



MINISTRY OF
MANPOWER

CONNECT

with

ACE

A monthly e-newsletter for
migrant workers



Dec
2022



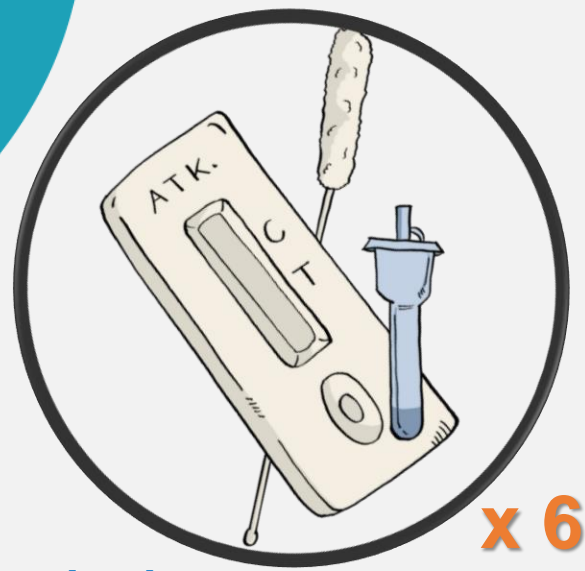
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Key announcements



We are giving out

6 FREE ART KITS

for Migrant Workers Staying in Dormitories

If you stay in dormitory listed here: <https://go.gov.sg/dorms-kits>

- You can collect the ART kits from your dormitory operator from 17 December 2022 onwards.

If you stay in other dormitory not listed in the link above,

- You can collect the ART kits from Cochrane, Penjuru or Soon Lee recreation centre. The collection dates and timings are listed here.



7 Jan 2023 (Sat)	11am – 7pm
8 Jan 2023 (Sun)	11am – 7pm
11 Jan 2023 (Wed)	4pm – 9pm
14 Jan 2023 (Sat)	11am – 7pm
15 Jan 2023 (Sun)	11am – 7pm
18 Jan 2023 (Wed)	4pm – 9pm

Come celebrate International Migrants Day with us on 18 Dec!

Catch the FIFA World Cup
final LIVE on 18 Dec,
11pm onwards at the
following 4 RCs!



LET'S CELEBRATE INTERNATIONAL MIGRANTS DAY 2022

@ LITTLE INDIA
SUN, 18 DEC 22 | 2PM - 9PM

Taste of Home Fiesta



Cochrane RC
Penjuru RC
Terusan RC
Tuas South RC

Goodie Bags* & Activity Booths



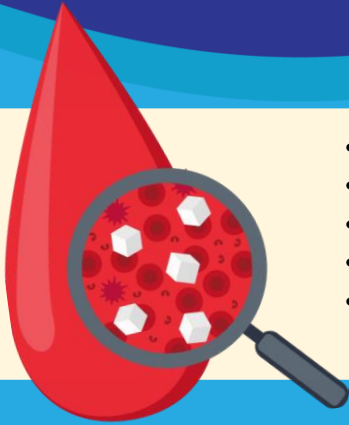
Migrant Worker Talent Showcase



*While stocks last



Here's how you can prevent diabetes, high cholesterol and hypertension!

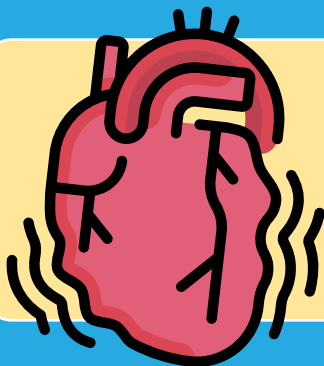
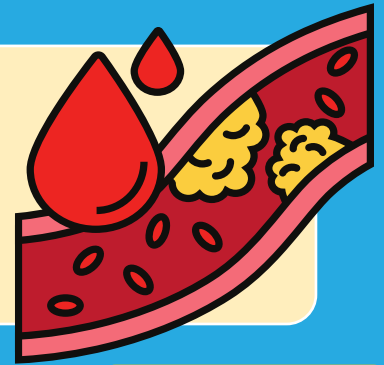


To prevent diabetes

- Make healthier food choices
- Drink water instead of sugary beverages
- Quit or cut down on alcohol and smoking
- Do exercises like walking or jogging
- Eat high-fibre foods like moong dal oats or beans, almonds, wheat biscuits or plain yogurt

To prevent high cholesterol

- Have a balanced diet and eat less salty foods
- Stay active – do brisk walking or play sports like soccer or cricket
- Use low fat yogurt/milk in cooking and avoid coconut milk
- Eat less fatty meats (mutton) and remove visible fats from meats before cooking or eating



To prevent hypertension

- Sleep well
- Quit or cut down on alcohol and smoking
- Manage stress. You can talk to others about your problems, engage in relaxing activities and do breathing exercises
- Stick to a healthy diet – limit your intake of animal fats, red meat and coconut milk

For more information on healthy living or mental health tips, please refer to <https://go.gov.sg/health-library-mws>



Your mental well-being is also important to us!

If you need to speak to someone, you can call:

- HealthServe (24-hour) → **3129 5000**
- Migrant Workers' Centre (24-hour) → **6536 2692**



Event highlights

International Migrants Day (IMD) Launch Event

We kickstarted IMD celebration with the 'Befriend Our Migrant Friends' launch event at Pek Kio CC on 10 Dec.

It was heartening to see our migrant workers and community interacting with one another and enjoying themselves at the carnival. Thank you to Moulmein-Cairnhill for coming forward to co-organise this launch event with our community partners!

The string of IMD events is not over – join us on 18 Dec at Birch Road, Little India for performances, food, goodie bags, games and many more! Scan the QR Code at the bottom of this page to find out more about the upcoming IMD events you can participate in!



Outing with iFly Singapore



Our migrant workers had a good time experiencing indoor skydiving for the first time!

Many shared that they wanted to do it again and bring their family members to experience it.

Thank you iFly for partnering us to bring joy and cheer to our workers, so that they can experience a new sport and forge fond memories with their friends!

Migrant Workers' Community Carnival Day

Over 700 migrant workers enjoyed an array of activities at Kranji Recreation Centre (RC) on 27 Nov. On top of live music, game booths and lucky draws, they were treated to goodie bags and briyani dinner. Complimentary haircuts were also offered at the carnival.

Many migrant workers visited the library at Kranji RC; the first of its kind at a recreation centre.

Thank you to Singapore Police Force, Hope Initiative Alliance for organising this together with us!



Scan the QR code here to find out more about the **various events you can take part in this International Migrants Day!**



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](#)

