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# Media Release



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9 February 2018

News Editor

## **Vulnerable South West residents to usher in a healthy and fit Lunar New Year**

- **More than 100 Adopt beneficiaries to receive chair yoga lessons and thermal food jars to promote healthy eating and living within the South West District**
- **New partners Project Yoga-on-Wheels and La Gourmet build stronger social safety nets with Pro Bono Services and products as part of annual Festive Cheers @ South West celebrations**

Based on statistics released by the Ministry of Health in 2017, one (1) in three (3) Singaporeans has a lifetime risk of getting diabetes with the projected total of cases hitting one million in just 30 years<sup>1</sup>. The South West CDC aims to equip vulnerable residents in the South West District with basic cooking recipes and exercise routines to help fight the War on Diabetes in the lead-up to New Year festivities. This Saturday, 120 residents will be invited to 'Healthy Eating, Healthy Living @ Dover' celebration, where they will be treated to a 30-minute yoga exercise and a healthy cooking demonstration, in addition to receiving a cooking pot and a Festive Cheers pack worth \$35 each as part of the annual Festive Cheers @ South West.

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<sup>1</sup> Diabetes: The War Continues (2017)

[https://www.moh.gov.sg/content/moh\\_web/home/pressRoom/pressRoomItemRelease/2017/diabetes--the-war-continues.html](https://www.moh.gov.sg/content/moh_web/home/pressRoom/pressRoomItemRelease/2017/diabetes--the-war-continues.html)

## **Importance of regular exercise in combating Diabetes**

2 Adopting an active lifestyle is a key mitigating factor in the prevention and management of diabetes and also helps in reducing the risk of high blood pressure and heart disease. The CDC has collaborated with Project Yoga-on-Wheels to bring the benefits of yoga to the disadvantaged and senior residents through the introduction of simple chair yoga exercises – a gentle form of yoga that can be practised by everyone, including individuals who are unable to participate in traditional yoga class due to limited mobility.

3 “Project Yoga-on-Wheels is a completely volunteer-run initiative where we work with various charities and social service organisations to bring the benefits of yoga to the community. Chair yoga is an excellent and safe way for adults, especially seniors, to loosen and stretch stiff muscles, reduce stress and improve circulation. Regular practice of chair yoga can also help to reduce anxiety, improve sleep and bowel movements and build strength and balance. We are pleased to partner the South West CDC to conduct chair yoga classes for seniors in the district and we hope that this will encourage more seniors to engage in regular exercise,” says Anthea Ong, Certified Yoga Instructor and Founder, Project Yoga-on-Wheels.

4 Mdm Sally Chay, a 61-year-old senior beneficiary living in a one-room rental flat in Telok Blangah (Dover Road Precinct), is excited to spend the afternoon exploring the new realms of chair yoga. The singleton who moves around in a wheelchair shared, “I know that exercise is important for us, especially since we are getting older by the day. However, it is hard for me to exercise regularly as my legs are weak.” Diagnosed with stroke 17 years ago, Mdm Chay added, “This is the first time I get to try chair yoga and I am really looking forward to doing this with my friends. After the chair yoga lesson, I hope that I will be able to exercise more regularly since all we need is a chair and I can exercise while watching my favourite TV shows.”

## **Healthy Eating, Healthy Living**

5 In addition to regular exercise, another key aspect in combating Diabetes is through the adoption of healthier food choices. In this light, the CDC has

collaborated with La Gourmet to promote the importance of healthy eating. Famed for their slow cookers and thermal food jars, the chef from La Gourmet will be conducting a healthy cooking demonstration to share healthy recipes with the residents. An example would be learning how to make *Yu Sheng*, a traditional Chinese New Year delicacy, using fresh fruits and vegetables. Each resident will also receive a thermal food jar and healthy food pack worth about \$140 courtesy of Katrin BJ Pte Ltd, local importer of La Gourmet products.

6 Director of Katrin BJ Pte Ltd, Ms Doris Pang shared, “We are pleased to come on board Festive Cheers @ South West and bring joy to vulnerable residents during the festive period. As this is our first-time collaboration with the South West CDC, we hope that we are able to impact the lives of the vulnerable through the cooking demonstration and the thermal food jars. We hope that by providing them with the tools and know-how to make healthier food choices, they will be able to manage their health effectively.”

7 69-year-old Mdm Mani Nadarajah lives with her daughter in a rental flat. Her husband, who has health issues, is currently recuperating in hospital. The grandmother of five shares, “The recipes are simple and easy to follow. They will help when I prepare my home-cooked meals as we try not to buy outside food which can be unhealthy at times. I am thankful for the food jars as they will make cooking easier for me and keep food warm for longer. I am also looking forward to trying out the chair yoga activity and to spend the day with my friends.”

### **Festive Cheers @ South West 2018**

8 This year’s edition of Festive Cheers @ South West brought on new corporate and community partners on-board and engaged Adopt @ South West beneficiaries in first-of-its-kind initiatives such as the Transformers Run Singapore 2018 in early January and an outing to family edu-tainment hub Let ‘em Play. More than 5,500 households in 24 rental blocks and eight (8) precincts under the Adopt @ South West has benefitted from this annual celebration and received a Festive Cheers pack worth \$35 each, sponsored by Koh Kock Leong Enterprise Pte Ltd and M1 Limited.

9 Ms Low Yen Ling, Mayor of South West District says, “This Chinese New Year, we would like to take this opportunity to share the message that there is no greater gift for your loved ones than yourself. The onus is on you to keep healthy and strong with regular exercise and wise food choices. Health is indeed the greatest wealth we can give to the people who matter to us.”

10 Details of the event are as follows:

Event : Healthy Eating, Healthy Lifestyle @ Dover (an initiative under Festive Cheers @ South West)

Date : Saturday, 10 February 2018

Time : 10.30 am to 12.00 pm (Media is invited at 10.15 am)

Venue : Pavilion at Blk 3A Dover Road Singapore 131003

Guest of Honour : Mr Lim Hng Kiang  
Minister for Trade and Industry (Trade) and  
Adviser to Telok Blangah Grassroots Organisations

Special Guest : Ms Low Yen Ling  
Mayor of South West District

11 The Adopt @ South West programme reaches out to needy families and vulnerable elderly living in rental to three (3)-room flats to ensure that no one falls through the cracks. This is part of the WeCare @ South West Initiative, which aims to strengthen the social safety net for the needy and vulnerable by getting the more able to help the less able, creating an environment of greater community ownership and collective responsibility, as well as a more caring society.

12 We would like to invite your reporter and photographer/TV crew to **Healthy Eating, Healthy Lifestyle @ Dover (an initiative under Festive Cheers @ South West)**. Interviews can be arranged upon request. Please contact our media liaison officer for queries. We look forward to receiving you and your crew/photographer.

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## **Media Liaison Officer**

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## **About the South West Community Development Council (CDC)**

The South West Community Development Council (CDC) was formed on 24 November 2001, with the mission to Assist the Needy, Bond the People and Connect the Community.

Through local help programmes, the South West CDC provides assistance to help the less fortunate in our community. The South West CDC also organises projects and programmes to promote community bonding and social cohesion. The South West CDC adopts the "Many Helping Hands" approach to encourage community ownership among residents, community partners and corporations to realise its vision of "Owning Your Community" which came into effect on 1 March 2004.

## **About Festive Cheers @ South West**

Festive Cheers @ South West is a programme initiated by South West CDC during the festive seasons to bring cheers to everyone, especially the vulnerable, across South West District. From December to February, South West CDC would rally volunteers from community and corporate partners to organise a series of festive activities and celebrations—ranging from social excursions, Christmas and Chinese New Year parties, back-to-school shopping for children, grant-a-wish, and distribution of festive cheers packs, to reach out to about 5,500 vulnerable residents across 27 rental blocks and nine (9) precincts under the Adopt @ South West programme.

## PROGRAMME

Time	Programme
10.30 am	Commencement of event Chair Yoga by Project Yoga-on-Wheels
10.55 am	Arrival of Mayor
11.00 am	Arrival of GOH
11.00 am	Healthy Cooking Demonstration by Katrin BJ Pte Ltd (Photo Opportunity)
11.30 am	<i>Lao Yu Sheng</i> (Photo Opportunity)
11.40 am	Distribution of Quick and Easy Ginger Chicken Soup and Lunch Bento
11.50 am	Distribution of Goodie Bags and Festive Cheers Packs <i>*Media interview will be arranged upon request</i>
12.00 pm	End of Programme