



MINISTRY OF
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AGE

A monthly e-newsletter for
migrant workers

*Photos provided by ACE
Kranji District and
Cochrane RC team



March
2022

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Key announcements



Easing of Safe Management Measures

(From 29 March 2022)

- Group size will be increased to 10 pax per group
- Mask wearing will continue to be needed for all indoor settings, but will be optional in outdoor settings
- Food and beverage outlets such as beer gardens and canteens may serve alcohol after 10.30pm, subject to prevailing conditions of the liquor license under the Liquor Control Act

(From 1 April 2022 – for fully vaccinated workers)

- Not required to take an ART before visiting the community
- Not required to apply for an Exit Pass to visit the RCs

AccessCode Changes

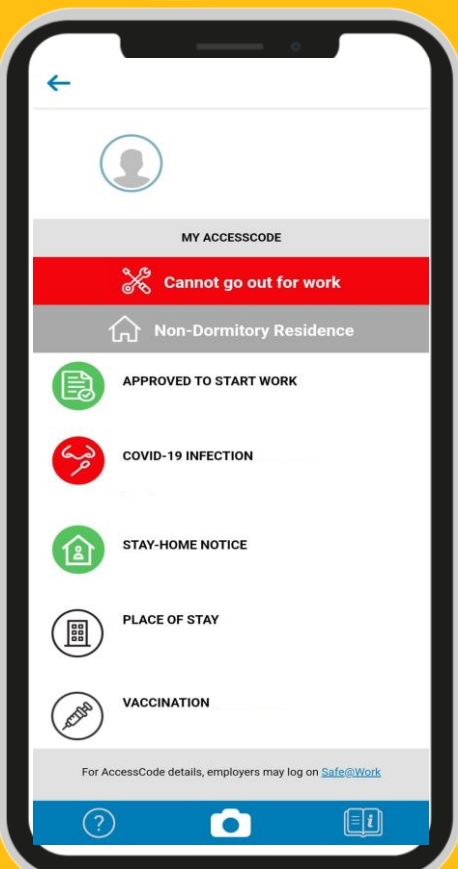
From 17 March 2022, your AccessCode will turn **red** if:

- You test positive using the ART or PCR test
- You are an unvaccinated or partially vaccinated worker. This includes workers who have recovered from COVID-19 beyond 180 days of their infection

Special Pass holders, unvaccinated/partially vaccinated workers will need to manually fill in a form to visit the RCs. Unvaccinated/partially vaccinated workers will also need to show a negative ART result within 24 hours of the RC visit.

Removal of Rostered Routine Testing

From 29 March 2022, Rostered Routine Testing (RRT) will not be required for all workers, including unvaccinated/partially vaccinated workers living in dormitories.



Stop cyberbullying!



What is cyberbullying?

Examples of cyberbullying are:

- Receiving threats or hurtful messages online
- Spreading fake rumours online
- Posting embarrassing or harmful images online

Why is cyberbullying bad?

- May affect your mental health (e.g. loss of confidence, loss of motivation)
- Affect your work and social life

Ignore the cyberbullies

- These bullies are seeking your attention. If you reply, it will only make things worse as it tells them their actions are successful

REPORT ABUSE



Report it!



- If the cyberbully is bullying you on social media, report their account and block them. This way, they will not be able to send you any more messages with that account

(24-hour helpline)

HealthServe: 3129 5000

MWC: 6536 2692

Hear4U: 6978 2725

Mon – Fri: 10am – 5pm

Closed on weekends and public holidays

Get help

- If you are very affected by the cyberbullies, please seek help by speaking to someone, or call the helplines above



We are here to help you. For more information on cyber bullying, please visit [this HealthHub website](#)

A message to our migrant workers

Meet Mr Murthy. A former worker in the construction industry who is now the owner of 7 grocery shops in Singapore. Here is what he has to share with you:

You should feel proud of what you are doing! However, do not stay in your comfort zone. You must continue to look for further opportunities and improve yourself as Singapore is a country with opportunities!

Have an interesting story to share about your life in Singapore? Let us know by clicking on [this link](#)



Event highlights



River Cruise Outing

Workers from 17 Shaw Dormitory went on a river cruise outing organised by NGOs where they were treated to the mesmerising sights of Singapore's skyline as they cruised along the Singapore River.

We would like to thank our workers and NGOs, The Salvation Army and SG Accident Help Centre for participating and organising the event.



S.E.A. Aquarium Outing

During the last 2 weeks of March, more than 300 workers from the Kranji District were treated to a day of fun when they went to the S.E.A. Aquarium for an outing. They had the chance to meet more than 100,000 marine animals and learn more on marine life.

A big thank you to the FAST officers of the Kranji District and NGO, AGWO, for organising this event for the workers.



*Photo provided by ACE Kranji District

Activities at the Recreation Centre

Aside from excursions, there were also activities held at the Recreation Centres (RCs)! On 29 March, a games carnival was held at Cochrane RC where workers were able to play carnival games and win prizes.



Scan the QR code here to find out more about the various **physical and online activities** you can take part in!



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