

## **MEDIA INVITE**



### **A WHOLE OF COMMUNITY CELEBRATES WORLD HEALTH DAY WITH SEMINAR TO PROMOTE BETTER HEALTH AND WELLNESS**

In celebration of World Health Day 2019, Jamiyah Nursing Home (Darul Syifaa), South West Community Development Council (CDC), West Coast Grassroots Organisations (GROs), and the Agency for Integrated Care (AIC), will be organising a seminar to promote better health and wellness through interactive activities and informative talks to residents, caregivers and care recipients. This is part of Caregiving @ South West, which is a three (3)-year initiative tackling different aspects of caregiving through: Celebrating caregivers and caregiving; Supporting caregivers; and Empowering a Caregiving Community.

2 Several industry professionals and experts will be giving talks on topics such as Managing Chronic Diseases to Fight Ageing; Food for the Heart – Tips on Health, Treatment and Compliance during illness and fasting; and How to Safely Manage the Wheelchair for Seniors. Attendees can also enjoy a hands-on experience with Robotic Pets and discover more about Laughter Therapy and the Healthy Ageing Promotion Programme for You (Happy) designed to help delay frailty and disability of seniors.

3 As part of Caregiving @ South West, South West CDC will be rolling out a series of themed caregiving roadshows with its partners and supporters, one of which is the World Health Day. At the roadshows, caregivers can learn more about the various resources and services available to help them in their caregiving journeys. Some guides and resources include the South West Caregiver Care Guide and Caregiver Support Fund, which are developed by South West CDC with its caregiving partners, to better support caregivers in their caregiving journeys.

4 To empower caregivers in their caregiving journeys, South West CDC will collaborate with Jamiyah Nursing Home to feature teasers and introductory caregiving courses under Jamiyah Eldercare Academy at the community roadshows. Caregivers can learn about the various courses available in the Jamiyah Eldercare Academy, which is a curriculum designed to provide caregivers with the knowledge and practical skills required to better care for their care recipients. A range of courses are available, covering topics such as Homecare, Care for persons with Dementia and Home Rehabilitation Skills. Caregivers can tap onto the Caregiver Training Grant to offset the course fees.

5 Mayor Low says, “In our greying society today, many of us will become caregivers at some point in time. While the journey of caregiving is not easy, caregivers can take heart that they are not alone. Our community of partners in the South West has rallied their strengths and resources to offer skills, guidance, support and encouragement to caregivers. From

respite care to funding and training, our multi-pronged approach aims to address their multi-faceted needs. These efforts will continue to grow as we seek to empower caregivers towards better care of their loved ones and of themselves.”

6 Launched in January 2018, Caregiving @ South West aims to raise awareness and appreciation of caregiving; have more support and resources for caregivers; and to build a caregiving network to provide care and support to caregivers and care recipients.

7 We are pleased to invite your journalist and photographer to cover the event. The time, venue and other details are provided below:

**Day/Date** : **Sunday, 7 April 2019**  
**Time** : **8.30am to 1pm**  
**Venue** : **West Coast Community Centre**  
**2 Clementi West Street 2**  
**Singapore 129605**

**Guest of Honour** : **Ms Low Yen Ling**  
**Mayor of South West District**

8 For more information, please contact Mr Rosle at 90273937 or email [rosle@jamiyah.org.sg](mailto:rosle@jamiyah.org.sg) or Ms Teri Quek at 97475500 or email [teri\\_quek@pa.gov.sg](mailto:teri_quek@pa.gov.sg).



### **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".



## **About Jamiyah Singapore**

Muslim Missionary Society Singapore, also known as Jamiyah Singapore, was established in 1932. Jamiyah grew from 190 to 35,000 members under the leadership of the late Mr Abu Bakar Maidin who took office as President since 1970 and went on to expand and improve Jamiyah's programmes and services to address the needs of the local community. Jamiyah now has 4 welfare Homes and 8 Education Centres island wide and engages in more than 30 projects and programmes.

## **Homes**

Jamiyah Singapore has been reaching out to fellow Singaporeans of all races in need. Over the years, Jamiyah has been working closely with various Ministries through various projects such as welfare Homes for underprivileged children, needy elderly, those needing long-term nursing care, and also for rehabilitating ex-offenders. One of its recent establishments was the expansion of services provided by Jamiyah Nursing Home (Darul Syifaa'). The newly opened Senior Care Centre (SCC) at Darul Syifaa' provides amongst others - maintenance day care, enhanced dementia day care, community rehabilitation and centre-based nursing. These services are open to the public and eligible clients can receive government subsidies.

## **Education Centres**

Jamiyah meets the educational needs of the society through the Early Childhood Education Centres, Student Care Centres and moral education classes held at various education centres. Jamiyah's pool of talented and dedicated educators work hard to provide quality and affordable education to all children under their care. Their efforts paid off when one of its early childhood education centres, Global Child Development Centre (GCDC), attained the SPARK Certification in July 2015. The certification recognises centres with strong teaching and learning practices which include a well-designed and integrated curriculum and strong pedagogies to support children's holistic development.

## **Community Services**

With the support of the community, Jamiyah provides basic needs such as food ration distributions and Free Medical, Legal and Counselling Clinics for those in need. Jamiyah's Free Legal Clinic is a collaboration with People's Association to set up iCounsel – a virtual platform for the community to seek free legal advice. Clients may register themselves for this service at Kaki Bukit Community Centre or Eunos Community Club. The Free Legal Clinic's team consists of volunteer lawyers who have over 30 years of experience and provide legal advices at Jamiyah Singapore on a pro bono basis. With the continuous support of Muslim and Non-Muslim communities, various government Ministries,

volunteers, members of the public, community and faith leaders and self-help organisations, Jamiyah hopes to grow further in serving the needs of our community.