



MINISTRY OF
MANPOWER

CONNECT

with **ACE**

A monthly e-newsletter for
migrant workers



**NOV
2022**



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Talk to MOM

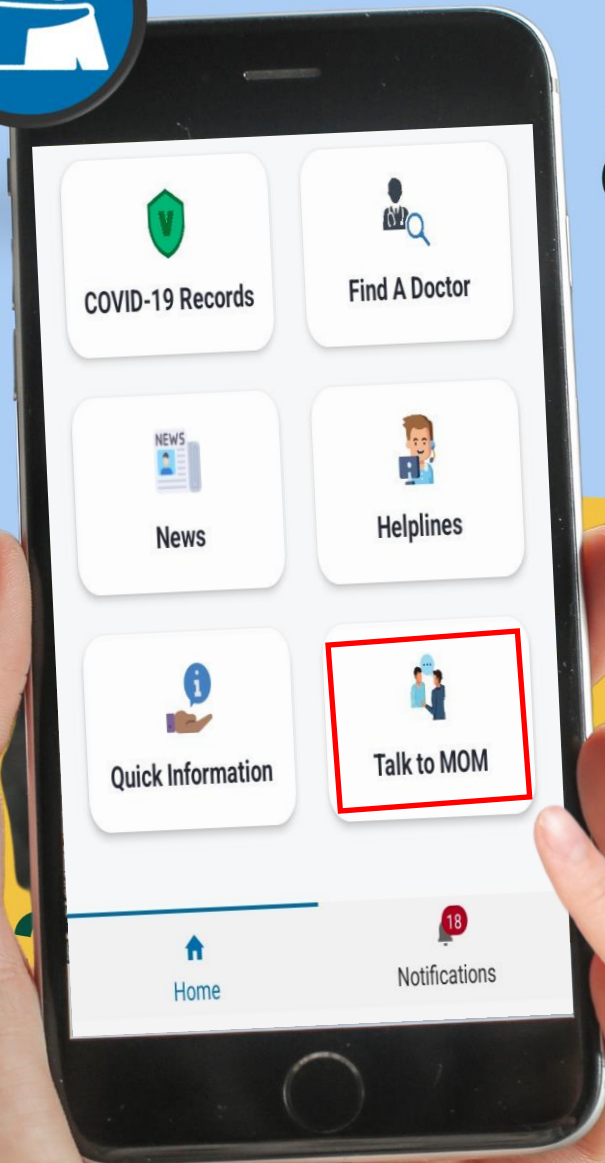
Tips for a Healthier You

Deepavali Celebrations at
Penjuru Recreation Centre

Key announcement



Facing any problems? Use the “Talk to MOM” on FWMOMCare



An MOM officer will contact you **within 3 days (excluding weekends and public holidays)** after you have submitted your request

Log into **FWMOMCare** and look for this icon on your **home page**

Tips for a Healthier You

Tobacco smoking



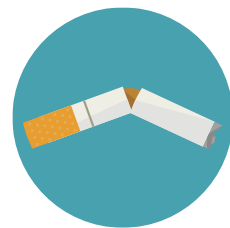
Why is smoking bad?

Smoking increases your risk of:

- Cancer
- Heart disease
- Stroke
- Diabetes
- Kidney failure

How to QUIT?

- Write down **reasons for quitting** to motivate yourself.
- Choose a quitting method such as **reducing the quantity over time** or **ask a friend to stop you** when you light up.
- **Set a quit day to start** and stay smoke-free.
- **Set small goals** and **reward yourself when you achieve your goals** of staying smoke-free (i.e. 1 week/1 month/ 3 months/ 6 months etc of being smoke-free).
- **Tell your loved ones** so they can encourage you along the way.



Alcohol Consumption

How to drink responsibly?

- **Check with your doctor** if you can drink, especially if you are on medications.
- **Eat before and during** a drinking session.
- Drink slowly.
- **Do NOT drink and drive** or operate equipment and machines.
- Stay within the alcohol limit (i.e. 2 cans of beer)
- Be able to **“say NO”** to drinking.



Get help if you find that alcohol has caused problems in your work and daily life

- Migrant Workers' Centre - 6536 2692
- HealthServe - 3129 5000

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



Event highlights

Deepavali Celebrations at Penjuru Recreation Centre

This year's main Deepavali carnival was held at Penjuru Recreation Centre where about 3000 workers enjoyed performances and exciting games.

Festive cheer was in the air as our migrant workers were treated to delicious Deepavali snacks and festive goodies. We hope that everyone had a memorable Deepavali celebration!



Kabbadi Tournament at Kranji Recreation Centre

Kranji Recreation Centre held its first ever Kabbadi Tournament since the pandemic.

A total of 98 players participated in the tournament. Congratulations to Team KMP for winning the tournament!



A Day Out at Singapore Zoo

A group of Friends of ACE (FACE) volunteers and migrant workers had a fun day out at the Singapore Zoo, enjoying the various sights and sounds.

Our ACE officers managed to bond with the workers and shared more about the FACE network through this outing!



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



<https://go.gov.sg/weekly/fulltime-eng>
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Follow us on our official channels to get the latest news and updates!

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 [ACE Group's TikTok channel](#)

 [MOM's YouTube channel](#)

