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# SUNGEI TENGAH LODGE

## 1. Road Safety Talk by Traffic Police



Road Safety Talk by TP and MWC

On 5<sup>th</sup> Aug 2023. Road Safety Officer Mr. Lim Boon Liat of the Traffic Police (Road Safety Branch) conducted the Talk. Migrant Workers Centre supported the event with 7 staff and 15 MWC ambassadors. Door gifts like face towels, red hats, water bottles and t-shirts were given out to attendees. Feedback received is the information shared was useful to the residents.

## 2. National Day Celebration on 9<sup>th</sup> Aug 2023



Happy 58<sup>th</sup> Birthday Singapore. This year the celebration theme is "Onward as One". A call for all Singaporeans to look forward confidently and move onward together in building a share future as one united people. In Sungei Tengah Lodge we decorate all clusters with the Singapore flags, banners and colour. The residents appreciated the sport games Table Tennis and Carrom tournament organized by STL. The participants and spectators have a roaring good time.



The Salvation Army together with STLodge organized number of events to celebrate this special holiday at STL for residents and a special day trip to Gardens by the Bay.

### 3. MOM -ACE interview residents for Recipe Book

MOM ACE Group is producing a Migrant Workers Recipe Book as part of this year's International Migrants Day campaign, and selected two migrant workers for interview at **Sungei Tengah Lodge** on **13 August**. The short interview with the migrant workers included cooking on the spot for the photographer to document the process.



MOM- ACE group teaching migrant workers to cook their own home cooked dish

### 4. SATA Pain Management and Healthy Lifestyle Talk

STL has worked with SATA to set up a booth at **Sungei Tengah Lodge** to conduct wellness engagement for the migrant workers on **2 August 2023** between **6PM-11PM** to educate them on pain management through stretching and strengthening exercises to relieve their aches and pains. SATA distributed masks or pain-relieving patches to the migrant workers.



Distribution of pain-relieving patch



Educating workers on pain management

### 5. Lunar 7<sup>th</sup> Month Event at STLodge



Burning of paper offerings to the spirit for blessings

The Lunar 7<sup>th</sup> Month Event starts 16 August to 14 September 2023.

During this period, the practice is to offer food, joss sticks, candles, paper money etc. to the Spirit for blessings and to avoid ill fortunes. This tradition is also used to honor our ancestors.