

Will you go the
extra mile for our
migrant workers?

RUN
WALK
CYCLE
DONATE.



HEALTHSERVE

#InTheirShoes24

Participant Information Kit for **#InTheirShoes24**,
a charity sporting event by HealthServe

*We believe in a society where every migrant worker
lives a life of health, well-being and dignity*

ARE YOU READY?



Back by popular demand!

#InTheirShoes24, HealthServe's third virtual run, invites participants to go the extra mile (literally!) in support of the disadvantaged migrant worker community in Singapore.

Whether you choose to run, walk, or cycle, the event challenges you to cover distances reflective of a day's work for migrant workers. Take your contribution one step further by raising funds essential for meeting migrant workers' increasing demand for HealthServe's holistic healthcare services aimed at supporting and uplifting the migrant community in Singapore.



Where will funds raised go towards?



Medical & Dental Services: HealthServe's volunteer-run clinic offers heavily subsidised health services which include dental care, specialist consultations, rehabilitation services and chronic disease management.



Mental Health & Counselling Services: Mental health services such as psychoeducation workshops, crisis helpline support and counselling sessions are provided, with the aim of supporting and strengthening the mental well-being of migrant workers.



Casework & Social Services: HealthServe provides social assistance and support to migrant workers struggling with complex work injuries and related social or legal-related issues.

READY, SET, GO!

To participate in #InTheirShoes24, HealthServe supporters can simply:

<p>Step 1: Sign up</p> <p><i>Registration now open!</i></p>	<p>i. Choose your challenge</p> <ul style="list-style-type: none">• Run/Walk: 20km/40km/80km• Cycle: 50km/100km/200km• Bundle: Run/Walk & Cycling <p>ii. Form or join a team with your friends and family*</p> <p>Sign up: https://web.42race.com/racebundle/intheirshoes24</p> <p><i>*For corporate supporters, contact peg@healthserve.org.sg for group registration and payment. Students are eligible for admin fee waiver!</i></p>
<p>Step 2: Donate</p> <p><i>Now - 31 March</i></p>	<p>i. Donate directly to HealthServe's #InTheirShoes24 campaign:</p> <p>https://www.giving.sg/donate/campaign/intheirshoes24</p> <p>ii. Create your very own #InTheirShoes24 donation sub-campaign</p> <p>Go the extra mile by taking charge of your very own fundraising drive, where you can gather even more support from family and friends!</p> <p>You may refer to the user guide here.</p>
<p>Step 3: Complete your challenge between 8 - 28 Mar</p>	<p>Complete your challenge between 8 - 28 March and share about your journey with friends and family, encouraging donations.</p> <p>Some ideas for your social media posts:</p> <ul style="list-style-type: none">• Post photos of yourself completing the challenge – tag @HealthServeSG and hashtag #InTheirShoes24!• Share HealthServe's Facebook/Instagram/LinkedIn posts on #InTheirShoes24• Encourage supporters to donate to your cause via http://giving.sg/donate/campaign/intheirshoes24

If you have any questions, please contact Peggy: Giving@healthserve.org.sg

Special Add-on: Geylang Adventures Guided Tour!

Specially curated for participants of #InTheirShoes24, join the adventure and experience a different side of Geylang at an additional fee. Limited slots available!

For more info: <https://web.42race.com/racebundle/intheirshoes24>

THE MIGRANT COMMUNITY IN SINGAPORE

As of June '23, there's a total of 1,084,600 work permit holders in Singapore (including migrant domestic workers).



Of the above, 437,900 work in Singapore's Construction, Marine and Process (CMP) sectors.

That makes almost 20% of Singapore's workforce!

Why are low-wage migrant workers vulnerable?

Limited Social Integration
Mental Health Strain Fear Of Repatriation
Limited Knowledge Of Rights Long Working Hours
Workplace Injuries **Language Barrier**
Employment Insecurity Discrimination
Cultural Barrier Low Wages vs High Cost of Living
High-risk Work **Power Imbalance**
Little Rest Delayed Compensations Uncertain Future
Inadequate Representation Exploitative Recruitment Practices
Lack of Health Education Dependence on Employers





ABOUT HEALTHSERVE

Founded in 2006, HealthServe is an IPC registered charity that advocates for a society where every migrant worker lives a life of health, well-being, and dignity. We seek to bring healing and hope to the disadvantaged migrant worker community in Singapore.

There are over one million work permit holders in Singapore. Access to affordable healthcare and social protection can be a problem for low-wage migrant workers. By law, workers are supposed to be covered for both inpatient and outpatient treatment by their employers but not all are. In addition, a fear of repatriation and cultural and language barriers contribute to migrant workers not receiving proper and timely treatment.

The more unfortunate amongst these workers get injured at work and may end up losing their jobs, incomes and livelihoods for a protracted period. The wait for their work injury compensations can take months or even years.

From a single clinic in Geylang providing GP services, HealthServe has expanded our range of services to include specialist medical services, dental and rehabilitation services, counselling and mental health programmes, casework support and social assistance.

We are very much a volunteer-run organisation. Our operations are run by a small staff team and hundreds of medical and non-medical volunteers and interns.

To find out more about HealthServe, visit www.healthserve.org.sg





OUR SERVICES



Medical & Dental Services

- GP & dental services
- In-house specialist consultations (incl. complex chronic diseases, orthopedics, dermatology, gastroenterology)
- Specialist referrals
- Rehabilitation services (incl. physiotherapy, occupational therapy)
- Health education, screenings
- Medical research



Mental Health Services

- Psychotherapy & counselling services
- 24/7 crisis helpline
- Psychological First Aid & mental wellness education
- Peer Support Leader (PSL) training
- Mass outreach & engagement with focus on preventive care



Casework & Social Services

- Case support and social assistance for workers with injuries, complex medical problems and related social needs
- Wellness-themed group activities, outings



2024 Focus Areas



Mental Health

We will continue to strengthen awareness and accessibility to HealthServe's mental health services, allowing more workers in need and concerned stakeholders to seek timely assistance.



Dental Services

With the 2023 launch of our newly refurbished dental clinic and extended operating hours to five days/ week, we expect to double our capacity to care for at least 2,500 patients every year.



Preventive Care

We will continue to go upstream to provide training in psychological first aid and chronic disease management. This includes the training of more Peer Support Leaders, supervisors and dormitory operators.



OUR COMMUNITY

Hear From Friends of HealthServe



Dhinesh

Migrant Worker, HealthServe Clinic Patient

HealthServe has been really helpful to me, especially with my medical expenses. They helped me with everything and I was very grateful because I couldn't approach anyone else for help during those times.

My life would be so different if not for their help. I don't really know how to say it, but my life would be so different.



Samim

Migrant Worker, Peer Support Leader (PSL) with HealthServe

After getting the (PSL) training, I can really understand the main problem my peers face and I want to help others like me.

(Before) it's just work and come home, rest, sleep, then I go to work again. **But now I have done something for myself, for my own happiness. So it's (brought about) very good changes in my life.**



Dr Buzz Lightyear*

HealthServe Volunteer Doctor

Doctoring is what I do 24/7. This time, I wanted to shift the emphasis from medicine to relationship-building, to be a listening ear to those in need of friends. **Because it's not so much in the medicine, but in human connections where the real healing takes place.**

Who builds our roads? Who sweeps our streets? Who cares for our Ah Ma's and our babies? Any narrative of Singapore's success that fails to mention their contribution is woefully incomplete. **They deserve to be treated with as much respect, care, love and dignity as any other person.**

*Pseudonym

Ethan

HealthServe Intern

Despite hours of laboured work each day, barely getting a day off and earning meagre sums of money, most of them had a smile on their face. **They addressed me as "brother", and provided sincere, honest appreciation for my help with bright smiles in spite of the health problems that afflicted them.** Having worked in different healthcare environments, this was perhaps the most vibrant and lively one.

The vitality and spirit of the workers, the gratitude of the brothers and the community spirit is much broader than simply the act of helping others.



For more inspiring stories ft. #HumansofHealthServe: www.healthserve.org.sg/stories

**THANK YOU FOR
JOURNEYING WITH
HEALTHSERVE & OUR
MIGRANT COMMUNITY**



If you have any questions, please contact:
giving@healthserve.org.com