



MINISTRY OF
MANPOWER



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with

ACE

A monthly e-newsletter for
migrant workers



Aug
2023



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Practise the ABCs of rice!



With the announcement of the ban on non-basmati rice, the government is working to increase the import of different varieties of rice.

You can play a part by practising the **ABCs** of rice:

- **Adapt** and be flexible with your food options
- **Buy** only what you need
- **Choose** other varieties of rice



HealthServe's #MigrantMatters

Click on the links below to learn more about HealthServe's health educational series, **#MigrantMatters**, and how you can take better care of yourself!



- [Facebook](#)
- [TikTok](#)
- [YouTube](#)
- [HealthServe's multi-lingual help portal](#)



If you know of a migrant worker who need to speak to someone or needs help, please call HealthServe's **24-hour helpline** at **3129 5000**.

#MigrantMatters

Watch now: <https://hs.ngo.sg/MigrantMatters>



Event highlights

National Day Celebration!

In celebration of National Day, our migrant brothers were treated to a fun-filled day of activities at the RCs.

Besides participating in games and enjoying delicious treats such as candy floss, they also walked away with attractive prizes! Do keep a lookout for more RC activities by following our Facebook page below!



Visit to Temasek Junior College



A group of migrant workers visited Temasek Junior College where they had an opportunity to engage with our students through games and activities.

This visit also gave our students the opportunity to show their appreciation towards our migrant brothers for their hard work.

Excursion to the Migrant Workers' Gallery

Our Friends of ACE (FACE) volunteers visited the Migrant Workers Gallery where one part of the gallery showcased our migrant workers' contributions during the height of the COVID-19 outbreak.

Through this visit, we hope that our FACE volunteers can find meaning in the effort that they have put in to help Singapore and their fellow migrant workers.



Find out more about the various **physical and online activities** you may participate in our Facebook event page by scanning the QR code here



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

 [ACE Group's Facebook page](#)

 [ACE Group's TikTok channel](#)



Think twice before resorting to violence or you could be sent back home!



In 2022, a migrant worker got into a big argument with his roommate.



In a moment of anger, the migrant worker took **two chopper knives** and **attacked** his roommate. His roommate was seriously injured.

The migrant worker who attacked his roommate was **sentenced to 15 weeks of jail** and was sent back to his home country after.

Always remember:



- Violence does not solve the problem
- Violence will not only hurt the victim, but will also get you into trouble
- Think twice before acting