more info

See you there! ☐☐

[Find out more](#)

### Canberra Community Emergency and Engagement Committee (C2E)






**Photo Source: Bukit Canberra's Facebook**

Join in Health Promotion Board's MOVE IT with Active Family Programme suitable for parents and their children aged between 4 and 12 years old.

This programme is designed to deliver physical and health education through fun-filled activities that promote parent-child bonding and develop fundamental movement skills in children. Participants can look forward to a fun-filled session while gaining self-confidence and mental strength as they learn how to play a variety of sports and games.

Slots are limited, so hurry! Book your slots on the Healthy 365 app today!  
To book: Download or log into the Healthy 365 app > Select 'Explore'> 'Events' > Type 'Bukit Canberra in the search bar and look for Active Family Programme listings.

See you there!

 [Find out more](#)

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