

CONNECT

with

ACE

A monthly e-newsletter for
migrant workers



AUG
2022



IN THIS ISSUE:

Key announcements

Tips on who you can
reach out to for support

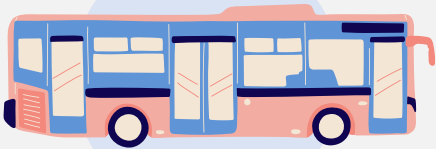
National Day highlights

RELAXATION OF MASK-WEARING MEASURES

From 29 August 2022

You will only need to put on your masks in the following settings:

- Public transport



- Healthcare facilities



- Onboard centres



- When you are unwell



For more information on mask-wearing, please check with your dormitory operator, employer or FAST officer.

SCAN QR CODE in your room

If you are staying in a dormitory, please continue with your Safe@Home QR code scans to update your address, so that you can be contacted quickly especially in an emergency.



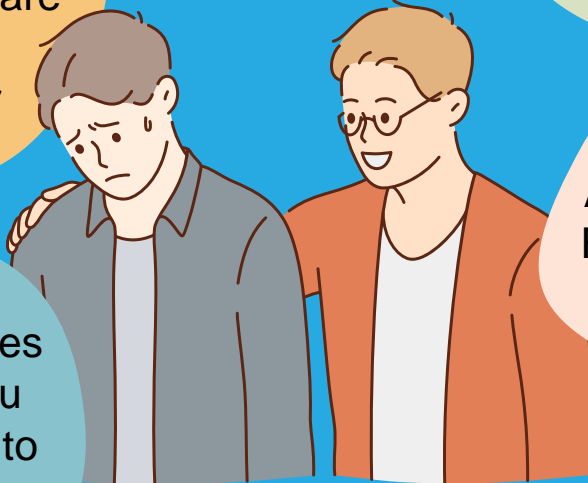
Feeling down? Tips on who you can reach out to for support

Look out for your buddies if they are in need of a listening ear

Speak with a FACE volunteer or peer support leader

Approach ACE's FAST officers for assistance

Call the helplines available if you need to speak to someone



Your well-being is important to us. You are not alone through difficult times – there is help available.

For more mental well-being tips, please click [here](#).

Call the following 24-hour helplines:

HealthServe's helpline @ 3129 5000
Migrant Workers' Centre helpline @ 6536 2692

Our Migrant Community

This is Yousuf, an ex-construction worker turned chef. When he became a chef, his parents were surprised and asked if he could really cook. He shared that customers who tried the food said it tastes just like home.

“I wanted Singaporeans and other fellow migrant workers to try Bangladeshi food. To my fellow migrant brothers, come give the food a try when you miss home!”

Watch the video [here](#) as Yousuf shares about his challenges as a chef and what the customers think about the food.

Have an interesting story to share about your life in Singapore? Let us know by clicking on this [link](#)



Event highlights



National Day celebrations

This National Day, besides an array of music performances, carnival games, art jamming and carom competitions held at recreation centres and dormitories, over 100 migrant workers took part in a mass workout organised by SportSG at the National Stadium.



In addition, ACE Group in partnership with ItsRainingRaincoats organised a National Gallery and Gardens by the Bay heritage tour for migrant workers, where they explored the rich history and architecture of the buildings, and connect with the nature.

S11 Masterchef Challenge

A cooking competition was held at Changi Lodge dormitory and PPT Lodge 1B dormitory in August.

Delectable dishes were created and judges evaluated based on the participants' preparation effort, presentation and taste.

Winners from both competitions bagged vouchers which can be used at the supermarkets at the respective dormitories.

Game booths were also set up for migrant workers to play and have fun!






Students from Dunman High School also engaged migrant workers through local childhood games as they interacted and bonded with one another.

Thanks to all our NGOs and our partners who have made this National Day a memorable one for our migrant workers!



Follow us on our official channels to get the latest news and updates!

-  [ACE Group's Facebook page](#)
-  [ACE Group's TikTok channel](#)
-  [MOM's YouTube channel](#)



Scan the QR code here to find out more about the various **physical** and **online activities** you can take part in!

