

Our 我们的玛丽蒙 MARYMOUNT

Marymount Kita நமது மேரிமவுண்ட்



Marymount

Issue No: Dec 2021

MCI (P) 083/10/2021



Marymount
wins

Best
Constituency-
Commendation

Clean & Green Singapore Award



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Facebook page



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Ms Gan Siow Huang

Minister of State
Ministry of Education
Ministry of Manpower
Adviser to Marymount SMC GROs



Marymount

Editorial Team

"Our Marymount" is a publication by
Marymount Citizens Consultative Committee

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Mr Hj Halil Bin Hj Mansor and
Mr S Ramesh

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For enquiries, please email to
PA_marymountcc@pa.gov.sg

Marymount Green Plan

Bishan Heights Community Garden



Marymount Tree Planting Day



Recycling



Marymount CC



Thomson CC

SG Clean Day @ Marymount



Upcycling Workshop



Save the Food



Reducing plastic consumption with reusable containers for takeaways



Making eco-enzymes cleaning solution from leftover vegetable scraps



Forming fertilizer compost using food waste



Marymount Care Plan

Marymount Celebrates SG Women



Kong Meng San Monthly Food Distribution



Marymount Care Plan



NTUC on Wheels @ Shunfu and Sin Ming Ville



Care Programmes

Caregivers-to-Caregivers Training Programme(C2C)

Dementia Caregivers-to-Caregivers Training Programme (C2C)

Understand your loved ones better. Be empowered in your caregiving journey today.

Free Dementia C2C Training Programme

Venue	Time	Start Date	End Date
Online Via Zoom	7pm - 9pm	25 August 2021, Wednesday	13 October 2021, Wednesday

Free of Charge for Caregivers

Programme overview:

1. Introduction to Dementia
2. Understanding Dementia
3. The Role of the Caregiver
4. Empathy and Compassion
5. Communication
6. Self Care
7. Home Care for Persons with Dementia
8. Graduation

This is a 8-week programme of 2 hours per session. Together with other caregivers, you will learn, share, support and empower each other in your caregiving journey.

Register online: <https://go.gov.sg/dementia-campuses-to-caregivers-training>
Contact: 6489 2389 | Email: kathleenhio@marymount.sg



Mental Health Talks

MANAGING STRESS BEFORE SLIPPING INTO DEPRESSION & ANXIETY

#MARYMOUNTCARES

28 August 2021 (Saturday), 3pm via Zoom

INTRODUCTION
Stress is a natural response to a challenge. However, chronic, unrelenting stress, especially when it is accompanied by negative thoughts, can lead to depression and anxiety. This talk will explore the link between stress, depression and anxiety, and provide practical tips on how to manage stress before it leads to depression and anxiety.

OBJECTIVES:
To help you to understand the link between stress, depression and anxiety.
To identify the signs and symptoms of stress, depression and anxiety.
To explore the link between stress, depression and anxiety.
To provide practical tips on how to manage stress before it leads to depression and anxiety.

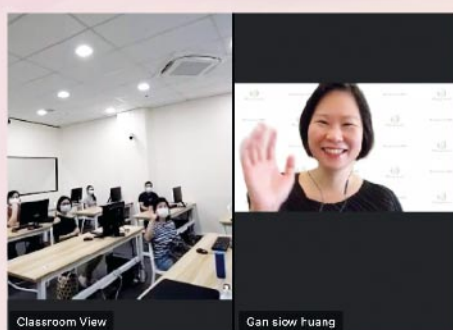
SPEAKER:
Dr. Choo Hui, a Senior Lecturer at Nanyang Technological University, is a clinical psychologist and a senior lecturer in the Department of Psychology, Nanyang Technological University.



Marymount Youth Mentorship



AcePLP Autocad Course



COMMUNITY CLASS: AUTOCAD

(3-DAY CLASS)

DATE:
SATURDAY 25 SEPTEMBER
SATURDAY 2 OCTOBER
SATURDAY 9 OCTOBER

TIME:
9AM - 6PM

VENUE:
159 SIN MING ROAD AMTECH BUILDING LOBBY 1 #05-04 S(575625)

Skills training for digital jobs in Built Environment

Create and communicate building designs

Learn construction technology trends on how we build and maintain Singapore's infrastructures

DETAILS AND REGISTRATION HERE:

QR Code: <https://bit.ly/3gm0le>

The course is free for all Singaporeans and SPRs. Priority will be given to Marymount residents.

For more enquiries, contact Marymount CC at 64515955

BROUGHT TO YOU BY:

Dentistry Talks

DENTAL PROBLEMS FACED BY DEMENTIA PERSON

#MARYMOUNTCARES

Date/日期: 2 October 2021 (Saturday) / 十月二日 (星期六)
Time/时间: 3:00pm (English) via Zoom
4:00pm (华语) 通过 Zoom

DENTISTRY FOR SENIORS

Graceful ageing with your teeth

#MARYMOUNTCARES

Date/日期: 4 September 2021 (Saturday) / 九月四日 (星期六)
Time/时间: 3:00pm (English) via Zoom
4:00pm (华语) 通过 Zoom

SPEAKER'S INTRODUCTION
Dr. Ng Choo Hui is a Senior Lecturer at Nanyang Technological University and an Associate Professor. He is also a Consultant to Nanyang Technological University in General dentistry and the specialist in Oral and Maxillofacial surgery. He is also a lecturer at the Nanyang Technological University in the area of Clinical Anatomy and Oral surgery.

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QR Code: <https://bit.ly/3gm0le>

For enquiries, please call Marymount CC at 6451 5955 (Mon to Thurs)

Upcoming Care Programmes

Caregivers-to-Caregivers Training Programme (C2C)

Understand your loved ones better and be a better caregiver today!

Join us in our 12-session C2C Training Programme conducted by our programme managers and caregiver trainers.

For caregivers of persons with mental health issues

Venue	Time	Programme Date
Online Via Zoom	7pm - 9pm	12 Jan 2022 - 12 Feb 2022 Every Wednesday

Free of Charge for caregivers

Programme overview:

1. Physical Sign of Mental Health & Caring
2. Mental Health Care Intervention in Management
3. Mental Health Care in Management
4. Emotional Health Care
5. Problem-Solving Framework
6. Problem-Solving Framework
7. Problem-Solving Framework
8. Problem-Solving Framework
9. Problem-Solving Framework
10. Problem-Solving Framework
11. Problem-Solving Framework
12. Problem-Solving Framework

Register online: <https://go.gov.sg/caregivers-to-caregivers-training>
Contact: 6489 2389 | Email: kathleenhio@marymount.sg

Need help with schoolwork?

HOMEWORK CLINIC 2021

Conducive studying environment
Student volunteer mentors
All subjects

Where? Online* & Marymount CC
*Due to tightening measures, will be physical as soon as able

When? Wednesday: 7.30pm to 9.30pm
Saturday: 9.00am to 11.00am

Register to be a mentee
Students from P1 to 6 can apply to be a mentee today!
QR Code: <https://go.gov.sg/marymounthomeworkclinic2021>

I want to mentor
QR Code: <https://go.gov.sg/marymounthomeworkclinic2021>

For enquiries, contact Marymount CC at 64515955
Thomson CC at 62516544

Marymount Care Packs For Food Delivery Riders, Taxi Drivers and Private Hire Car Drivers

Collect your free care packs at Marymount CC. While stocks last!

191 Sin Ming Avenue #01-01 S(575625)
Mon-Sun (except for PH) 10am - 6pm

Only for Marymount residents!

Bring NRIC and show delivery platform app or event card (if applicable) for verification purposes.

Care Pack Contents:
-ART 2 in 1 Test Kits
-Sample of Masks
-Marymount Mask
-Marymount Wear
-Hand Sanitizer

BROUGHT TO YOU BY:

Special Gift for Marymount Babies*

*Only for Marymount babies born in year 2021

Marymount CC
191 Sin Ming Avenue #01-01 S(575625)
Mon - Sun (except for PH)
10am - 6pm

REDEMPTION PERIOD
1 DEC 21 TO 31 JAN 22

For any enquiries, please contact 64515955 (Marymount CC)

Brought to you by:

House Visits



Care Pack Distribution

we would like to help

#marymountcares



For Marymount residents on:

Home Recovery Programme
(including non-emergency medical assistance)

MOH Home Recovery Buddy
(HRB) Hotline:
6874 4939 (24-Hours)

Community support available

• Antigen Rapid Test (ART) Kit
• Food
• Grocery



Contact our grassroots if you need help with getting ART Kits, food or grocery.

6451 5955 | Marymount CC | 10am to 6pm

6251 6344 | Thomson CC | 2pm to 6pm

wecare_marymount@pa.gov.sg



Market Visits



Festivals

Hari Raya



Mid-Autumn



Dumpling Festival



Deepavali



National Day Celebrations



Marymount Photo Competition Beautiful shots by residents

