

## MISSION POSSIBLE: SINGAPORE

Project Profiles 2017-18

### HEALTHY GOODIE BAGS AND HYGIENIC LIVING – HWA CHONG INTERNATIONAL SCHOOL



This team wished to promote healthy living and well-being among the elderly population living in the Punggol constituency's public housing estate. They wanted to express care and concern for the elderly who sometimes lived alone in these estates. Thus, they decided to present goodie bags comprising healthy snacks and essentials and making door-to-door visits to volunteer some housekeeping assistance.

#### Project Objectives:

- Promote healthy living and well being of the elderly population in the Punggol constituency.
- Reach out to the elderly to reduce loneliness and vulnerability.

#### Activities:

- Made a list of healthy snacks and essentials that would be appreciated by the elderly.
- Reached out to the staff and students at Hwa Chong to donate items in the list drawn.
- Packed and distributed the goodie bags via door-to-door visit and connected with the elderly.



#### Results:

- The elderly appreciated the gesture and were mostly responsive with smiles.
- Evoked a sense of responsibility to caring for the elderly population in the community.
- 35 goodie bages were distributed

#### Next Steps:

- This project was implemented as part of Hwa Chong International School's annual Community Day. The school intends to reach out to the same beneficiary next year.

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