

ISSUE 129 • APR/MAY/JUN 2021

# EAST COAST NEWS

CARING,  
VIBRANT,  
GREEN



# SELAMAT HARI RAYA!

MCI (P) 084/10/2020

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Get excited about the new and improved facilities around town

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Residents co-create their living spaces

# GOING DIGITAL IN EAST COAST

by Mr Tan Kiat How  
MP for East Coast GRC (Kampong Chai Chee)  
Vice-Chairman of East Coast Town Council

Digital is here to stay. This was true before the COVID-19 pandemic and has become even more urgent now than ever. Digital technology will help Singaporeans work, learn and play in the new normal.



## EMPOWER, ENABLE, CONNECT

As part of the East Coast Plan, we want to create a vibrant community and environment for our residents and businesses. East Coast going digital will be an important part of this plan. Under the East Coast Digital Blueprint, we have several ongoing efforts and are launching various programmes to help East Coast residents harness digital technology to work, learn, play, and support them in emerging stronger from the current COVID-19 pandemic.

## DIGITAL ACCESS FOR ALL

Working or studying from home and online deliveries have become the default for many during the pandemic times. Thus, we want to help provide our East Coast residents with the tools and connectivity to go online.

Government schemes like Neu PC Plus and broadband access support families with young children and seniors to access affordable devices and broadband connectivity. We are



### Digital Access

- Free refurbished computer for low-income families
- NEU PC Plus
- Broadband access



### Digital Literacy/Skills

- Digital literacy for seniors/ Helpdesk
- Coding for youth
- Cyber wellness



### Digital Business

- Digital advisory clinics
- Online delivery platforms
- E-commerce/E-payments



also working with community volunteer groups like SG Bono to refurbish used computers and laptops, and repair faulty ones for low-income families. Often these families have only one or two devices to be shared among their children who need to do home-based learning.

## DIGITAL LITERACY AND SKILLS FOR THE NEW NORMAL

Besides digital tools and access, we also want to ensure that our residents have the necessary skills to navigate and live in a digitally connected society. Our seniors require support in many areas, such as healthcare, social services and remaining connected to family and friends. The COVID-19 pandemic has shown how digital technology can support services like teleconsultation and befriender programmes. Hence, our grassroots organisations are working with a community volunteer group, Heartware Network, to help seniors acquire the necessary digital skills to engage these services. They will also run workshops for school children on using apps to design e-cards, for example, and conduct online coaching classes.

Going digital, however, has its challenges, such as cyberbullying, cybercrime and fake news. The East Coast grassroots organisations together with Heartbeat@Bedok, government agencies like IMDA and NLB, as well as schools and organisations in East Coast GRC, will organise awareness programmes, courses and webinars to keep our children, students and seniors safe as they go digital.

## DIGITAL BUSINESS MODEL FOR OUR HEARTLAND

Heartland businesses are an integral part of our community, serving generations of families. Many of them are keen to adopt digital technology to meet the needs of their customers who are going online. Helping these businesses go online is another key programme under the Digital Blueprint. For example, the



collaboration with online delivery platform TADA has helped wet market stallholders at Blk 216 Bedok Market and Food Centre go online to serve existing and new customers during COVID times.

In addition to government schemes like Hawkers Go Digital and Heartland Go Digital, Enterprise Singapore (ESG) and the Federation of Merchants' Association will organise weekly advisory clinics to help heartland shops and SMEs with e-commerce solutions to expand their business and reach out to more customers. Heartland businesses in East Coast GRC can also tap on ESG's E-Commerce Booster Package for support when diversifying their operations and defraying business costs of going online. Solutions offered by the appointed e-commerce platforms, such as Shopee, Lazada, Qoo10 and Zalora, include content development, product listing, order fulfilment, advertising and promotion, as well as training workshops to enhance e-commerce capabilities.

In East Coast, we will rope in public and private sector partners to help our businesses go digital, and continue to make East Coast a more vibrant community for everyone.

# DRIVING DIGITALISATION HOME

Read on to find out more about how the Digital Blueprint can benefit you or someone you know.

## ENJOYING BRISK BUSINESS WITH TADA FRESH

Mervyn Lee, a 62-year-old stallholder at Blk 216 Bedok Market and Food Centre, was introduced to TADA Fresh Market, an online grocery delivery platform, in August 2020. During the Phase 2 (Heightened Alert) period, his stall witnessed a fivefold increase in online business due to the platform's hassle-free and zero-commission modus operandi.

“

*It is convenient, straightforward and easy. Each day, I submit prices to TADA Fresh and receive new orders online. TADA drivers arrive at the allocated timing, collect the correct quantity and leave as soon as they can. They don't hang around here.* — **Mervyn Lee**

”



“

*Currently, the cap of Neu PC Plus scheme is two PC or laptops per family. We have seen quite a fair bit of families with three kids and above. What we can do is support the third child with a refurbished laptop, so that he or she can use it for home-based learning.*

— **Felicia Seah**

”

## MAKING DIGITAL TECHNOLOGY ACCESSIBLE TO LOW-INCOME FAMILIES

The sheer joy of seeing low-income families receive free refurbished laptops is what keeps Felicia Seah going. She is EXCO Member of SG Bono, a community volunteer group whose mission is to help low-income families obtain and maximise the use of IT to improve their lives.

Tech Saturdays is another initiative that helps bridge digital divide. Residents can drop by the SG Bono booth at Heartbeat@Bedok every second Saturday of the month for help with tech issues. SG Bono is also collaborating with community clubs to establish more collection points for used laptops in East Coast GRC.



**Find out more about SG Bono and how you can help here!**



## HELPING OUR SENIORS GO DIGITAL

Mdm Low Lin Yin, 69, has come far in her digital learning journey since March this year. From TraceTogether, Facebook, WhatsApp to Shopee and SingTel CAST, Mdm Low has learnt how to navigate mobile apps from Heartware Network, a charitable youth organisation that spearheads digital literacy in East Coast GRC.

“

*Before the Heightened Alert period, I came here [Garden Hill Residents' Network] every Saturday morning to learn about mobile apps. I now know how to take photos and insert captions! I also share recipes to bond with friends on Facebook.* — **Mdm Low**

”

“

*When the [pandemic] situation improves, we will explore two modes of teaching digital skills to the elderly. There will be mobile digital clinics for seniors with mobility issues, and group sessions held at Senior Activity Centres and Residents' Networks.*

— **Ms Tan See Leng**

**Executive Director of Heartware Network**

”



## GET YOUR NEWS FROM DIGITAL DISPLAY PANELS

Something exciting is coming to your lift lobbies! As part of our constant efforts to foster a vibrant, caring and green community, we will be installing digital display panels (DDPs) in all HDB blocks within East Coast Town Council. Working together with HDB and an external vendor, this initiative aims to deliver important updates to residents quickly and seamlessly. You will be able to find out about upcoming events, town improvement projects, advisories from various agencies and more at your convenience. No more fear of missing out!



# UPGRADES IN THE HOOD

Playgrounds, community plazas, exercise spaces — these are some of the projects completed recently under the Community Improvement Projects Committee (CIPC) in East Coast GRC. Our grassroots leaders and volunteers work closely with residents on the ground to gather their feedback and directly improve our living spaces. Check out the fruits of our labour below!



**Project Title:**  
Reconstruction of jogging track



**Location:**  
Bedok South Neighbourhood Park (Near Blk 15 Bedok South)



**Project Title:**  
Construction of drop-off point



**Location:**  
Blk 403 and 404 Bedok North Ave 3





**Project Title:**  
Upgrading of children's playground



**Location:**  
Blk 215 Bedok North St 1



**Project Title:**  
Upgrading of community plaza



**Location:**  
Blk 115 Bedok North Rd





**Project Title:**  
Upgrading of children's playground



**Location:**  
Blk 66 and 67 Bedok South Avenue 3

*AFTER*

*BEFORE*



## WE HEAR YOU!

In March, a resident living at Block 428 Bedok North Road raised a safety issue directly to MP Tan Kiat How. The basketball court near her block, which is frequently used, is slippery. This raised some concerns over the safety of court users, especially children. MP Tan Kiat How conveyed the feedback to the Town Council (TC), who then took over and activated its property personnel for inspection. The court was indeed slippery, and TC engaged contractors to resurface the basketball court. The whole process from when the feedback was received to the completion of the project took a month. Residents were impressed by our efforts to make our town a safe place for the community. Have a concern? We are all ears!



# ACTION FOR GREEN TOWNS



Let us shape this green journey together to achieve Zero Waste, Energy Efficient and Greener Towns.

“

*It is not enough to think about sustainability; we must act now.*

**— MP Cheryl Chan**  
**Sustainability Champion**  
**East Coast GRC**

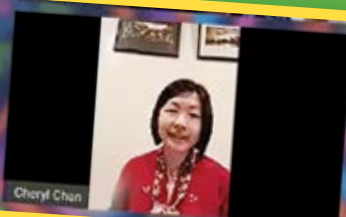
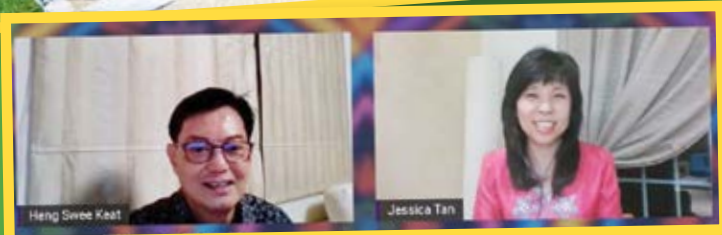
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**Share your ideas and suggestions with us at: [ectcnet@ectc.org.sg](mailto:ectcnet@ectc.org.sg)**

In line with Singapore's Green Plan 2030, 15 PAP-led town councils collaborate to level up sustainability practices within their communities. Through planning and programmes, this initiative encourages residents to take ownership of their environment.

# Celebrating Hari Raya Meaningfully

Festive celebrations have taken on a whole new meaning. They are even more special now as we learn to celebrate in small groups. In the month leading up to and during Hari Raya, our MPs for East Coast GRC engaged Muslim residents intimately via virtual events and house visits. It just goes to show that not even a pandemic can sever our close community bonds.





## Porridge Distribution During Fasting Month

A total of 1,450 packs of porridge, catered from Adam Corner Caterer, were distributed to Bedok residents. This is especially significant for Muslim residents as they can break their fast with the porridge.



## Giving Back to the Community

### Care Packs for the Needy

Care packs consisting of a \$50 voucher, \$30 worth of Hari Raya goodies, fresh meat and pre-loved clothes were distributed to residents from lower income Muslim households. This initiative aims to help alleviate the burdens of the vulnerable, so they can also celebrate the festive season comfortably.



### Appreciating Town Council Workers

Our Muslim town council conservancy workers and cleaners work hard to maintain our town's cleanliness and upkeep our infrastructure. Thanks to sponsors Innorek, Temasek Trust, JCI — City Singapore, and Character & Leadership Academy by FutuReady Asia Singapore, goodie bags filled with Hari Raya *kuih*, or snacks, were packed and distributed to the workers to uplift their spirits. Hand sanitisers and surgical masks were also included to make sure they are well protected at all times.







# PAINTING OUR TOWN TOGETHER

Twenty residents and artist Kiat from @brilliantcorners.club joined hands to create mural art on not one but two staircases and a circular planter at Bedok Community Park. The mural art, which features colourful painting of traditional drums and abstract shapes, pays tribute to the area next to Block 15 Bedok South Road that is said to often set the stage for traditional arts. On 24 April, during the opening of the stairway murals, Deputy Prime Minister Heng Swee Keat presented certificates of appreciation to the participants, who are frequent visitors of the park.





# Urinary Incontinence Workshop

## 尿失禁讲座

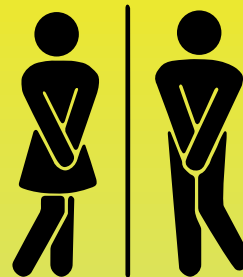
Date / 日期 : 24 July (Saturday)  
七月二十四日 (星期六)

Time / 时间 : 4:30pm to 6:00pm  
下午四点半到六点

Platform / 平台: Zoom

### Topics / 话题

- Introduction to urinary incontinence  
什么是尿失禁
- Types of urinary incontinence and treatment options  
尿失禁的种类和治疗方法



Scan to register!  
扫描二维码登记!

### Guest Speakers / 讲座嘉宾



黄丽月副教授  
高级顾问医生  
MBBS, FRCS (Edin), MMed (Surg),  
FAMS (Urology)  
新加坡中央医院泌尿外科部门  
杜克-新加坡国大医学院临床副教授  
新加坡国立大学高级临床讲师



Dr Tricia Kuo  
Consultant, Urohealth Medical Clinic  
Mount Elizabeth Hospital (Novena)  
Mount Alvernia Hospital  
MBBS (S'pore), M Med (Surg),  
MRCS (Edin), FAMS (Urol)



📍 Blk 187B @ Greenville Bedok North St 4 #01-52  
🕒 Monday to Sunday, 10.00am to 6.00pm  
(Excluding Public Holidays)  
📱 Fengshancommunityclub ☎ 6449 5136



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# Meet-the-People Sessions



## Bedok

### Mr Heng Swee Keat

- Deputy Prime Minister
- Coordinating Minister for Economic Policies
- Member of Parliament for East Coast GRC

MPS : Every Monday at 7:30pm  
(except public holidays)  
Venue : Blk 30 New Upper Changi Road  
#01-784 S(461030)

Tel : 6442 1955  
Fax : 6442 9210  
Email : Bedok@pap.org.sg



Scan the QR code for your MP's Facebook page



## Changi Simei

### Ms Jessica Tan Soon Neo

- Deputy Speaker of Parliament
- Member of Parliament for East Coast GRC
- Chairman of East Coast Town Council

MPS : Every Monday at 8pm, registration starts at  
7:30pm (except public holidays)  
Venue : Blk 131 Simei Street 1  
#01-208 S(520131)

Tel : 9061 4156  
Weekdays 1pm - 5pm  
(except public holidays)  
For urgent matters only.  
Email : my.mp@changisimei.sg



## Fengshan

### Ms Cheryl Chan Wei Ling

- Member of Parliament for East Coast GRC
- Vice-Chairman of East Coast Town Council

MPS : Every Monday at 8pm (except public holidays)  
Venue : Blk 119 Bedok North Road  
#01-209 S(460119)

Tel : 8752 8867  
(Branch Secretary)  
For urgent matters only.  
10am - 5pm daily  
Email : Fengshan@pap.org.sg



## Kampong Chai Chee

### Mr Tan Kiat How

- Minister of State, Ministry of Communications and Information & Ministry of National Development
- Member of Parliament for East Coast GRC
- Vice-Chairman of East Coast Town Council

MPS : Every Monday at 7:30pm  
(except public holidays)  
Venue : Blk 408 Bedok North Avenue 2  
#01-38 S(460408)

Tel : 6448 6514  
Fax : 6241 9935  
Whatsapp only : 8355 6189  
Email : Kg.Chai.Chee.mps@pap.org.sg



## Siglap

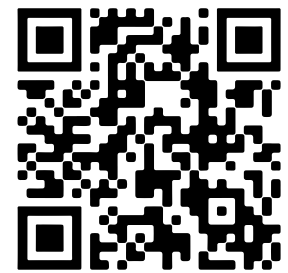
### Dr Mohamad Maliki Bin Osman

- Minister, Prime Minister's Office
- Second Minister for Education & Foreign Affairs
- Member of Parliament for East Coast GRC

MPS : Every Monday at 8pm  
(except eve of PH/public holidays)  
Venue : Blk 70 Bedok South Road #01-278 S(460070)

MPS : Last Friday of the Month at 8pm  
(except eve of PH/public holidays)  
Venue : Blk 3 Changi Village Road  
(Facing Changi Ferry Terminal)

Tel : 6241 5840  
Fax : 6243 9293  
Email : Siglap@pap.org.sg



For Emergency & Useful Numbers, scan this QR code

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CARING, VIBRANT, GREEN

## EDITORIAL COMMITTEE

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www.ectc.org.sg





# WE WANT TO HEAR FROM YOU

Fill in our survey  
and stand to win a prize!



## 1 Do you find East Coast News useful?

☐

Yes

☐

No

## 2 What sections of East Coast News do you enjoy? (Please tick all that apply)

☐

Feature Articles

☐

Celebrations

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Educational Content

☐

News

## 3 What more would you like to see featured in East Coast News?

.....

.....

YOU MAY ALSO  
FILL IN OUR  
SURVEY  
ONLINE



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NRIC: .....  
(Last 3 numerical digits and letter, eg. SXXXX123A)

Address: .....

.....

Postal Code: .....

Email: .....  
(By providing the email address, you agree to receive updates from us.)

### RULES & REGULATIONS

- Fill in your personal details, cut out the quiz and mail it to: *Quiz for Issue #129, East Coast Town Council, Block 206 Bedok North Street 1, #01-353, Singapore 460206*
- Closing date is **20 AUGUST 2021**.
- Only HDB residents of East Coast GRC are eligible to participate.
- Winners will be notified by post.
- 10 lucky winners will be selected from all survey entries.
- Only 1 entry per household will be accepted.

*Congratulations!*

WINNERS\* OF QUIZ #128

S/N Name

1	Tan Sai Hong
2	Mohd Jauhari Bin Abdullah
3	Lim Kok Poh
4	Amelyn Kwan Yeong Ni
5	Mariam Bte Hassan
6	Ervin Ong Tze Seng
7	Jasper Sng Hai Guan
8	Tupaz Arthur Avellino
9	Catherine Ho
10	Jamaliah Bente Jamir

\*Winners have been notified by post



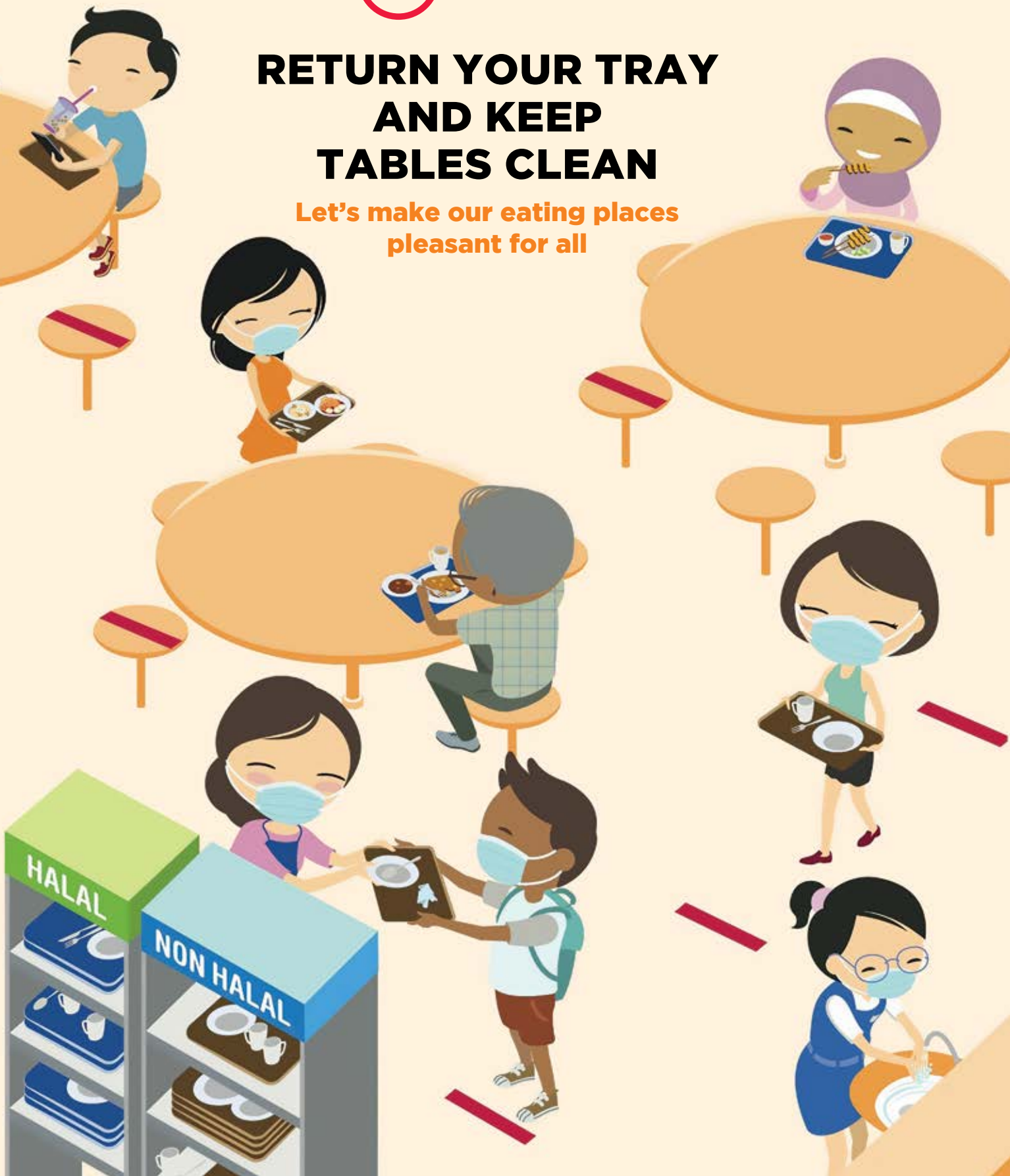
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