



**Foreign Domestic Worker Association
for Social Support and Training**



We celebrated FAST's 10th anniversary at 6th FDW Day

From the president's desk, 2015 was a great year. It was FAST's 10th anniversary.



“ From providing culinary cooking courses in 2006 for domestic helpers, we have went on to introduce social support services including a 24-hour helpline to respond to your queries and needs, humanitarian aid for those who are in financial trouble, befrienders service for you to make friends, free legal counseling for those who need the service and a home-away-from-home clubhouse for you to spend your rest day.

Skills upgrading for FDWs

Since 2006, many of you have associated yourselves with FAST through one or more of our programmes. For training courses alone, more than 75,000 training places have been taken up by you to learn a new skill or upgrade yourselves. Last year along, we have an unprecedented 26,000 training places taken up in all types of courses including cooking, baking, pastry making, infant care, elder care, Reflexology for pain relief, English, Computer, Entrepreneurial Skills and many more. I congratulate all of you who have spent time to upgrade yourselves and I would like to encourage those of you who have not done so to sign up for the available training courses this year. You may be pleased to note that FAST is currently working with the respective embassies to accredit our training courses. That means that your training qualifications will be recognized when you return home to look for employment in your selected fields.

Humanitarian Assistance for Needy FDWs

FAST continues to provide social support to FDWs in need through our 24-Hour Helpline, Humanitarian Assistance, Legal Counselling and Befrienders' Service. In 2015 FAST provided humanitarian aid through our Care Programme to a few deserving FDWs who have approached us for assistance.

One involved an Indonesian FDW whose employer had gone bankrupt and she was owed a year's worth of salaries. With FAST's help, we were able to cushion some of the impact of her loss of income by giving her a token sum to start life anew in Indonesia.

Another case involved two Filipino FDWs who had to undergo ectopic pregnancy surgery and their employers were unwilling to foot the medical expenses. FAST stepped in to cover the medical bills as they were unable to afford the huge medical bill.

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FAST Newsline

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**Foreign Domestic Worker Association
for Social Support and Training (FAST)**

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Facebook

<https://www.facebook.com/FAST.org.sg>

Website: <http://www.fast.org.sg/>

**Opens on Monday to Friday
10 am to 6pm
Sunday 11am to 5pm**



*A Big
Thank You*

to
our corporate partners
for their strong support through
their generous donations and
sponsorship in the past one year:

Lee Foundation

ECON Healthcare Group

NTUC Fairprice Foundation Ltd

Kuan Im Tng Temple (Joo Chiat)

Loyang Tua Pek Kong Temple

Mass Express Pte Ltd

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Western Union Global Network Pte Ltd

Aria Training & Consultancy Pte Ltd

Apex Human Resource Pte Ltd

Best Home Employment Agency Pte Ltd

Bright Maid Employment Pte Ltd

The Branch Employment Agency

21st Century Employment Pte Ltd

continues from page 1

The last case involved an Indian FDW who was accused by her employer of committing a crime. She was found not guilty after investigation by the police but her employer was unwilling to have her back. FAST was able to house the FDW at our approved dormitory and proceeded to mediate with her employer to settle her outstanding salaries. As the FDW eventually decided to return home, her employer also agreed to pay for her airfare.

FAST is fully committed to helping the FDW community. So do call us at (6509-1535) or (1800-339-4357) should you require any assistance or if you know of any FDW who needs help.

2016 will be another great year

We will be moving to a bigger place to set up your clubhouse. The clubhouse will be easily accessible and is about four times bigger than the existing one. There will be more things for you to do and learn at the new clubhouse. Besides the usual fitness classes, talks, hobby crafts and social gatherings, we will have a Games Room and a Gymnasium at the new clubhouse. There will also be regular culinary demos and food tasting by our culinary trainers and celebrity chefs. Read more about the new clubhouse inside this edition of FAST Newsline. More importantly remember to renew your membership so that you can continue to enjoy the facilities and services. Just to let you know, FAST has recently negotiated with a few corporate partners to link benefits and attractive discounts to your membership card. You will soon be able to enjoy great discounts and gifts when you present your membership card at our participating outlets. Beyond this, do encourage your FDW friends to sign up if they have not done so. We hope to hit a target of 10,000 members by the end of FY 2016. Let's work together to make the Clubhouse and FAST a home-away-from-home for all of us.

Have a happy, healthy and blessed 2016.

”

Seah Seng Choon

President

A record turnout of 5,000 at 6th FDW Day

Sunday, 6 December 2015 was a day to remember for many FDWs. As early as 9am, the crowd started building up at the Singapore Polytechnic Convention Centre and Auditorium; with foreign domestic workers, employers, supporters and invited guests mingling and trying their hands at the games booths, queuing for popcorn and ice cream and signing up for courses, remittance and courier services. The queue for the much coveted FDW Day fashion bag was also beginning to snake out of the building!

Across the venue at the Singapore Polytechnic Auditorium, the second “We got Talent” finals rehearsal was in full swing. The finalists were psyching themselves and putting on the final finishing touches to their performance in order to impress the judges.

The Guest of Honour, Mr Sam Tan Chin Siong, Minister of State for Prime Minister's Office & Ministry of Manpower, received a rousing welcome from the more than 1,500-strong audience inside the Convention Centre.

Ambassadors, High Commissioners and Embassy staff interacted with their own nationals and commented positively on the huge turnout for this year's event. FAST was honoured with the strong presence of dignitaries and staff from the embassies from India, Indonesia, Myanmar, Philippines, Sri Lanka and Thailand.

Besides the carnival and “FDW got Talent”, the winners of the FDW and FDW employer of the year awards were also handed out by MOS Sam Tan.

At the end of the event, it was estimated that a total of 5,000 FDWs, guests, supporters and partners turned up for the event, making it the BIGGEST edition of the annual FDW Day thus far. Thank you so much for all your support!



Kind support from employers

The 6th FDW Day was unique this year as we invited employers and their family members to attend with their FDWs. One employer, Mdm Yap commented: “I'm very glad that FAST has organized such an event for FDWs. I have always maintained a cordial relationship with my FDW and it's really great that FAST is cultivating a greater bond between the FDW and her employer”

Were you there at the 6th FDW Day?



A Big Hand For The Winners!!

Here are the winners of the second "FDW got Talent".



Singing

Jenifer Pasinabo
Doguiles (Filipino)



Group Dance

Team "Suprema" (Filipino)
Rosemarie Cornites / Mariclaire
Arbis / Kristine Lim Lee / Edyn
Grace Padohinog / Kathleen Corpuz
Lorenzo / Aileen Salvador Rosario



Solo Dance

JM Nishanti Jothipala
(Sri Lankan)

10 things

you may not know about FAST

How much do you know about FAST? Here's 10 things which FAST has been doing or providing since it was set up in 2005. How many things are you aware of?

01

Legal Counselling

Do you know? Other than recreational and training activities, FAST also work with The Law Society and the NUS Law Students to provide free Legal Counselling for FDWs?

Yes! Our FAST Legal Clinic is held every 3rd Sunday of the month and you can seek advice from our pro-bono lawyers free of charge! Should you have any queries regarding your legal rights and obligations, call us at FAST office (6509-1535) to register!

02

How FAST help FDWs in trouble

FAST is committed to helping FDWs in need. Since 2013, FAST has assisted 12 FDWs who were faced with serious financial and work related issues. More recently, in December 2015, FAST assisted an Indonesian FDW to recover salaries owed when her employer went bankrupt. Do call us at our 24-hour Helpline (1800-339-4357) if you know of any FDWs who may need urgent assistance.

03

The people behind FAST Helpline

FAST operates a 24-hour Helpline (1800-339-4357) and volunteers play a crucial part in managing it. They hail from Philippines, Myanmar, Indonesia, India, Sri Lanka, Malaysia and even Singapore. The Helpline volunteers are always on hand to lend a listening ear should you need someone to talk to. These volunteers are led by Mr Nizam, Manager (Social Support) for FAST, and together, we will always be there for you!

Afternote: We welcome volunteers who can speak Bahasa Indonesia, Tagalog, Burmese, Tamil, Hindi to join our pool of esteemed volunteers. Training will be provided free of charge in crisis management, para-counselling, befriending and case management.

04

FAST Clubhouse is open from Monday – Friday

For our FDW friends who have rest days only on weekdays, fret not! Our clubhouse is still open Mondays to Fridays at these times: 10.00 am to 6.00 pm; and Sundays as usual from 11am to 5.00 pm! We are open 6 days of the week, so do come down to enjoy the clubhouse facilities!

05

You can cook at FAST

Another interesting fact about FAST! Do you know that you can cook at FAST? Not the complicated meals of course! But you can cook rice, simple dishes, noodles and even warm up your home-cooked food at the Clubhouse Pantry!

So you can consider having a pot luck party at the Clubhouse Alfresco Corner with your FDW friends during your next visit. See, there are so many things that you can do at FAST!

06

ASEAN fiesta at Alfresco corner

Wouldn't it be wonderful if you could taste different cuisine in Asia without having to visit the countries? Well, you don't need to book air tickets to fly to India, Indonesia, Myanmar, Philippines or Sri Lanka to do so. You only need to visit the ASEAN fiesta at the Clubhouse's Alfresco Corner every Sunday. Clubhouse members can bring their respective international cooked food



and share them with other FDWs at the Alfresco Corner. This has been a regular feature at the Clubhouse. You can join them and taste cuisine from different countries. But don't forget to bring your specialty to share with the others ya?

07

Enjoy Karaoke Sessions at the Clubhouse on your rest day

Do you want to practice to be a winner of the 3rd FDW got Talent contest at the 7th FDW Day in December 2016? Or do you simply want to celebrate your birthday with songs, cakes and snacks? We have the place for you - two karaoke rooms at the Clubhouse for your use. Rental is only \$6 an hour. So if you have six FDW friends, it's only \$1 per person per hour. What's more, you have a wide selection of English, Tagalog, Bahasa, Burmese, Chinese and Japanese songs to choose from. We are progressively enlarging the collection to include Indian and Bollywood songs as well. So pick up your phone and call our office at (6509-1535) to book your room!



08

How many FDWs attended FAST Training Courses?

Since 2006, FAST started offering subsidised Training Courses for FDWs. At last count, more than 75,000 FDWs signed up for FAST training courses in the last 10 years ending 31 December 2015. On average about 2,200 FDWs attended FAST's training courses monthly in 2015. Are you one of them? Do you want to know how to sign up for the training courses that are subsidised by FAST? Flip to the last page of this newsletter for more details!



09

Who made flowers for GOH and VIPs at 6th FDW Day?

At the 6th FDW day on December 2016, our Guest of Honour and VIPs had elegant corsages pinned on them. The ladies were presented with a rose. Do you know who made them? These were created by FAST's FDW hobby craft group and the corsages and roses were made from recycled paper. We have also started knitting classes at the Clubhouse. If you are keen to share your hobby craft skills, we can help you start your own class. We welcome your suggestions. Your talent is wanted!!



10

Certification for Training Courses

Do you know that you will receive a certificate on completing FAST's training courses? On completion of each training course, you will receive a certificate signed by both the Training Provider and FAST. This is to certify that you have acquired the knowledge, skills and competency from the programme. Going forward, we are working with the respected embassies to accredit our training providers and training courses. That means that your certificate will be recognised by your respective countries when you seek future employment back home. So what are you waiting for? Sign up now to upgrade yourself!



What's happening at your Clubhouse?

Every week, we have about 120 to 200 members patronizing the clubhouse for the regular activities such as line dancing, pilates, yoga, zumba, sushi-making, hobby crafts and Accessory-making. Aside from all the fun activities, the Clubhouse also provides learning activities to make your rest day meaningful and educational. From time to time, we also organize festive and national gatherings. So do look out for the upcoming events in our Facebook and Website. Please visit our Facebook page for weekly schedule of activities at the clubhouse.

 <https://www.facebook.com/FAST.org.sg>



Christmas Bash organized by FDWs

What's better than attending a Christmas Party with your friends? Organizing one yourself, of course! That was what 10 of our regular FDW volunteers did as they set out to organize a Christmas Party at the FAST Clubhouse on 20 December 2015. Fun games, prizes and good food were the order of the day as FDWs from all nationalities let their hair down and enjoyed the festivity at the Clubhouse.



Decorations at Clubhouse from recycled materials

One of FAST regular volunteers and team leader, Jenny and her team of FDWs have created beautiful festive decorations for the clubhouse using recycled materials and hong bao packets. We would like to share why and how she created the decorations.

“ I really enjoyed doing this and it's a lot of fun to teach others to do this.

There are three reasons that motivated me to create the decorations. Firstly, the decorations help to bring about a festive feeling at the clubhouse. Using recyclable materials is environmental friendly and I help FAST to save some cost in my own small way. And finally, the occasion allows me to share the talent that GOD gave me with others.

I enjoyed making the decorations. I sacrificed my rest time to do before I sleep at night. Sometimes I'm so excited to finish them and I end up sleeping late. Some of the girls helped me to finish some of the decorations. My favourite is this (top picture). I decided to do this on a Saturday night. And stay up late to finish it because I want to hang it at the clubhouse the next day which is Sunday.

I am so happy to see so many of my club members enjoying themselves at the clubhouse decorated with my decorative items.

I will be most happy to start a hobby club to teach anyone keen to learn this wonderful art. **”**

Jenny Laddaran Ifurung



Schedule of Legal Counselling 2016

The Legal Counselling Clinic is held every 3rd Sunday of the month from 11am to 1.30pm. Here are the dates of the legal clinic for 2016:

- ✓ 20 March 2016 ✓ 21 August 2016
- ✓ 17 April 2016 ✓ 18 September 2016
- ✓ 15 May 2016 ✓ 16 October 2016
- ✓ 19 June 2016 ✓ 20 November 2016
- ✓ 17 July 2016 ✓ 18 December 2016



Do call us at **6509 1535** to register.



All information will be kept strictly confidential.

"The place that I can call my home" - Good bye letter from "Dina"

We would like to share a good-bye letter from one of FAST's dedicated volunteer with our heartfelt appreciation. She returned home to Cebu, Philippines in January 2016.



Hi, I am Leahdhane Albarando Mendz but everybody calls me "little Dina".

Every day is a happy day for me but especially Sunday.

It is a day that I can go church and go to the place that I can call my home which is FAST's FDW Clubhouse. I spent so many happy and wonderful Sundays meeting so many friends and serving as a volunteer to help organise activities at the clubhouse.

At the Clubhouse, I met and make friends from different nationalities. And we attend interesting activities like Zumba, Yoga, Line dance and Pilates.

What I liked most was the time when we visited ECON Healthcare nursing homes to bring cheer to the residents there as part of our community involvement effort to celebrate SG50. We laughed and entertained the kong kongs and amahs staying at the homes and served them during dinner time.

I always looked forward to attend the annual FDW Day. My best and most memorable FDW Day that I attended was the 6th FDW Day because I contributed as a volunteer at FAST's booth. I was really busy attending to the huge crowd that day but I was also excited and happy.

Good bye and thank you FAST and all my friends for all the opportunities to make my stay in Singapore so memorable.

I will share with my family and friends back in Philippines on the wonderful work by FAST and all the unforgettable experiences I have.

Leahdhane Albarando Mendz

See you at our New Clubhouse!!

FAST Befrienders Clubhouse and office will be moved by August 2016. Do check the updates on our facebook & website for more information. The new premises will be easily accessible. It will have a big hall, culinary studio, 3 karaoke rooms, hobby craft rooms, library, computer room, mini gym, locker room and other facilities.



New Membership Fee Effective from 1 April 2016

Dear Members,

The clubhouse membership fee will be revised to \$10 per annum with effect from 1 April 2016.

When the clubhouse was opened in 2014, participation in most of the activities was chargeable: Zumba, Yoga, Pilates sessions were charged at \$4 per session and Line Dancing, \$3 per session. Other activities cost more. In September 2015, we waived such charges in celebrating SG50, Singapore's Jubilee Year.

To enable continuation of the waiver, we have decided to introduce a new membership package whereby charges for participating in most of the clubhouse activities will be waived. Hence, the new membership fee will be revised to \$10 per annum.

As we will be moving to a bigger clubhouse by August 2016, with more usable space, there will be more activities and facilities for members. So we urge you to renew your membership once it has expired. Also, do encourage your FDW friends to sign up as the member to help us achieve the target of 10,000 members by the end of 2016.

We hope that you will understand our good intention behind the move, and continue your support for your clubhouse.

FAST FDW Befrienders Clubhouse Management Committee



Upgrade your skills!



FAST organize Training Courses for FDWs with many Training Partners.
For those who are keen to attend courses to upgrade yourselves,
please contact the Training Providers.



FAST Training Courses in collaboration with our partners

S/N	Courses	Class Date	Duration	Training Provider	Contact No & Person	Location of Training			
1	Entrepreneurship Course (Bahasa)	Sunday	4 Hours x 16 Every Sundays	Media Transformation Ministry	Theresia/San San 6463 4695	10 Raeburn Park Block C #02-33 Singapore 088702			
2	English Basic (Bahasa)								
3	English Advance (Bahasa)								
4	Computer Basic (Bahasa)								
5	Computer Advance (Bahasa)								
6	Entrepreneurship Advance (English)								
7	Beautypreneurship (Bahasa)								
8	Basic Conversational English	Sunday	4 Hours x 4 Alternate Sundays	SSA Consulting Group	Nora 6632 9532	Blk 135 Jurong Gateway Rd #06-317 Singapore 600135			
9	Care for Elderly	Mon & Thu	8 Hours x 1 day	Aria Training & Consultancy	Shnn Lau 6292 0127 9843 8224	37 Upper Weld Road Singapore 207394			
10	Care for Infant	Tue & Thu	8 Hours x 1 day						
11	Care for Domestic Household	Mon & Wed & Fri	8 Hours x 1 day						
12	Pastries and Cake Making	Wed & Sat & Sun	8 Hours x 1 day						
13	Conversational English for Beginners	Tue & Fri	8 Hours x 2 days						
14	Conversational English for Intermediate Learners	1 day on weekday	8 Hours x 1 day						
15	Conversational Mandarin for Beginners	2 weekdays	8 Hours x 2 days						
16	Healthier Meals	Mon - Sun	8 Hours						
17	Introductory Culinary Level 1	Sunday	4 Hours x 4 days	Grace Management and Consultancy Services	Shawn Chin 6296 4333	420 Keramat Road Singapore 758859			
18	Elderly Daily & DementiaCare	1 weekday	8 Hours						
19	Stroke Care								
20	Basic Infant Care								
21	Domestic Cleaning Science								
22	Elementary Housekeeping Course	2 weekdays		Workskills Development Centre	Ng Di Hui 9225 9198 6665 3842	135 Jurong Gateway Road #05-317 Singapore 600135			
23	Foot Reflexology	2 Sundays in a month	3 Hours x 7 Sundays	SOHA Institute	Khoo Eng Lim 6293 3369 9384 9023	Blk 465 Crawford Lane #02-08 Singapore 190465			

Welcome



FAST and partners would like to extend our heartiest welcome to His Excellency, Mr Nimal Weeraratne, the new High Commissioner for Sri Lanka to Singapore.

FAST looks forward to collaborating with the High Commissioner to support the needs and interest of Sri Lankan FDWs working in Singapore under the leadership of Mr Nimal Weeraratne. FAST also look forward to the next excellent performance by the Sri Lankan FDWs for our 7th FDW Day event this 2016.

Farewell



Farewell High Tea session for His Excellency, Dr Andre Hadi, Ambassador for Indonesian Embassy in Singapore.

It was also with great sadness that FAST and her partners bid farewell to one of FAST's staunchest supporters, His Excellency Dr Andre Hadi, Ambassador for Indonesian Embassy in Singapore.

We would like to thank His Excellency for his great support all these years towards FAST and wish him all the best in his future endeavours.

FAST
24 Hour
Helpline

1800-339-4357

Call us when you need help - 24 hrs
Hubungi kami di talian 24 jam jika anda memerlukan bantuan
Mujhe call karna jab bhi zarurat ho - 24 hrs
Kung kailangan ninyo ng tulong, tawagan kami 24 hrs

1800 - FDW -
HELP

We will:
- Give you advice on employment-related issues
- Advise you of your rights and responsibilities
- Address any other personal issues and concerns you may have

FAST
Foreign Domestic Worker Association
for Social Support and Training

1800-339-4357
FAST CAN HELP YOU. CALL US
www.fast.org.sg | enquiry@fast.org.sg