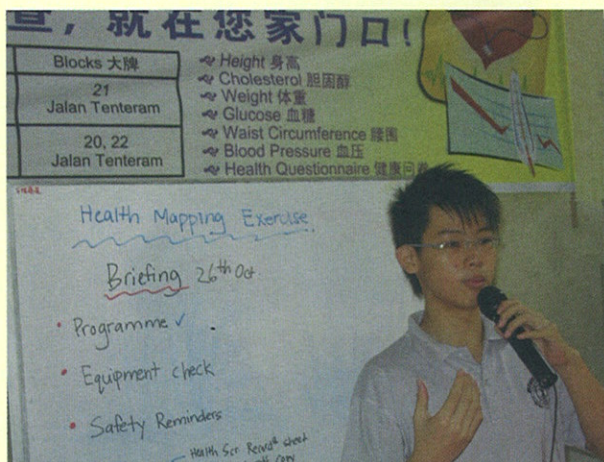


Whampoa Care Programme 黄埔关怀计划

Health Check At Your Doorstep



The Health Mapping Programme through which Whampoa grassroots organisations working together with Singapore Heart Foundation, SATA, River Valley High School and HDB brought free health check to elderly at Blocks 20, 21 and 22 Jalan Tenteram in Oct 08

Whampoa Health Mapping Programme 黄埔保健检查

Lim Yang Jie (River Valley High School, 4E)

In Oct 08, I took part in the Whampoa Health Mapping Programme. During those two days of Health Screening, we interacted with the less privileged and got to understand their lifestyle. We saw some of the problems and difficulties that they face in their daily lives, which made me realise that we are really fortunate that we do not have to face such problems.



My most valuable insight is that we should know our limitations, work within it and help others within our own capabilities. As our project was only 2 days, we could only help 3 blocks of residents. This was our limitation due to a lack of manpower, and there was nothing we could do to change it. Also, some residents did not wish to participate in our Health Screening programme. Although we could persuade and strongly encouraged them to participate in our project, we neither had the rights nor the capabilities to force the residents to participate in our project against their wishes. This made me realise that no matter how much we want to help, the other party must be willing to receive the help, and we should respect their decision should the other party reject our help.



The success of the project was in no small measure due to the Whampoa grassroots organisations, Singapore Heart Foundation, SATA, River Valley High School and HDB working in close cooperation with the residents. They actively participated in our Health Screening programme and were very frank and honest when answering questions in the Health Questionnaire. Without their cooperation, our project would have been far from successful.