

EVENT PRESS RELEASE

Paying It Forward in Sengkang and Punggol

A) Pay It Forward will be held in Sengkang Community Club, 4 May 2014, at 9AM. More than 80 trained volunteers (called Wellness Ambassadors) will be accompanying 80 targeted recipients to a health screening, and will bring them on a \$50 budget shopping excursion at Cold Storage for necessities. A buffet lunch will then be provided for all volunteers and recipients, with live entertainment from the Five Decades.

B) Guest of Honour Mayor Teo Ser Luck, mayor of the North-East district, will be giving an address.

C) From 21 June onwards, public health training seminars will be held in the Sengkang CC theatre. These seminars deal with common health issues and solutions, and will be held monthly for 6 months.

Pay It Forward

Pay It Forward is a community services project undertaken by Adventist Community Services (ACS). It has been held annually in Yuhua since 2009. It has since then been held annually in several other constituencies such as Moulmein, Balestier, Geylang Serai, and Serangoon. This is the first time Pay It Forward will be held in Sengkang. ACS is also collaborating with Sengkang Community Club, Sengkang Youth Executive Committee (YEC) and the Chinese Development Association Council (CDAC).

The Wellness Ambassadors this year include volunteers from the Sengkang YEC, ACS, grassroot leaders, as well as trained professionals.

Pay It Forward 2014 will include two segments: a shopping excursion to Compass Point Cold Storage, where recipients will be given a \$50 voucher to spend on necessities, and a free health screening, consisting of body mass index (BMI), blood pressure, glucose and cholesterol tests. The recipients will be split into two groups, and will alternate shopping and health screening. Each recipient will be attached to 1-2 volunteers.

After the health screening, the Wellness Ambassadors will brief the recipients on their health screening results, and enroll them into the Pay It Forward Plus program if they are interested - a six-month follow-up program where the Wellness Ambassadors visit the recipients once a month to continue health checks and offer health and lifestyle changes and improvements. In previous Pay It Forward Plus programs, recipients have showed a significant improvement in their health, diet, blood pressure, and overall well-being.

About Adventist Community Services (ACS)

Adventist Community Services is a non-profit, humanitarian agency that focuses on individual health and lifestyle, as well as community development.

From 21 June onwards, public health training seminars will be held in the Sengkang CC theatre at 2-3PM every third Saturday of the month until 15 November. These training seminars are meant for Wellness Ambassadors, but will also be open to public. The seminars will be dealing with health issues that are coming to affect Singaporeans more and more, such as reversing diabetes, lowering blood pressure and lifestyle options. It aims to spread awareness about common health problems in the hopes to encourage the people to adopt a healthier lifestyle and make wiser food choices.

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