**SAVH InSight**

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At Touch Art Studio@SAVH, visually handicapped clients produce an assortment of handicraft items using their refined sense of touch with the guidance of sighted volunteers.

We are able to customise the handicraft items according to your specifications for any special occasions. Your purchase will benefit the visually handicapped persons who receive the net proceeds from the sale of the handicraft items.

Allow us to share with you our full range of handicraft items on our website and gift ideas. Please contact Touch Art at 62514331 Ext 167 or email to touchart@savh.org.sg regarding any enquiries or orders.
Dear Donors, Members, Clients, Volunteers, Staff and Friends, welcome to this first issue of Insight for 2017.

We are often in such a hurry to move forward and look ahead that we forget to look back and remember, to reflect and learn from the past. This issue, we are taking the time to do just that – to revisit some of the memorable events and highlights that impacted our direction over the past few months. Apart from our festive giving appeals which started as early as August last year, SAVH initiated two major fundraising events during the first quarter of this year, namely the SAVH Flag Day in February and Charity Donation Draw in March. This year’s Flag Day drew a commendable feat of over $90,000 through street collections alone. Close to 100 VH staff and clients alone accounted for close to $20,000 of the total collections. In the span of less than one month, the Association conducted the SAVH Donation Draw on 24 March in conjunction with our SAVH Appreciation Night 2017 event.

The SAVH Appreciation Night 2017 was a memorable one. I thought it would be fitting to reiterate what my Vice President Danny Chia mentioned in his speech especially to those of you who were not present that evening - “SAVH is extremely fortunate to have a group of thoughtful and committed donors, volunteers and supporters. Each of our honoured guests is present here this evening solely because you have made a choice to do something – To embrace inclusivity and make a difference to the lives of the blind and visually-challenged in our society so that they too can lead purposeful and proactive lives. Although collectively you are drawn from different walks of life, the single and most marked common factor defining you is your willingness to give your time, money, expertise and energy.”

This issue has incorporated some new features which I believe would be of interest to our readers such as information on Eye Conditions, Mobility Training for the Visually Handicapped, the introduction of Unified English Braille (UEB) and our very own Quiz where you stand a chance to win some prizes. To make our ‘Insight’ more accessible to our VH friends, you may wish to note that an audio version of this issue of the newsletter is now available and can be accessed through our web site.

One thing that has been a continuous thread since our humble beginning in 1951 is that it takes a team of dedicated, passionate volunteers and staff to make SAVH. Please join me in welcoming Mr Choo Chek Siew, a new member who was co-opted into the Executive Committee under Special Expertise since September 2016. Mr Choo is the Group Financial Officer of ComfortDelGro Corporation Limited. So, to each and every one of you, thank you for your continued support and being a part of our family. It is with your support that we are able to achieve so much. Your continued support of SAVH will strengthen our social service ecosystem and help more visually impaired persons to see beyond their circumstances to discover their dreams and passions.

Mr Phillip Lee Soo Hoon, BBM, PBM
President, SAVH
General Announcements

Editorial Committee
Mr Danny Chia, Ms Chua Swee Keow, Mr Ando Yeo and Ms Dolores Scully-Bailey

We wish to welcome the following new staff:
• Neo Bang Lun, Bernard Therapist Assistant
• Ong Tin Ling Therapist Assistant
• You Sin Men Dawn Social Worker

Executive Committee Board Members (EXCO)
The Executive Committee for 2016/2017 with effect from 27 August 2016 comprise:-

President: Mr Phillip Lee Soo Hoon, BBM, PBM
Vice-President: Mr Victor Chen Kah Keng
Vice-President: Mr Danny Chia Choon Guan *
Honorary Secretary: Ms Chua Swee Keow
Honorary Treasurer: Mr Lau Kin Harn
Honorary Assistant Treasurer: Mr Albert Ang Hong Woo
Honorary Members: Mr Ali Bin Daud *
Honorary Members: Mr Ng Guan Sing *
Honorary Members: Mr Tan Guan Heng, BBM *
Honorary Members: Mr Ken Wong Kin Seng *
Honorary Members: Mr Adrian Tan Gim Hai (Co-opted)

WCC Representative: Mr Goh Yiu Huat *
* Visually Handicapped

Upcoming Events:
• 1 June – 15 September: SAVH Short Story Writing Competition
  SAVH Library is organising a Short Story Writing Competition and invite all registered clients of SAVH to participate and stand a chance to win top prize of $400. Each contestant is to write a short original story of about 3500 to 4000 words and submit his story in handwritten, digital or Braille format.

  A sharing session cum workshop would be held sometime in June 2017 on story writing guidelines. The closing date for submission of all entries is 15 September 2017. Do contact Jayne at 6251 4331 or email her at siewgek@savh.org.sg for more details concerning the competition.

• 14 October: International White Cane Day (IWCD) 2017
  ‘Turning Moments into Memories Together!’
Acknowledgement of Collaborations/ Fundraising Events from Nov 2016 – Mar 2017

We are also thankful to the following organisations and individuals for inviting SAVH /our clients to these functions:

- **31 December 2016**: Dinner & Dance cum fund raising project for SAVH by Angela See
- **1 January 2017**: Annual New Year charity luncheon by Tian En
- **19 January 2017**: St George’s Church Health Talk with Senior members
- **21 February 2017**: Tanjong Pagar PAP Grassroots Dinner at PermaiSeri featuring performance by VH clients Steven Yeo, Muliana and Azman
- **14 March 2017**: Ministry of Home Affairs and Religious Rehabilitation Group (RRG) Dinner event at Shangri-la Rasa Sentosa featuring performance by VH clients Steven Yeo and Nuraziana binte Mohd Said during the finale
- **2016 – 2017**: Regular charity luncheon by
  - New Woman Group at Tim Palace, featuring performance by VH clients (trainees from Singing Group under the tutelage of Ms Ellen Chua, Chen Chunlei & Xiaofang)
  - Zhen Shan Mei Group at Yan Court

**Mobility Training for visually handicapped**

To offer our clients better mobility and orientation services, we are proud to announce that we have updated our mobility training to align with international standards! From December 2016 to April 2017, our staff were trained under the experienced Orientation and Mobility Specialist from the UK who had worked in the field of sight loss for a quarter of a century, in UK, Australia and Europe!

If you would like to refresh your mobility skills or do know of anyone with low vision or becoming blind who would benefit from learning this very important skill which would enable them to be more independent, please approach your Social Worker or contact the Social Work Department (SWD) at SAVH at 6251 4331.

**Newsletter in audio version**

If you are not aware, we have uploaded an audio version of the newsletter on the website of SAVH and Facebook since the last publication issue in November 2016! We will continue to do so for this and future issues.

**Feedback**

Feel free to provide feedback on what you wish to see being featured in the future issues of our Insight newsletter!
SAVH was happy to host and honour all our worthy donors and long-serving volunteers at our inaugural Appreciation Night on 24 March 2017. To add further significance to the evening we decided to hold this event in conjunction with our 2017 Charity Donation Draw.

Our Guest-of-Honour was Minister Chee Hong Tat, Minister of State, Ministry of Communications and Information & Ministry of Health. EXCO and ED welcomed him upon his arrival. Our emcee for the occasion was professional image groomer, Ms Dorothy DaSilva who facilitated the evening’s programme with great aplomb. Performing from their vast repertoire of easy-listening tunes were The Serenaders band who were the perfect accompaniment to complement the lovely and mellifluous voice of Ms Nuraziana bte Mohd Said, a client of SAVH.

Upon being ushered into our Day Care Centre, Minister Chee was given a rousing welcome before being treated to ‘A Picture of You’ by Nuraziana, to the delight of the audience and especially the Minister who personally congratulated her. Ms Zharhana Bte Fatin Ismail was the official photographer for the night. All the aforementioned offered their professional services on a pro bono basis.

The main objective of this function was to recognise the steadfast magnanimity and generosity of our committed and unwavering donors particularly at a time when the economy was at its bleakest thus further ennobling their significant contributions. It was also an occasion to pay tribute to our sterling and long-serving volunteers who had each actively volunteered over the past five years or longer.

Each donor and volunteer group were presented with a decorative plate crafted by our Touch Art team along with certificates of appreciation. We also awarded ten VH student clients with the distinguished Tan Chay Bing bursaries in recognition of their academic endeavours.
The highpoint of the evening was the drawing of the top three cash prizes for our Donation Draw. This was conducted by our President Mr Phillip Lee, while the 20 consolation prizes were drawn by the Chairperson of the Appreciation Night cum Donation Draw Organising Committee, Ms Chua Swee Keow.

Last but not least we acknowledged the significant contribution made by our top VH Flag Day and Donation Draw sellers and expressed our thanks and appreciation by awarding each of them with attractive prizes.

Everyone had a good time and many guests seized the opportunity to have their pictures taken with Minister Chee. It helped that there was a free flow of mocktails and nuts to nibble on for openers, whilst the guests were registering, and later a delicious buffet spread to sample throughout the evening.

Minister Chee mingled with the volunteers, donors and clients and was gracious in staying on for the entire duration of the festivities.

We would like to thank all our guests for making this occasion most memorable by honouring us with their presence and for their staunch and unwavering support over the decades. Without their unswerving generosity and devotion to the less privileged, we would not have progressed as far as we have, and it is to them that we owe our repute and stature.
2017年首届慰劳晚会及慈善抽奖

陈实慧

2017年3月24日，新加坡视障人士协会很荣幸地举办了首届慰劳晚会向义捐人士、义工等支持者致谢。为了使晚会更具意义，慈善奖券抽奖也同时举行。

晚会主宾，通讯及新闻部、卫生部政务部长，徐芳达先生莅临现场时受到本会执委会和执行董事的热烈欢迎。当晚大会司仪由专业形象塑造师Dorothy DaSilva女士主持，自信大方的她带动晚会的欢悦气氛。为晚会担任表演嘉宾的诗歌小组呈现悦耳动听的小夜曲，与本会受惠者Nuraziana Bte Mohd Said娓娓动人的歌声谱上完美的听觉享宴。

徐部长在大伙儿的拥护下步入新成立的日间活动中心。他及在场出席者即刻被Nuraziana的柔美歌曲“A Picture of You”感动，部长还亲自恭贺并鼓励她。为晚会献上才艺和付出时间的还包括摄影师Zharhana Bte Fatin Ismail。上述所有出席晚会的专业团队都纯属义工性质。

举行晚会的主旨是为了肯定并感谢一直持之以恒、慷慨大方的捐献者的资助，尤其在这经济低迷时期，这些善举更突显出他们深具意义的贡献。协会也借此机会向劳苦功高、尽心尽力为协会默默耕耘服务至少五年的义工们致敬。

每个在场的捐款者和义工都获赠由协会触摸艺术组亲手制造的爱心盘和大会印制的证书。会上也同时颁发陈济民助学金给10位在籍的视障与弱视学生。

晚会的高潮是慈善抽奖。前3份现金奖由协会会长李树勋抽出，其余20份安慰奖由晚会兼慈善奖券抽奖筹委会主席蔡瑞娇小姐负责抽。

活动上也没忘了表扬协会在售期日和慈善奖券筹款方面成绩最优秀的受惠者，大家都获得不错的奖品。

大家都捉紧机会和平易近人的徐部长拍照留念。会上提供自助餐供出席者享用。徐部长亲切的和每个人都握手寒暄，直到活动结束才告辞。

我们再次借此感谢所有出席晚会的来宾们，正是他们的热烈参与和这么多年来孜孜不倦的支持使晚会烙下美好难忘的回忆。也正是大家这么多年义不容辞对社会上弱势群体的关怀和奉献，协会才可以取得今天的成绩。
新加坡视障人士协会于2017年2月25日举办了售旗活动。为方便协会的视障受惠者和义工们，这次主办方更增添了售旗集合中心，共9处遍布全岛。

早在售旗日前，主办方已通过多方面的协力合作，在学校和机构中展开大众教育和对外宣传，让有意当义工者深入了解视障人士的生活作息和他们如何面对挑战。

此售旗日共吸引了约1300人参与，其中就包括多校师生、机构与团体的自愿人士、协会执委会委员、家庭成员以及义工和朋友们。而协会本身也有115位视障受惠者和员工加入活动。视障受惠者和义工们在一对一的配对下，不遗余力地售旗。一向来，我们的视障受惠者就如协会大使，总是能筹集不少善款，更能提高大众对视障的意识。谨此再次感谢视障受惠者的参与。

协会执委会成员也十分支持售旗活动。协会会长李树勋和夫人、副会长谢俊元、秘书长蔡瑞娇、副财政洪逢禹和执委会成员陈幹从、朱積山、黄源新、M.s Siti Rosaliza Binte Rosli、陈源兴、黄健根等在岛国的各角落售旗，为协会筹款。

售旗活动总共筹得款项为约17万元。2017年售旗筹委会主席朱積山说，“看到这么多义工朋友、莘莘学子和协会员工们牺牲周末的宝贵时间尽心尽力地为视障人士筹款，真令人鼓舞。他们太棒了！同时也要感谢善心人士的慷慨捐献。“

我们借此向参与的学校、机构、团体和义工致以万分的谢意。对广大市民的慷慨解囊，说声谢谢！参与这次售旗的学校计有：圣公会中学、巴特礼中学、培德中学、武吉巴督中学、武吉班让中学、四德女中、圣婴女中（大巴窑）、法嘉中学、白沙青景中学、华侨中学（初中部与高中部）、文殊中学、美廉初级学院、励仁高级中学、南洋理工大学、海军部中学、义安理工学院，培雅中学、平仪中学、莱佛士女中、莱佛士书院、圣安德烈中学、淡滨尼中学、维多利亚中学和维林中学。参与的机构和团体有凯德商城亚洲、康福德高、建屋发展局、King & Spalding LLP、鹏瑞利置地集团、三星集团与新加坡地铁公司。

这次售旗日中，有两位小小义工，Ravienna Ravi 和 JiaXuan。年纪仅6岁的Ravienna Ravi 更是首次参与这活动。她有意愿帮助视障者因为“她为他们（视障人士）的失明而感到难过”。她更表示，因这活动认识很多人和趣事，所以期待踊跃参与2018年的售旗日呢。她也希望自己会健壮些好提起溢满的捐款箱；说话响亮些好让众人听到而把捐款投入箱里。

如 Ravienna, 十岁的 Jia Xuan 在售旗日也在岛国的某个角落忙着筹款。自幼3岁多就开始参与活动，今年已是她第五次参与协会的售旗日了。她更“怂恿”比她年长的表姐和朋友加入不同的售旗活动。她希望鼓励更多的人捐款而且每位捐献者的款项增加；同时也希望提高大家对视障人士协会的意识。她享受筹款活动的过程因为她看到当更多人前来帮忙时，捐款也多了。与以往不同的是，今年她去了更多的地点售旗。她也表示有意参与2018年的活动并会邀请更多朋友和同学加入。Ravienna 和 Jia Xuan 都是在家人的陪同下售旗。

当然的，我们肯定会在2018年再举办年度活动之一的售旗日以募集协会运作基金和加强社会意识。我们希望各中学、各机构和团体、义工以及各位关心和支持本协会的善心人士能踊跃参与明年的活动。有意参加者可来电6251 4331，电邮 savh_pr@savh.org.sg 或亲临本协会 47 Toa Payoh Rise 预先报名。
SAVH’s Flag Day 2017 was held in the first quarter of the year on 25 February, with an increased number of reporting centres to 9 for the convenience of our clients and volunteers.

Concerted efforts through public education and outreach opportunities with schools and corporates prior to Flag Day 2017 provided insights to prospective volunteers on the lives of the visually impaired and how they managed the daily challenges.

A total of 1,300 participants comprising students from various schools and institutions, individual volunteers, EXCO members, families and friends and close to 100 of our very own visually impaired staff and clients turned up for the Flag Day. Our visually impaired clients were paired with sighted volunteers for the flag selling. As in the past, they were our ambassadors and always attracted many donations thus generating great awareness for us. We once again thank them for their efforts in helping the Association.

SAVH EXCO members were also very supportive during the Flag Day. Our President Mr Phillip Lee and Mrs Lee; Vice-President Mr Danny Chia; Honorary Secretary Ms Chua Swee Keow, Honorary Assistant Treasurer Mr Albert Ang and EXCO members Mr John Ting, Mr Choo Chek Siew, Mr Ng Guan Sing, Ms Siti Rossaliza Binte Rosli, Mr Tan Guan Heng, and Mr Ken Wong Kin Seng were at various locations as flag sellers to raise funds.

We raised close to $170,000 through this Flag Day event. Chairman of the Flag Day 2017 Organising Committee Mr Choo Chek Siew said, “It was heartening to see volunteers, young students and dedicated staff all doing their best and giving up their precious weekend to raise funds for the visually handicapped. They all did a superb job. Thank you to all those who donated generously.”

Indeed we would like to thank schools, organisations and individual volunteers who had helped in the Flag Day and the general public for their support. Participating schools were: Anglican High, Bartley Secondary, Beatty Secondary, Bukit Batok Secondary, Bukit Panjang Secondary, Cedar Girls’, CHIJ Toa Payoh, Fajar Secondary, Greenview Secondary, Hwa Chong Institution (High School and College), Manjusri Secondary, Meridian JC, Millennia Institute, Nanyang Technological University, Naval Base Secondary, Ngee Ann Polytechnic, Peirce Secondary, Ping Yi Secondary, Raffles Girls Secondary, Raffles Institution, St Andrew’s Secondary, Tampines Secondary, Victoria School and Westwood Secondary.

Organisations that supported the Flag Day were: CapitaLand Mall Asia Ltd, ComfortDelGro, Housing & Development Board, King & Spalding LLP, Perennial Real Estate Holdings, Samsung C&T and SMRT Corporation.

Among the flag sellers on Flag Day were 2 young volunteers! Ravienna Ravi at a young age of 6+ years old was helping out at our Flag Day 2017 for the first time. She had the desire to help SAVH and the VH as “they were not able to see anything and she felt sad for them”. She met so many people and some interesting ones at this event alone, and this had piqued her interest to join SAVH Flag Day in 2018. She would like to become stronger so as to be able to hold the donation tins as they get heavier and speak up so the public could hear her and place donations in the tins.
Like Ravienna, Jia Xuan, 10 years old was busy getting donations at another part of Singapore on 25 February 2017. It was her 5th year of helping out at SAVH Flag Day, having started really young at 3+ years old and “influencing” her older cousin and friends to join her at different Flag Days. She wanted to encourage more people to donate and for each of them to donate more, at the same time wishing to raise the awareness of SAVH. She enjoyed the process of soliciting funds as she saw more donations for SAVH when more people start helping. Departing from what was done in the past, in 2017, she was at more venues to get donations. She had also expressed interest to be a flag seller in our Flag Day 2018 and invite more friends and classmates to join her. Both Ravienna and Jia Xuan were accompanied by their family members on Flag Day.

Certainly, we will organise our Flag Day in 2018 as it is always one of our annual events to raise awareness for the visually impaired and to appeal for funds. If you are keen to join us at our Flag Day 2018, we invite you to contact us at 6251 4331, e-mail savh_pr@savh.org.sg or visit us at 47 Toa Payoh Rise Singapore 298104 to register.
We were happy to welcome Sompo Japan Nipponkoa and to host Sompo Singapore CEO Ms Stella Tan and Sompo Japan Nipponkoa Welfare Foundation Secretary General Ms Yuumi Tambo on 15 February 2017.

Ms Tambo who had flown in from Tokyo that very morning especially to attend this event said in a soft-spoken voice, ‘the blind need every bit of help and encouragement in order to regain their place in society.’

Sompo’s generous donation of $10,000 towards SAVH’s latest initiative, the Day Care Centre (DCC) programme, was both timely as well as thoughtful. While the DCC clients went about their activities like folding clothes and attempting simple 3D jigsaw puzzles, the visitors toured the facility and other departments (Low Vision Clinic, Braille Production Unit and Assistive Devices Centre), stopping to speak with some of the staff and clients.

The group adjourned to their Dining In The Dark (DITD) luncheon served by our VH client. They thoroughly enjoyed their visit especially their DITD experience which was a first for all of them. Ms Stella Tan was particularly impressed by Swee Kuen who never missed a beat when waiting on their table and who was attentive throughout.

‘With the necessary resources and training, the blind and VH will be able to take their rightful place in society’, enthused Ms Tan.

We look forward to more partnerships and collaborations with corporates here and abroad!
SAVH really makes volunteering easy!

My journey with SAVH began in 2015. TSA-Solutions had just offered all employees two Corporate Social Responsibility days a year toward any of our own personal projects and I was determined to see how I could contribute.

Having just completed a simple bouquet making class with my mother on Mother’s Day at a professional florist, I felt that perhaps this was something I could do for SAVH so I nervously made an appointment and produced four Flowers-in-a-Jar as samples for Mr Leow, June and Shi Hui.

They were so inviting and affirming as I shared with them what each participant would make and take home after the session. Mr Leow exclaimed “I feel love in this jar”, as he felt each of the jars I had made. I knew at that point our collaboration would be great. That meeting ended with real “Joy”.

Getting everyone in the TSA office excited about the class, buying the flowers and organizing the food and drink was easy. Teachers from Naval Base Secondary School and other friends chipped in to help.

We planned one class and then another and then another. With each class we learnt so much, for example we met Mui Mui who had dual impairments, both visual and hearing. A friend of mine Aida, a Ceramicist at Naval Base, realized that we needed to sign into Mui Mui’s hand “Helen Keller” style and she stepped up and took over to assist. Aida was our angel that day, and we never knew she had this hidden talent. Mui Mui kept signing that she wanted pink flowers! So what does “pink” mean to someone who has never seen it? We asked.

We decided that along with our colour wheel of flowers for them to feel, we would add a corresponding tasting wheel. So what would a sunflower taste like, lemon slices and a blue hydrangea, blue berries and “pink” thanks to Mui Mui, would be strawberry milk.

Our journey with SAVH will continue for many years to come. SAVH had made us feel like family. To-date we had completed our second Christmas Bazaar for SAVH at the Expat Fair at Raffles Town Club. Although we managed to raise a modest sum, I am glad to say, it exceeded the takings of the year before. We actually had a little loyal following at this fair and it was something we want to commit to annually.

What I have learnt was that we all gained far more than we gave at each of these activities. We live life racing towards different finish lines. Sometimes we need to look around and see who we could help as we journeyed together and stop “to smell the roses”.

Flowers-in-a-Jar and Christmas Bazaar
by Tanya Pillay-Nair
National University Hospital (NUH) Department of Ophthalmology hosted the NUH Eye International Congress from 3 to 6 Nov 2016 at its premises in Kent Ridge in celebration of its 30th anniversary. As part of the Congress, the department organised a Low Vision Symposium. In conjunction with the celebration, an NUH Eye Charity Arts Exhibition was also held for good social cause.

The Guest-of-Honour was Dr Vivian Balakrishnan, Minister for Foreign Affairs, who himself is an ophthalmologist. Apart from local participants comprising mainly ophthalmologists and eye specialists, there were also quite a number of overseas delegates.

SAVH was invited to give a talk during the Low Vision Symposium held on 4 Nov 2016. Our staff Mr Chong Kwek Bin and our client Ms Rosie Wong, both of whom are visually impaired, were there to share with the audience their experience of living with low vision. We received good feedback for the sharing session.

NUH Eye Charity Arts Exhibition was held on the same day at NUH to raise funds for 2 beneficiaries, including SAVH. Visitors could show their support through purchasing any of the 65 pieces of works of art which have been freely contributed by artists and students of Yiqing Art Studio. 33 pieces out of 65 were allocated to SAVH.

The theme of the exhibition was "Eyes See the World", 《繪眼看世界》in Chinese. As A/Prof Clement Tan, Head of Department of Ophthalmology said in his welcome message, "The theme expressed in Chinese 《繪眼看世界》literally means "the eyes of art see the world" - which, of course, seems to be a neat description of an art exhibition staged by an eye department in aid of voluntary groups that help the visually handicapped. "繪眼" is also a bit of a word play on a similar sounding phrase "慧眼" - which means "insight", "perception", or an "all-seeing mind." He also urged all of us to take a moment to be grateful for the sight we have and to imagine what the world for someone with vision loss was like.

Close to $7,000 had been raised for SAVH through the sale of a number of art pieces. SAVH would like to thank the Department of Ophthalmology, NUH: particularly A/Prof Clement Tan, Dr Chan Hwei Wuen, Dr Dawn Lim, Ms Ivy Law, Dr Danial Bohan and Ms Juliana Shah, for nominating SAVH as one of the two beneficiaries of the “NUH Eye Charity Art Exhibition” and inviting us to speak at the Low Vision Symposium.

If you would like to own a fine art piece for your home or office, or simply to show your support for the visually impaired, please contact SAVH at 6251 4331 for details (Attn: Mr Kan Teck San).
Arts Exhibition
Christmas celebrations
The month of December proved once again to be an extremely hectic time for SAVH staff. However, the silver lining was in seeing our clients’ beaming smiles as wave after wave of volunteers came forth to spread the joy of Christmas.

We would like to make a special mention of the following groups who worked tirelessly to plan and execute Christmas party celebrations that comprised carolling, feasting and giving in the form of goodie bags. The icing on the cake was when Santa himself dropped in on our unsuspecting clients and jollified the festivities even further. So a big shout-out of thanks to:-

- Santa Claus Merry Marathoners;
- Little Treehouse Pre-School;
- MSF Good Samaritans;

for spreading their goodwill and love!
Lunar New Year Celebrations
Victoria Junior College (VJC) students under the close supervision of their teachers thronged SAVH grounds to hold an unprecedented lunar new year celebration on 25 January 2017.

As the total number of clients and volunteers exceeded a hundred, the celebrants were split into three groupings, White Cane Club, Day Care Centre and Sheltered Workshop being the actual holding areas.

Months of careful and creative planning by the students came to fruition as they engaged our clients in baking of cookies, montage handicraft and fashioning simple percussion instruments known as ‘maracas’ from recycled material.

Once the separate activity workshops had come to an end, everyone gathered at the sheltered workshop to tuck into a MacDonald’s set lunch followed by karaoke, performance by the VJC brass band and the ceremonial tossing of “yu-sheng” salad or “lo-hei”.

As an added bonus, each client received a goodie bag of household necessities. The youths had dipped into their own pockets to afford these items and were extremely gratified to see our clients’ beaming faces. The VJC team felt it was worth the effort and were encouraged by the positive reception from our VH to want to embark on other VIA (Values-In-Action) collaborations later in the year.

Charity lunch at Ba’alwi Mosque
Our SAVH clients were invited to a lunch that was organized by Ba’alwi Mosque on 28 January 2017 (first day of Chinese New Year).

Friendly volunteers from the Mosque created a cheerful atmosphere as they helped us in serving lunch to the clients. The clients were appreciative of the help from the volunteers from the Mosque and the gift of a towel and manicure set.

Charity Lunch at Tong Sian Tng Temple
Our SAVH clients attended a charity Lunch at Tong Sian Tng Temple on 16 March 2017, at the invitation of the temple. The vegetarian lunch was well organized and SAVH clients of different faiths and races could partake in the event wholeheartedly.

The clients were gifted with Hongbaos and goodie bags filled with useful necessities for daily living. SAVH is indeed fortunate to benefit from the generosity of the Tong Sian Tng Temple.
looking beyond

Before getting help, one must help oneself, push beyond the limit by taking the first step.

Let the blind take the first step to learn a capability skill meanwhile allow everyone to realise they are no different from others, providing them new opening for jobs.
Eye Conditions
by Chua Swee Keow

Could you identify who are visually impaired, just by looking at the 6 pairs of eyes?

You may not be able to get the right answers on your first try.

Volunteer ophthalmologists at SAVH who examined the referred cases from clinics and hospitals would certify if a person is considered visually impaired (totally blind or low vision) and the various devices that could assist those with low vision to manage vision loss.

The person with low vision may have difficulties in reading newspaper print, recognising faces, seeing bus numbers or watching television even when he uses spectacles. Low vision may occur as a result of birth defects, injuries, ageing or as a result of complications from diseases such as diabetes. It usually manifests itself in several forms such as loss of acuity (the visual ability to see fine details) or loss of visual field.

Low vision individuals have reduced vision which could range from vision as seen through a straw, pipe, tube etc. It could also be in the form of being able to see only the peripheral or central vision.

Low vision cannot be adequately corrected with surgery, spectacles or contact lenses. However, the remaining vision can be maximized through the use of specially prescribed magnifiers and other low vision devices. If you are experiencing difficulties in reading small print and carrying out daily activities due to sight related problems or know someone with such vision issues, please contact SAVH (Ms Alyse Wong) at 6251 4331 ext 142 to make arrangements for an appointment for consultation.

As it is not easy for any untrained persons to detect who is blind or sighted, and some visually impaired do put on glasses, misunderstandings may arise while the visually impaired navigate in public places or in schools and other educational institutions, in particular when they do not use white canes.

Answer: All who were featured above are clients of SAVH. They are certified to be visually impaired by the ophthalmologists and are each issued a SAVH client identification card.
Low Vision Aids for the Visually Impaired
by Edwin Khoo

If you have Macular Degeneration, Diabetic Retinopathy, Glaucoma, Cataracts, or are otherwise visually impaired, you’ll be pleased to know that Low Vision Aids can help! Low vision aids are also clinically proven to improve reading speed!

What are Low Vision Aids?
Low Vision Aids are tools that help those with vision loss maximize their remaining vision and these devices fall into one of three broad categories:

a) Electronic devices
b) Optical devices
c) Non-optical devices

What is an electronic magnifier?
Also known as a video camera magnifier, these devices use video cameras that focus on items of your choice and then magnify them on a screen or monitor. If you eliminate the cost factor, electronic magnifiers using video camera magnifier technology have the least downside of any currently available reading devices. (Note that some manufacturers and low vision eye doctors still refer electronic magnifiers as closed-circuit TV or CCTV devices. However, that term is increasingly associated only with security systems and is less often used now in the low vision field.)

Some features to look for in electronic magnifiers include:

- Autofocus
- Color and black-and-white displays
- Ergonomics allowing ease of use
- Glare and contrast control
- Compatibility with computers and computer screens
- Screen size that best meets needs
- Portability
- Memory settings

If you already have substantial vision loss, we urge you to either:-

- Consider visiting a low vision specialist. SAVH has a Low Vision Clinic which provides clinical and eye assessment services to facilitate the rightful low vision equipment.
- Visiting the Assistive Devices Centre which displays and showcase array of electronic magnifiers and garnering the rightful guidance in ordering just the right device for your specific need.
UEB is developed to standardize and represent the wide variety of literary and technical materials in use in all English-speaking countries. It is designed to be readily understood by people familiar with the literary braille (used in standard writing), while also including support for specialized math and science symbols, computer-related symbols (the @ sign, etc), foreign alphabets, and visual effects (bullets, bold type, accent marks and so on).

Apart from type fonts, UEB introduces unique dot pattern(s) for the different print symbols in everyday use. Some contractions that may cause confusion (such as dd, com, by, to, etc) have been abolished while rules governing the use of symbols have been revised.

Work on UEB began in 1991 and preliminary draft standard was published in March 1995 (as Unified Braille Code), with numerous upgrades made in the ensuing years; then the term “Unified English Braille” was internationally accepted.

In April 2004, the International Council on English Braille (ICEB) gave the go-ahead for the unification of various English braille codes. This decision was reached following 13 years of analysis, research, and debate. ICEB said that UEB was sufficiently complete for recognition as an international standard for English braille, which all ICEB member-countries could consider for adoption as their national code.

South Africa adopted UEB almost immediately (May 2004). In the following year, the Code was adopted by Nigeria, Australia and New Zealand. The Canadian Braille Authority (CBA) voted in 2010 to adopt UEB, making Canada the fifth nation to use UEB officially. In November 2012, the Braille Authority of North America (BANA) became the sixth of the seven member-countries of the ICEB to officially adopt the UEB.

As of 2013, with the majority of English-speaking ICEB member-countries having officially adopted the new Code, the UK Association for Accessible Formats announced that UEB would be the preferred code in the UK. With this development, SAVH introduced UEB in 2015 to our blind students to prepare them to read examination papers by late 2017.

**QUIZ TIME: STAND TO WIN ATTRACTIVE PRIZES!**

Unscramble the following 2 quotes using the Braille guide to assist you. Contact SAVH at 62514 331 to provide the answer and your details (Name, NRIC, Contact number).

Closing Date: 15 June 2017, Winners will be notified via the contact number provided.
Bowling is one of the most popular sports in the world. It has its fair share of enthusiasts and supporters in Singapore.

Blind bowling played by the visually impaired has a shorter history. More interest in the sports in Singapore was generated after the last Para Games in 2015 on home soil with the visually impaired winning 3 medals for Singapore.

Noting the sterling performance by the bowlers and to provide a safer environment for developing talented visually impaired in the sports and nurture new blood, SAVH began investing more resources in 2016.

Learning from past experience the bowling programme by SAVH commenced in Nov 2016 with the introduction of one-step bowling which bowlers could adopt. Many coaches were not aware that this technique worked better for the visually impaired. Apart from the one step bowling, sound training aids were also introduced, customised to accommodate different visual impairment conditions. These sharpened the skills of the bowlers and boosted their confidence and performance, including B1 bowlers. It helped that coaches engaged were more patient and empathetic and they also understood the varying vision issues encountered by the blind, and adapted their teaching methods to incorporate the sense of hearing.

In the sports arena, visually impaired could be classified under 3 categories based on their extent of visual impairment - B1 classification for the totally blind while B2 & B3 are for the partially blind.

Quipped Mr Ben Loo, who has tunnel and near field blurred vision due to Retinitis Pigmentosa condition, “it is difficult for me to see arrows & dots indicators on the lane and I had to use bowling pins at the far end to gauge my standing position. Accuracy and finishing were affected; stress, strained eyes and mental fatigue resulted. With the change in technique to one-step bowling and using footwork to get the more accurate positioning, better scores were achieved, stress was reduced and hence I was able to play for longer hours.”

We welcome anyone who is certified to be visually impaired and interested in sports such as Bowling to join the team. Please register your interest by contacting SAVH at 62514 331.

We also look forward to more visually impaired sharing with us their interest in any other sports that are suitable for them.
Handy Tips to good oral hygiene
by Mildred Tay

Tips on applying toothpaste after Vision Loss
Oral hygiene is the practice of keeping the mouth and teeth clean so as to achieve good dental and periodontal health. Adult-onset vision loss can make it difficult to do the simple things that were the basic elements of any tooth brushing routine.

Here are some techniques to assist you:-

1. When applying toothpaste to your brush
   1.1 Place the toothbrush on a contrasting washcloth for added discernibility when dispensing toothpaste
   1.2 Use brightly coloured or striped toothpaste that contrasts with the toothbrush bristles

2. Keeping track of the toothpaste cap
   2.1 Hold the cap in your hand or put it in your pocket (if any)
   2.2 Stand it on end to prevent it from rolling off
   2.3 Always try to put the toothpaste cap in a memorable location
   2.4 Purchase toothpaste with a hinged hood

3. Five techniques on dispensing toothpaste
   3.1 Hold the toothbrush bristles between your index finger and your thumb to serve as a guide for toothpaste application.
   3.2 Squeeze the toothpaste onto your palm and scoop it up with the toothbrush bristles
3.3 Squeeze the toothpaste into a small empty container and scoop it out with the toothbrush bristles.

3.4 Squeeze the toothpaste on to your finger and transfer it onto the teeth

3.5 Squeeze the toothpaste directly onto the teeth from the dispenser. (**Recommended only if no other persons share the toothpaste dispenser!)
Reflections of an Intern
by Wong Hin Wai

Interning at Singapore Association of the Visually Handicapped (SAVH) has been an enriching experience. I learnt beyond what were taught in the Diploma In Social Enterprise Programme at Republic Polytechnic.

I saw in reality how the business and social elements were integrated, and the real meaning of social enterprises in a voluntary welfare set-up.

It all came about after I acted on positive feedback from a fellow classmate who interned at SAVH under the SEEP programme. I submitted my name for consideration of an internship placement at SAVH and was thrilled to be chosen by SAVH after attending an interview!

While I looked forward to the internship and expected it to be exciting and meaningful, I felt apprehensive how things may pan out. My worries were unfounded as my superior and colleagues were on hand to provide orientation and guidance which allowed me to assimilate into the role fairly quickly.

I was assigned to assist in various projects and be involved in different events, allowing me to develop my professional and interpersonal skills. I learnt the importance of having great sense of responsibility at work, independence and empathy. It also highlighted the need to plan ahead and be prepared for any roles, however insignificant it may appear initially.

One of the more memorable events I was involved in was the “International White Cane Day” organised by SAVH. It was held at Chijmes in Oct 2016. I had the opportunity to work with many volunteers and know new like-minded friends who were helping SAVH to raise funds on that day.

It was really a blessing to have done my internship at SAVH and learnt from the sharing by both my sighted and visually impaired colleagues and superior. I strongly recommend those who are embarking on their internship journeys to stay humble, be open minded and willing to learn. Only then will they have more fruitful and insightful experiences!

*Editor’s Note: Mr Wong Hin Wai, a Republic Polytechnic final year Diploma in Social Enterprise student had his internship in SAVH from Sept 5 2016 to Jan 20 2017.*
Our friendly crew is made up of visually impaired masseurs, who are certified to knead your stress away. Visit our centre, invite us to your office or engage us for your events. Whether you’re 5 or 95, make us a part of your health regime and you’ll be creating opportunities for these abled individuals to help themselves too.

Massage Rates

**In-House**

- **Head & Shoulders**
  - $10 for 20 mins
  - $15 for 30 mins

- **Foot Reflexology**
  - $10 for 20 mins
  - $15 for 30 mins

- **Full Body Non-Oil Acupressure**
  - $40 for 60 mins

**On-Site**

- **Head & Shoulders**
  - $12 for 20 mins
  - $18 for 30 mins

- **Foot Reflexology**
  - $12 for 20 mins
  - $18 for 30 mins

(There is a minimum requirement of 5 sessions per massuer per visit)

**On-Site Hourly**

- **1-Hour Session**
  - $55 per masseur

- **2-Hour Session**
  - $45 per masseur

- **Sessions 3 Hours or Longer**
  - $35 per masseur

Operating Hours

**Weekdays**

10am - 6pm

(6pm - 8pm slots available for advanced booking)

**Weekends & Public Holidays**

9am - 6pm

Closed

1st & 2nd day of Chinese New Year
Dining in the Dark

presented by

Singapore Association of the Visually Handicapped

Monday to Saturday
Excluding public holidays

Lunch & Dinner
$30 & $38 respectively
Soup, main course, dessert, coffee/tea
(All dishes are halal)

$15
For students & accompanying teachers

Will food taste the same in total darkness?

How can a visually impaired person serve a meal?

Abandon your vision. Step into the shoes of the blind. Be reacquainted with your other senses and get to know your servers and what life is like for them.

A reservation is required. Call 6251 4331 ext 167 or email us at ditd@savh.org.sg.