

INFORM

A Ministry of Manpower (MOM) publication for Migrant Domestic Workers (MDWs) in Singapore

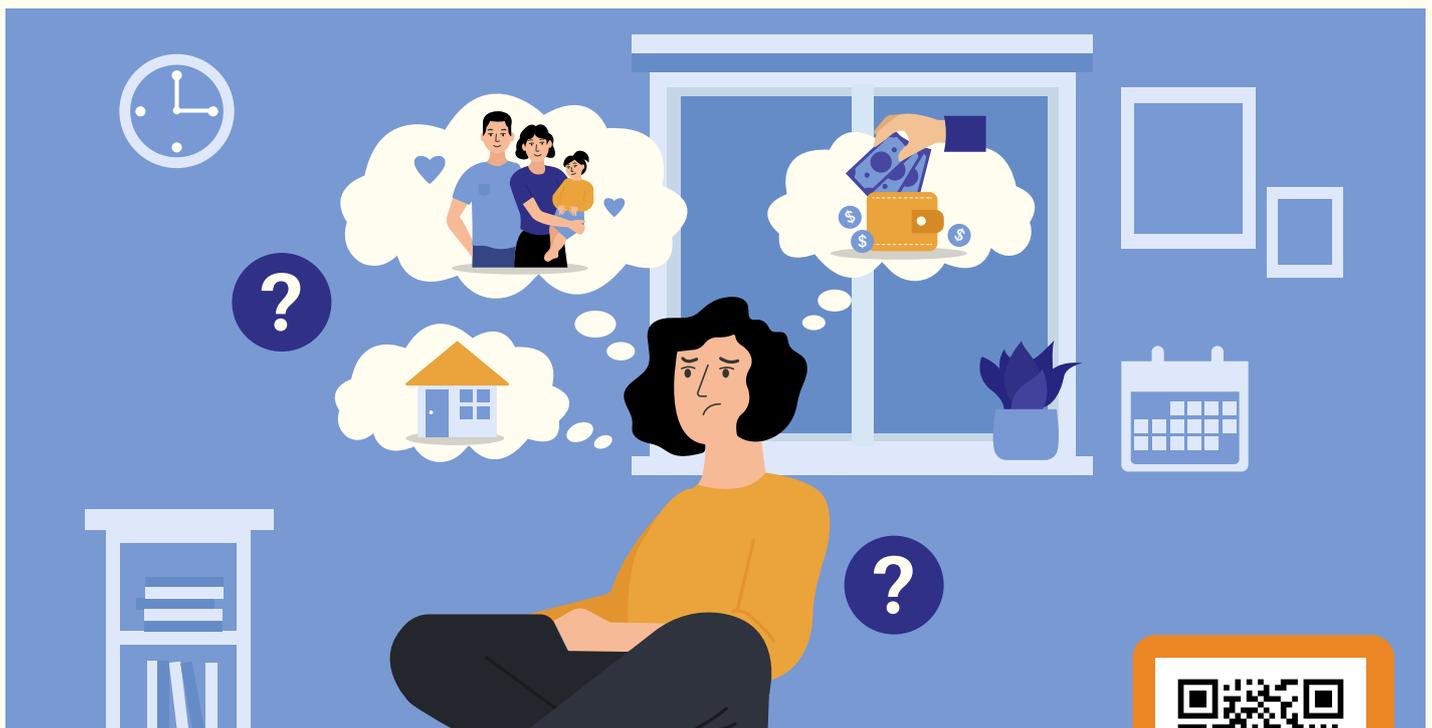
TAKE CARE OF YOUR MENTAL WELL-BEING

It is not easy coming to Singapore alone to earn a living to support yourself and your family. You might feel overwhelmed and stressed because everything is new and unfamiliar. You might also miss your loved ones. Luckily, there are ways to manage your stress and be a happier MDW in Singapore. Read on to find out more!



INSIDE

- Exclusive interview: Hear from Pamela Bagagnan, a volunteer with OFW Kindness Movement (OFWKM) on what she does during her rest day!
- Explore new recreational spaces!



Win A Prize!

Read this newsletter and answer the online quiz to win a prize from us. Join the fun now!





Getting to know Pamela



Ms Pamela Bagagnan, 44, has been working in Singapore for the past 13 years as an MDW. Like most of you, Pamela looks forward to running errands and catching up with her friends on her rest days. However, in recent years, she started doing interesting activities. Let's hear more from her!

Q: Hi Pamela! How you would spend your rest day?

A: Volleyball used to be my favourite sport to play with friends on my rest days, I even had my own team! But three years ago, I started volunteering with OFW Kindness Movement (OFWKM), a group of MDWs who volunteer in local events and outreach activities during our rest days. For example, we partnered LTA to conduct walkabouts and educate people about road safety. Recently, to help with the COVID-19 situation, we also partnered MOM to educate fellow MDWs to observe safe distancing measures.

Q: What motivates you to spend your rest day on volunteering work and why?

A: I believe in volunteerism as I could help my friends and other MDWs in Singapore. I want to be a role model for them and do extraordinary things. Besides, doing volunteering enhances my confidence to interact with others. I can also gain knowledge in different domains. I hope to bring what I have learnt back home.

I often speak with other volunteers in OFWKM. We all share the same thoughts in helping others. This brings us happiness and joy.

Looking for a meaningful way to spend your rest day?

- Do you enjoy interacting with people?
- Love outdoor activities?
- Able to commit some time during your rest days?

If you have said "Yes" to all of the above, OFWKM is the right place for you!



OFWKM is looking for more volunteers to help out in many interesting events and activities. You could help to organise activities for their members or by sharing safe distancing messages. There are many more activities you could be involved.

Sign up now as a volunteer with OFWKM to make a difference.





Working for Non-Official Employer is against the law

Only work for your official employer as stated in your work permit card. Do not work for anyone else. Your rest days should be used to relax. Enjoy some time with your family and friends!

You are committing an offence:



If you are working in another job other than for your official employer, be it full-time or part time.



Working in a restaurant



Working in a hair salon or massage parlour



Working in retail shops



Cleaning someone else's house



If you are setting up your own business.



Selling of goods or handicrafts



Involvement in multi-level marketing



IMPORTANT! There is no medical insurance if you are injured while working illegally. If you are caught working illegally, you will be penalised. You will be sent back home and cannot enter or work in Singapore anymore. It is not worth losing your job to earn some pocket money from working illegally.

Adopting healthy habits to help manage stress

Stress is a feeling of emotional or physical tension. Though small amounts of stress are healthy, too much is harmful. It can cause anxiety and health problems.



What can you do to manage stress?

Adopting healthy habits can protect you from the harmful effects of stress. Follow these tips to keep your stress under control.

a) Learn to manage negative feelings.



Remain calm and never let negative feelings stop you from dealing with situations effectively.

- Pause and take slow deep breaths before you do or say anything.
- Think and talk with positive words such as 'I can', and 'I am able to'.
- Tell yourself that there will always be other solutions to your problem.
- Count your blessings.
- Start a diary to pen your thoughts or express your feelings.
- Engage in activities you enjoy during your rest time, e.g. reading or listening to music.

b) Look after your health by eating well and exercise regularly. They can improve your mood, reduce negative feelings and improve brain function.



Develop good eating habits

- Have regular meals (do not skip meals!).
- Choose water instead of sweetened drinks.
- Have more fruits & vegetables.



Food is fuel to the body. The right fuel gives the best performance!



Exercise regularly

- Stay active! Sign up for free workout sessions with Centre for Domestic Employees (CDE) or Foreign Domestic Worker Association for Social Support and Training (FAST).
- Take the stairs whenever possible.
- Do simple stretching exercises in the morning or during your breaks. Let's aim for 10 mins a day!



Stay away from an unlicensed moneylender

Do you know that borrowing money from unlicensed moneylenders (UMLs), also known as loan sharks, is illegal?



To avoid getting into trouble with the law, you should always keep the following in mind:



Do not respond to messages/advertisements asking you to take loans. Licensed moneylenders cannot offer loans via SMS, Facebooks or other social media channels.



Do not borrow from strangers (who may be UML). They will charge exorbitant interest rate. They will harass you and your employer if you cannot pay back the money owed.



Do not help out in any UML activities. For example, do not act as a runners or brokers for UMLs. You should not help any UMLs provide loans to your friends in return for any benefit.



Do not encourage your friends to borrow from any UML.



Do not lend your work permit to your friends to borrow money.



If you are approached by an UML, do call the Police at 999 or 1800 255 0000 or tell your employer.

Unsure on how to better manage your finances and wish to find out more?

Sign up for AIDHA's new 'Debt Management' online course. This short course is designed for everyone who wants to be equipped with the right tools to prevent and manage debt. It will also cover important information about regulations related to borrowing in Singapore.

Don't worry, the course is free! Scan the QR Code to check out AIDHA's website for the course overview and enrolment details.



Your employment in Singapore will be affected if you are caught borrowing from UML or helping them in any manner. You will be sent home and you will not be able to work again.



Alert: MDW Fall from height

In March 2021, an MDW fell from height while cleaning the window. She died from multiple injuries.

This tragic incident reminds us that the risk of falling from height is real, especially in Singapore where most of us live in high rise buildings.

Do remember these safety guidelines when doing household chores:

Cleaning windows



- ✓ Ensure that there are window grilles and that they are always locked during cleaning.
- ✓ Your employer or an adult is physically present to supervise you.
- ✓ Use an extended window wiper when cleaning the window exterior above ground level.
- ✗ Do not stand on any raised platform.
- ✗ Do not clean the window exterior if the window has no grilles.
- ✗ Do not climb or lean outside the window extension.

Hanging laundry



- ✓ Keep your feet firmly on the ground. Your body should stay behind the window and the floor is dry.
- ✓ Hang heavier clothes closer to the bracket, and lighter clothes at the far end of the pole.
- ✓ Be extra careful when retrieving laundry when it is windy and/or raining.
- ✗ Do not lean too far out of the window to insert the pole into the bracket.
- ✗ Do not tiptoe and NEVER stand on chairs, stools or any raised platform when handling laundry or bringing in laundry.
- ✗ Do not overload the clothes poles with too much clothing.

Leisure: Explore these places!

Do not know where to go or what to do during your rest day? Explore these places specially catered for all MDWs.



Amphitheatre @ 20 Anderson Road

Opened every Sunday from 10am to 5pm.



Let's Gather @ 99 Haig Road

A new space for MDWs to spend your rest days. Open on every Sunday till end of July.

Enjoy free activities and services at the spacious centres offered by Central Domestic Employees (CDE) and their partners.

Check out CDE Facebook for the weekly activities available and how to get there!



The FAST Hub @ 3 Chin Cheng Avenue

A Hub for Migrant Domestic Workers. Open every day except Saturdays and Mondays.

Comprising a clubhouse with entertainment, sports facilities, mediation rooms and open spaces. To enjoy the facilities, you just have to be a FAST Club member by signing up and paying a small annual fee. As a member, you can enjoy subsidies when you sign up for training courses.



Visit FAST website at www.fast.org.sg to find out more details and how to get there!

USEFUL CONTACTS FOR EMERGENCIES

MOM HELPLINE FOR MIGRANT DOMESTIC WORKERS (FDW)

Ministry of Manpower
1800 339 5505
For assistance and advice on well-being, salary and other employment-related matters

OTHER EMERGENCIES

Police 999
Ambulance/ Fire 995

OTHER HELPLINES

Archdiocesan Commission for the Pastoral Care of Migrants and Itinerant People (ACMI)
9188 9162

Association of Employment Agencies (Singapore)
6836 2618

Foreign Domestic Worker Association for Social Support and Training (FAST)
1800 339 4357 (24 hours)

Samaritans of Singapore (SOS)
1800 221 4444 (24 hours)

Centre for Domestic Employees (CDE)
1800 2255 233 (24 Hours)

EMBASSIES AND HIGH COMMISSIONS

Bangladesh 6255 0075
India 9172 9803

Sri Lanka 6254 4595
Philippines 6737 3977

Cambodia 6341 9785
Myanmar 6735 1672

Indonesia 6737 7422
Thailand 8421 0105