



Putting the Heart



Heartlands

Developments and Plans in
Ang Mo Kio–Sengkang West
宏茂桥—盛港西的发展与规划



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宏茂桥—盛港西的发展与规划



VISION

To make Ang Mo Kio–Sengkang West an ideal place to Live, Work and Play.

MISSION

To maintain a safe and conducive living environment
for residents in Ang Mo Kio–Sengkang West,
while providing the highest level of service and professionalism.

CORE VALUES

Responsiveness
Excellence
Approachability
Humility
Commitment





A publication of Ang Mo Kio Town Council
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ISBN 978-981-4868-27-3

Published in 2020 on behalf of Ang Mo Kio Town Council by Marshall Cavendish International (Asia), an imprint of the Times Publishing Group.

Printed in Singapore by Times Printers Pte Ltd

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FAMILY AND FITNESS 家庭与保健

Dear Residents

My fellow advisers and I have been working with you to make Ang Mo Kio GRC and Sengkang West SMC a home that we are all proud of.

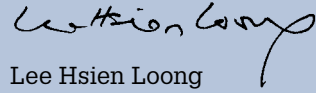
Over the last five years, we have upgraded and replaced lifts, improved homes, and enhanced neighbourhoods with sheltered walkways, fitness corners and new playgrounds.

The Thomson-East Coast Line and the North-South Corridor to come will help you get around Singapore from Ang Mo Kio more conveniently.

What makes our town special is our residents. Keen gardeners tend beautiful community gardens all over Ang Mo Kio. Young and old make full use of the Community Clubs and fitness corners, staying active and building community.

It is wonderful how we have come together to help one another, and make our town a lovely home.

Let us keep it up, and make Ang Mo Kio and Sengkang West even better.



Lee Hsien Loong
Prime Minister and MP for Ang Mo Kio GRC

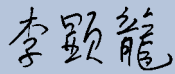
亲爱的居民

一直以来，我和市镇理事会的顾问都和大家携手合作，希望把宏茂桥—盛港西建设成我们引以为豪的理想家园。

过去五年，我们对区内的电梯进行了提升与替换，改善了住屋条件，并通过建设有盖走廊，健身角落和新的游乐场，优化了整个社区环境。汤申—东海岸地铁线和南北交通廊道的到来，将使我们从宏茂桥去往新加坡各个地区，都变得格外便捷。我们的市镇之所以能够显得那么与众不同，其实，是因为我们的居民。热爱园艺的园丁们为我们照料着宏茂桥大大小小的社区公园。男女老幼也充分利用着我们的民众俱乐部和健身区角，并且保持活跃，一起建设社区。

我们能够团结互助，一起把我们的市镇建设成一个温馨的家园，令人欣慰。

让我们继续加油，使宏茂桥—盛港西能够百尺竿头，更进一步。



李显龙
总理及宏茂桥集选区国会议员

Para Penduduk yang dikasihi

Saya dan penasihat-penasihat saya telah bekerja dengan anda untuk menjadikan Kawasan Undi Perwakilan Kumpulan (GRC) Ang Mo Kio dan Kawasan Undi Perseorangan (SMC) Sengkang Barat sebuah kediaman yang kita semua banggakan.

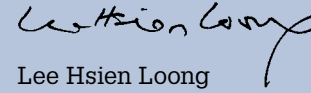
Dalam masa lima tahun yang lepas, kami telah menaik taraf dan menggantikan lif-lif, memperbaiki rumah-rumah, dan meningkatkan kejiranan-kejiranan dengan laluan pejalan kaki berbumbung, sudut-sudut senaman dan taman-taman permainan yang baru.

Laluan Thomson-East Coast dan Koridor Utara-Selatan yang akan datang bakal memudahkan lagi perjalanan dari Ang Mo Kio ke serata Singapura.

Apa yang menjadikan bandar kita istimewa adalah para penduduk kita. Para pekebun yang tekun menjaga taman-taman masyarakat yang indah serata Ang Mo Kio. Golongan muda dan berumur memanfaatkan sepenuhnya Kelab-kelab Masyarakat dan sudut-sudut senaman, sentiasa cergas dan membina masyarakat.

Adalah menakjubkan bagaimana kita telah berganding bahu membantu satu sama lain demi menjadikan bandar kita sebuah kediaman yang menawan.

Mari kita teruskan usaha ini agar Ang Mo Kio dan Sengkang Barat menjadi lebih baik.



Lee Hsien Loong
Perdana Menteri dan Anggota Parlimen bagi GRC Ang Mo Kio

அன்பிற்குரிய குடியிருப்பாளர்களே

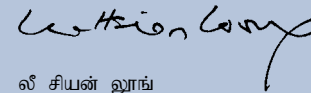
அங் மோ கியோ குழுப் பிரதிநிதித்துவத் தொகுதியையும் செங்காங் மேற்குத் தனிநபர்த் தொகுதியையும், நாம் அனைவரும் எண்ணிப் பெருமை கொள்ள வைக்கும் ஒரு குழலாக அமைக்க என்னுடைய சக ஆலோசகர்களும் நானும் உங்களுடன் ஒன்றிணைந்து செயல்பட்டு வருகிறோம்.

கடந்த ஐந்து ஆண்டுகளாக புதியனதாக்கிய மின்தூக்கிகள், மேம்படுத்தப்பட்ட மின்தூக்கிகள், மேம்படுத்தப்பட்ட வீடுகள், நிழலகம் கொண்ட நடைபாதைகள், உடற்பயிற்சித் தளங்கள், மற்றும் புதிய விளையாட்டு மைதானங்கள் ஆகியவற்றைக் கொண்டு நாம் நமது வட்டாரத்திற்கு மெருகேற்றியுள்ளோம். வரவிருக்கும் தாம்சன்-கிழக்குக் கடற்கரை இரயில் பாதையும் வடதெற்கு வழிப்பாதையும் அங் மோ கியோவிலிருந்து சிங்கப்பூரின் மற்ற பகுதிகளுக்குப் பயணிப்பதை மேலும் சுலபமாக்கும்.

நமது நகரத்தை மேலும் சிறப்புற வைப்பது நமது குடியிருப்பாளர்களே! ஆர்வமிக்கத் தோட்டக்காரர்கள் அங் மோ கியோ வட்டாரம் முழுவதும் காணப்படும் எழில் மிக்க சமூகத் தோட்டங்களை நன்கு பராமரித்து வருகின்றனர். இளையர்களும் பெரியவர்களும் பயனுள்ள வழிகளில் சமூக மன்றங்களையும் உடற்பயிற்சித் தளங்களையும் பயன்படுத்தி ஆரோக்கியமான வாழ்க்கை முறையைக் கடைபிடிப்பது மட்டுமின்றி சமூகப் பிணைப்பையும் வளர்க்கின்றனர்.

நாம் அனைவரும் ஒன்று சேர்ந்து ஒருவருக்கொருவர் கைகொடுத்து நமது நகரத்தை ஒரு சிறந்த உறைவிடமாக்கியது அற்புதமானதொன்று.

நாம் இதுவரை மேற்கொண்டு வந்த பணியைத் தொடர்ந்து செய்து அங் மோ கியோ பகுதியையும் செங்காங் மேற்குப் பகுதியையும் மென்மேலும் சிறப்புக்குரியதொன்றாக்க வினைவோம்.



லீ சியன் லூங்
பிரதமர், அங் மோ கியோ குழுப் பிரதிநிதித்துவத் தொகுதியின் நாடாளுமன்ற உறுப்பினர்



ENHANCING OUR HOMES 优化我们的家园

The first HDB blocks in Ang Mo Kio were built in 1973. Ang Mo Kio and its surrounding towns have grown considerably since then. Today, we have bustling estates with about 105,000 households living in Ang Mo Kio GRC and Sengkang West SMC (aka Ang Mo Kio-Sengkang West).

As a mature estate, we have plenty of facilities: from wet markets to grocery stalls, HDB shops and shopping malls, to hospitals, schools and transport links.

But as the years pass, some of the older blocks need upgrading. That is exactly what we have been doing.

From the Lift Upgrading Programme (LUP) to the Home Improvement Programme (HIP) and the Neighbourhood Renewal Programme (NRP), older blocks and precincts have been upgraded and spruced up so that, besides good amenities, residents can also enjoy comfortable homes and vibrant neighbourhoods.

宏茂桥的第一座组屋建于1973年，从那时起，宏茂桥和其他周边市镇就开始有了长远的发展。今天，宏茂桥集选区-盛港西单选区（又名宏茂桥-盛港西）已经发展成一个成熟繁荣的区域，约十万五千名住户在此安居乐业。

一个成熟住宅区的好处是邻里范围内会有很多便民设施：从湿巴刹到杂货摊档，建屋局商店及购物商场，再到医院、学校，和四通八达的交通网络。

随着岁月的流逝，我们也须要提升区内一些比较陈旧的组屋单位。事实上，这是过去几年来，我们一直在进行的工作。

从“电梯翻新计划”，到“家居改进计划”和“邻里更新计划”，老旧的单位和区域都得到了提升和修复，居民们也因此得以在享受许多便利设施的同时，拥有美观舒适的居家环境和充满活力的邻里社区。



LIFT UPGRADING PROGRAMME 电梯翻新计划

Singapore has an ageing population and Ang Mo Kio-Sengkang West is no different. Many older people have lived here all their lives and want to keep living here with family and friends.

To help the elderly and those who need personal mobility aids to get around, we have been working hard under the Lift Upgrading Programme to ensure that all residents have easy access to a lift. In all, 59 lifts were upgraded in the last five years.

新加坡正面对着人口老龄化的问题，宏茂桥-盛港西也不例外。越来越多的老年人一生都住在同一个地区，他们也希望继续在那里居住。

为了使年长人士和那些需要依赖个人出行设备的人能够更容易出行，我们一直在努力，确保所有居民都能够更方便地搭乘电梯。在“电梯翻新计划”下，我们对老旧电梯进行了翻新与升级。过去五年，我们已成功为59部电梯进行了翻新与升级。



LOVING OUR LIFTS 爱护我们的电梯

As they age, some of our older lifts will inevitably encounter problems. To keep them safe and running, ongoing checks and lift maintenance are a daily part of our work. We have undertaken extensive preventative works on our older lifts in the past few years, such as changing obsolete parts. These efforts have brought down the average breakdown rate of all of our lifts by 77% – from 87 average monthly cases in 2016 to about 20 cases in 2019.

随着时光流逝，一些陈旧电梯偶尔出现问题，是无可避免的事。为了确保电梯安全运行，持续性的检查及电梯维护工作已经是我们不可或缺的日常工作之一。过去几年，我们为较陈旧电梯承担了更广泛的操作故障预防工作，例如更换过时零件等等。事实证明，这些努力取得了显著的成效，我们的电梯故障发生率平均减少了77%—从2016年的每月平均87起，减至2019年的每月平均20起。



SELECTIVE LIFT REPLACEMENT PROGRAMME 选择性电梯更换计划

HDB is helping us to replace lifts that are reaching the end of their lifespans. In the past five years, 118 lifts were replaced under the Selective Lift Replacement Programme.

我们一直与建屋局合作，以替换那些使用寿命即将到期的电梯。在过去的五年中，已经有118部电梯在“选择性电梯更换计划”下获得更换。

REMAKING OUR HEARTLANDS 再创我们的家园



Ang Mo Kio is one of four HDB towns in the next phase of the Remaking Our Heartlands programme. Residents can look forward to exciting enhancements, such as refreshed town centres and neighbourhoods, and spruced up community spaces and parks. These works will rejuvenate Ang Mo Kio-Sengkang West, and also preserve and strengthen our heritage and identity.

通过“再创我们的家园”（Remaking Our Heartlands，简称ROH）计划，我们得以不断翻新我们的市镇和社区，为我们共有的家园增添了活力，也为我们的居民创建了更具特色，更加美观的住屋。宏茂桥是接受下一个阶段ROH计划的四个建屋发展局市镇之一，因此居民可以期待在将来，各项新颖的翻新工程将陆续开展，例如市镇和邻里中心的翻新以及绿化工程，社区空间和公园的各种优化设置等等。这些努力，将能够使宏茂桥—盛港西在散发勃勃活力的同时，也确保我们的文化遗产和身份认同得到妥善的保留。

Coming Soon!

THE GRASSROOTS VIEW

Mr Richmond Aw, 67, moved into his 7th floor three-room flat at Block 213 in Ang Mo Kio Avenue 3 more than 10 years ago. “After I moved in, the lift in my block was upgraded and this has helped bring neighbours together,” said the executive member of the Yio Chu Kang Zone 2 Residents’ Committee. Many of the residents are from the Pioneer and Merdeka generations. “Quite a few elderly people in blocks 211 to 214 are wheelchair-bound,” he said.

“With the lifts now stopping on every floor, residents interact more. People are also paying visits to check on each other, so that no one feels isolated, especially those who are less mobile.”



Mr Richmond Aw, Executive Member of the Yio Chu Kang Zone 2 Residents’ Committee

“In addition to the covered walkways between the blocks, we also have those on the pavement next to the roads since a year or so ago. It’s now very convenient for the elderly and school children. Even if it rains, there is no need to hurry or run.”

About two years ago, car parks were upgraded and more covered walkways were built in Mr Aw’s estate.

Mr Aw, who has three grown-up children and five grandkids, is grateful for the upgrading of the open-air carparks with the new gantry system which makes it convenient for visiting relatives and friends. “I am very happy to stay here. I hope there is no en-bloc in the future as we have a close-knit kampong-like community and atmosphere.”



HOME IMPROVEMENT PROGRAMME 家居改进计划



Under the Home Improvement Programme (HIP), residents of blocks built before 1986 benefit from the installation of new waste pipes, repairing of spalling concrete, pipe sockets replacement, electrical supply upgrades, or the repair of structural cracks.

In addition, residents can apply for the Enhancement for Active Seniors (EASE) Programme – which is also available outside of HIP – to make their homes senior-friendly. Residents can add slip-resistant treatment to floor tiles in their toilets, install grab bars, and even add ramps at their home entrances. So far, 86 blocks have benefitted from HIP. **23 more blocks will complete HIP by 2020, whilst another 79 blocks will be completed in 2021.**

在家居改进计划下，那些在1986年以前兴建的组屋将从中获益，包括装置新的垃圾管槽，维修剥落的混凝土，更换污水管，提升供电装备，或修补结构性裂缝等等。

此外，居民可以选择在“家居改进计划”之外，申请“乐龄易计划”，使他们的居所变得更加宜老宜居。居民可以选择在卫生间的地砖上添加防滑装置、添加扶手杆，甚至在居所入口处添加斜道。截至目前，已有86个组屋单位从“家居改进计划”中受惠。此外，到了2020年和2021年，分别会有23个组屋单位和79个组屋单位将陆续完成家居改进计划。

Coming Soon!

THE GRASSROOTS VIEW

Mr VP Sree Pillai has been living in a two-storey maisonette in Hougang Avenue 8 since 1985 with his wife and three children.

Mr Sree, 68, prefers to take the stairs for exercise but his family appreciates the lift, he said. “It’s also more convenient when you are carrying heavy things up or down. My mother-in-law, who is in her nineties, uses a wheelchair and lives in a nearby block. For her, the LUP has made a big difference. The lift is a gift.”

Mr Sree, who is an administrator in a landscaping company, and his family also benefitted from the Home Improvement Programme a few years ago. Among other things, they had new toilets installed and opted to get new fittings done under the EASE programme.



Mr VP Sree Pillai,
Vice Chairman of the
Ang Mo Kio-Hougang Citizens'
Consultative Committee

“ Better to get it done once and for all.
For the amount you pay and
what you get, it’s worth it.

”



அங் மோ கியோ-செங்காங் மேற்கின் வட்டார விரிவிலான பகுதிகளில் தொடர்ந்து மேற்கொள்ளப்படும் மின்தூக்கி மேம்பாட்டுப் பணிகள், இல்ல மேம்பாடு மற்றும் புதுப்பிப்புப் பணிகள் ஆகியவை, வருங்காலத்தில் இவ்வட்டாரம் இனிமையான உறைவிடமாக தொடர்ந்து அமைய உறுதியளிக்கின்றன.

THE RESIDENT'S VIEW

Ms Divya Marimuthu was just three years old when her parents became proud owners of their very own 5-room HDB flat 28 years ago at Block 222 Ang Mo Kio Avenue 1.

The flat needed sprucing up after a number of years, so when it became eligible for the Home Improvement Programme, her parents were delighted. "The timing was good as they were looking to replace the old toilet bowls, sinks and tiles anyway. They were also glad that they could use CPF funds and pay in instalments rather than a lump sum if they had to engage an outside contractor," said Ms Divya.

There was a brief period of inconvenience as both the toilets were being retrofitted at the same time, and the family of four had to use a portable toilet installed temporarily in their 10th floor flat. They also had to shower in a facility near their block. That only lasted 10 days though. "At the end of the day, we were not paying the full sum, so there has to be some give and take," said Ms Divya.



GROUND BREAKING CEREMONY HOME IMPROVEMENT PROGRAMME
 For Blocks 531 to 535, 535A, 536 to 547 Serangoon North Ave 3 and 4
 Date: 20 October 2019, Sunday | Time: 9.30am to 11am | Venue: Park Beside Blk 542 Serangoon North Ave 4
 Guest of Honour: **Dr Intan Azura Mokhtar MP for Ang Mo Kio GRC**

NEIGHBOURHOOD RENEWAL PROGRAMME 邻里更新计划

The NRP gives a whole neighbourhood a new lease of life. Under the programme, residents can get new letterboxes, fitness corners, playgrounds and covered walkways, just to name a few of the amenities that will be built or improved.

While the NRP is fully funded by the government, it only goes ahead if at least 75% of the leasees in that precinct vote for it.

In Ang Mo Kio GRC and Sengkang West SMC, several precincts are undergoing NRP. They include blocks 221 to 226 (including blocks 226A to 226H) at Ang Mo Kio Avenue 1; another seven blocks from 609 to 615 in Hougang Avenue 8; blocks 567 to 580 and 681 to 684 at Hougang Avenue 4, 8 and Street 51, as well as the multi-storey carparks at blocks 567A, 574A and 576A; and blocks 531 to 547 at Serangoon North, and the multi-storey carpark at blocks 546A and 535A.

邻里更新计划致力于为区内的整个邻里创造新的生活体验。在有关计划下，住户将获得新的邮件信箱，健身角落，游乐场和新的有盖走道，这只是其中几个即将建造或提升的便民设施。

Coming Soon!



Kerja-kerja peningkatan lif yang kerap, program-program pembaharuan rumah dan penaikan taraf di kejiranan yang lebih luas akan memastikan Ang Mo Kio-Sengkang Barat kekal menjadi sebuah kediaman yang menyenangkan untuk semua pada tahun-tahun yang akan datang.

虽然邻里翻新计划可以获得政府的全额津贴，但前提是有关的翻新计划须获得至少75%的住户投票支持，才能落实。

在宏茂桥集选区和盛港西单选区，许多便民设施都在邻里翻新计划下进行着建设工程，如宏茂桥1巷大牌221号到226号，包括大牌226A到226H；还有大牌609号到615号，位于后港8巷的另外7座组屋；后港4巷，8巷及51街，大牌681号到684号的组屋，以及大牌567A，574A及576A的多层停车场。此外，实龙岗北大牌531号到547号组屋，包括大牌546A及535A的多层停车场，都会在邻里翻新计划下获得翻新。



Kami mengambil langkah berjaga-jaga yang kerap untuk memerangi penyebaran denggi. Kami juga mengambil langkah untuk mengurangkan bilangan hama seperti tikus dan merpati di kejiranan-kejiranan kita.

PEST CONTROL 害虫防治

We do all sorts of things to keep pests like rats, pigeons and mosquitoes at bay. We regularly search for and treat rat burrows, and cull when necessary. We have seen a significant decrease in rat burrows after these actions. A recent partnership with the Municipal Services Office, NEA and grassroots to reduce pigeon numbers was successful, bringing numbers down by 75%. In the Mozzie Wipeout, we inspect potential breeding sites such as rooftops and potted plants, and mist drains to kill larvae. We also engage and educate residents on how they can play their part in pest management.

我们采取了多项措施，对各类害虫（老鼠，蚊子及鸽子等等）进行防治，我们会定期搜索和解决老鼠洞穴问题，并且在必要时将之铲除。有关行动得了显著的成效，老鼠洞穴问题也已经大幅度减少。在鸽子数量的控制方面，我们和社区事务署的合作也非常成功，鸽子数量锐减了75%。为了实现“全民灭蚊运动”的目标，我们会检查蚊虫可能滋生的地方（屋顶、盆栽植物及暗沟等），并杀灭有害幼虫。我们也积极教育民众，帮助他们了解自己在控制及消灭害虫方面，所能够扮演的角色。

MANAGING OUR LANDSCAPE 管理我们的生态环境

Ang Mo Kio-Sengkang West has many green spaces for residents to enjoy. We look after six neighbourhood parks and 33 rooftop gardens. Beyond the dedicated parks and gardens, there are about 38,000 trees in Ang Mo Kio-Sengkang West, which all receive regular check-ups and pruning. We also take care of general gardening duties around our estates, such as turfing, grass cutting, and the watering and fertilisation of the many plants in the town. In addition, in 2019 we embarked on a Landscape Improvement Programme. This will enliven our green areas with works such as side planter boxes along pathways and new plants that have educational or medicinal value. **Three sites – in Yio Chu Kang, Cheng San and Teck Ghee – were completed in 2019, and more will come in 2020 and beyond.**

Coming Soon!

宏茂桥-盛港西有很多绿化空间供居民享受。我们总共管理6个邻里公园及33个天台花园。除了专用的公园和花园，大约有38000棵树木在宏茂桥-盛港西茁壮成长，它们都经常接受检查和修剪。此外，我们也负责起社区内的一般园艺工作，例如草皮修剪，除草，以及定期为区内的植物浇水和施肥。除此之外，我们也在2019年启动了生态环境改进计划。使我们的绿化地带变得更有活力，例如在路边添加植物花槽，以及引进更多具有教育或医学价值的新种植物等等。其中，杨厝港，静山和德义这三个地区已在2019年竣工，更多的改进工程也会在2020年及以后开展。



பூச்சிகளை ஒழிக்கவும் நம் நிலவளத்தை நிர்வகிக்கவும் அயராமை எடுக்கும் முயற்சிகள், நம் சுற்றுச்சூழல் சுத்தமாக இருக்கவும் துடிப்புமிக்க உணர்வுகளை ஊட்டவும் உறுதியளிக்கின்றன.



TAKING CARE OF OUR HOME, SUSTAINABLY

持之以恒地照顾好我们的家园

In Ang Mo Kio–Sengkang West, we take climate change seriously and play our part. We have been collaborating with HDB, as part of their large-scale Greenprint project, to install solar panels on HDB rooftops. This will significantly reduce carbon emissions. The blocks will generate their own clean energy for common services such as lifts, water pumps and lighting for common areas.

The ongoing Greenprint initiative has also led to 40 blocks in Teck Ghee undergoing a “green makeover”, which will bring sustainable features to almost 6,000 households. This includes the Pneumatic Waste Conveyance System (PWCS), which will automatically vacuum household waste through underground pipes into a centralised bin centre.

Each year, many residents, young and old, participate enthusiastically at events such as Clean and Green Singapore and Tree Planting Day. Ang Mo Kio Town Council regularly collaborates with schools and other organisations on litter-picking and recycling efforts in our estates.

Among other sustainable initiatives in Ang Mo Kio–Sengkang West, we have installed LED lighting along walkways and cycling paths, which last longer and create less light pollution than the old fluorescent lights. To manage food waste, we have installed an eco-Digester at Block 628 Ang Mo Kio Avenue 4. This machine decomposes waste such as fruits, vegetables and bones, and turns it into water. It can convert up to 300 tonnes of food waste per year.

With efforts like these, it is no wonder that Ang Mo Kio Town Council has been awarded the “Green Band” in Estate Cleanliness in the Town Council Management Report for five consecutive financial years from FY2014 to FY2018, something all of us can be proud of.



在宏茂桥-盛港西，我们了解气候变化是全球性问题之一，我们确保大家都能扮演好自己的角色。我们一直与建屋发展局合作，进行一项大规模的全国性项目，即在组屋顶层装置太阳能电池板，这项举措将显著减少二氧化碳的排放量，而组屋本身也会因此具备自我供应能源的条件，以用于更多公共设施，例如电梯，水泵和公共场所的照明设备等等。

在与建屋发展局合作的另一个项目中，德义区的40座组屋正在进行着“绿色改造”计划，这也是我们环保计划的一部分。这个计划将为近6000户家庭带来许多可持续发展的元素。其中，最令人兴奋的功能是气动垃圾收集系统，这个系统可将家户的垃圾通过地下管道，自动输送到中央垃圾收集站，从而为居民提供更清洁、更绿化的生活环境。

在日常生活中，我们每年都会热心支持许多绿色倡议。许多居民，无论老少，都会热情参与各类环保活动，诸如清洁与绿化新加坡和植树日等等。除了这些大型活动以外，市镇理事会也会定期与学校和其他青年组织合作，在区内进行“捡垃圾”等公益活动。

在宏茂桥-盛港西的其他可持续发展计划中，我们在人行道和自行车道上安装了LED照明设施，与旧式的荧光灯相比，LED照明设施的使用寿命更长，产生的光污染也更少。为了帮助人们更有效地处理厨余，我们也在宏茂桥4巷大牌628号组屋安装了生物消化系统（eco-Digester），有关装置可将水果，蔬菜和骨头等厨余分解为液体，而且每年可转化多达300吨厨余。

通过这些努力，宏茂桥市镇理事能够连续4年，在市镇会管理报告中被评为“绿色级别”（Green Band）。



COMMUNITY CARE 社区关怀

To build a sense of community, we ensure that every neighbourhood has spaces for people to gather. Residents' corners, BBQ areas, community gardens and community clubs all help to bring people together.

When neighbours come together to do yoga in a residents' corner, meet up at an annual festive gathering, or share a BBQ, it is a chance to strengthen relationships, catch up with old friends and make new ones. The result is a greater sense of community — where everyone knows one another, people keep an eye on their neighbours' children, and everyone cares about the well-being of everyone else.

为了提升社区意识，我们确保每个邻里都有供人们集会的空间。无论是居民角落，烧烤区，社区公园还是民众俱乐部，这些空间都可以让人们相聚在一起，进行各种活动。

当邻里住户们聚集在居民角落一起做瑜伽，在常年庆典活动上相会，或在烧烤炉边分享美食，都能够加强彼此之间的联系，也是与老朋友叙旧或结交新朋友的良机。最终成果，是强化大家的社区意识——让每个人互相认识，进而使每个人都相互关照邻居的子女，每个人都更关心人民群众的公共福利。



வலுவான சமூக உணர்வை ஊக்குவிக்க அங் மோ கியோவில் பற்பல பொது வசதித்தளங்கள் அமைக்கப்படும் சிறப்பு நிகழ்ச்சிகள் நடத்தப்படும் வருகின்றன. தீபாவளி ஒன்றுகூடல், சமூக மன்றங்களில் யோகாசன வகுப்புகள், மற்றும் அடுக்குமாடி உண்ணுதல் கீழ்த்தளத்தில் உணவு வாட்டி உண்ணும் போன்ற எண்ணிலடங்கா நிகழ்ச்சிகளில் பொதுமக்கள் பங்குபெற அவர்களுக்கு பொதுமக்கள் செய்துத் தரப்பட்டுள்ளன. வசதிவாய்ப்புகள் செய்துத் தரப்பட்டுள்ளன.

RESIDENTS' CORNERS AND BBQ AREAS 居民角落和烧烤区

The void deck is always a good place for a brief rest on the way back from the market or for a chat with friends. In addition to ad hoc meetings, these spots are now also being used for healthy lifestyle activities.

Also, for those who enjoy cooking outdoors, there are more than 100 BBQ areas around Ang Mo Kio GRC and Sengkang West SMC for residents to get together.

组屋底层始终是在归家途中，让人们作短暂休息或与友人谈天说地的好地方。此外，还可以当做进行临时会议的场所。目前，这些地点也被用来进行各种有益身心的康乐活动。

此外，对于那些享受户外烹饪的人来说，宏茂桥-盛港西周围便设有超过100个烧烤区，供居民聚会使用。





GREENERY AROUND OUR ESTATES 绿化我们的家园

Those who love gardening and want to help green the estate are getting involved in community gardening efforts. There are about 70 community gardens in Ang Mo Kio–Sengkang West, all maintained and cared for by residents. Thirty-three rooftop gardens all around Ang Mo Kio–Sengkang West provide further opportunities to enjoy nature close to home.

Uniquely, there is a rooftop hydroponics farm as well. Called Citiponics Farm@Ang Mo Kio, it is located on the roof of a multi-storey car park at Block 700, Ang Mo Kio Avenue 6.

至于那些喜爱园艺活动，而且想为社区绿化做出贡献的人，也积极参与了社区园艺工作。在宏茂桥—盛港西，共设有约70个社区公园，这些社区公园都由居民帮忙维护与保养。此外，区内的33个天台花园，也为居民提供了更多亲近大自然的机会。与众不同的是，在宏茂桥6巷大牌700号多层停车场的顶层，还有一个叫做Citiponics Farm@Ang Mo Kio的天台水培农场。

THE RESIDENT'S VIEW

Madam Iris Ho, 66, is one of the founders of the award-winning community garden Wu Wo Yuan in Hougang Avenue 4. The community garden grows vegetables and herbs and has fruit trees and flowering plants. About 30 people volunteer regularly at the garden. Of these, 10 are such devoted gardeners that they come twice a day.



“Most of my members are seniors so we need young guys around to help,” said Mdm Ho. “We also distribute the harvest from the garden to needy families identified by the Residents’ Committee.”

Mdm Ho started out just over 10 years ago wanting to grow medicinal herbs, but she now feels that the garden is growing something more important — community. Said Mdm Ho: “My garden is like my home. All the people who are involved are like my family.”



Mr Jeremiah Soh, who resides at Block 501 Ang Mo Kio Avenue 5, is one of the pioneer members who set up Cheng San Crest Community Garden at Ang Mo Kio Avenue 5 last year. The garden, which has about 50 plots, is cared for by residents living in blocks 501 to 510 who have planted vegetables, fruits and flowers.

“The gardening has helped to foster closer community ties,” said the 34-year-old. “Instead of just ‘hi and bye’ when running into each other in the lifts or the lobby, the two to three hours spent with those sharing common interests not only help to beautify the surroundings but also build rapport and foster community spirit among residents.”

This sense of community extends to those without green thumbs too, he said.

“We also share the harvest of fruits and vegetables among ourselves or our neighbours, and organise other communal activities, especially during festive periods like the mooncake festival which kids always enjoy,” said Mr Soh, who holds a marketing job and doubles as a freelance emcee and singer for the activities. “That way, we keep the older folks not only connected but also involved in healthy activities such as sing-a-long sessions during their workouts at the community centre.”

THE GRASSROOTS VIEW

Mr VM Karmegam, 71, retired some years ago after a busy career in the Channel NewsAsia newsroom. Today he immerses himself in community work. “It keeps me occupied and I enjoy speaking with people,” he said.

A resident of Cactus Sunrise in Cheng San, Mr Karmegam helps to promote a strong community spirit among Cheng San’s private estate residents. As Chairman of the Cheng San Cactus Sunrise Neighbourhood Committee, he helps arrange events for residents, such as durian feasts and festive shopping trips. “Our senior residents particularly enjoy the shopping trips, as we take care of things like transport for them,” he said.

“Our biggest annual event is a ‘Getting to Know You’ dinner, which hosts up to 40 tables and welcomes the Grassroots Adviser as Guest-of-Honour. Such events build and maintain rapport with residents,” Mr Karmegam said.

Mr Karmegam is encouraged by discussions between HDB estate Resident Committees and his Cactus Sunrise committee to share resources and build rapport between HDB and private housing dwellers.

Thanks to people like Mr Karmegam, the kampong spirit is alive and well in our private estates.



Mr VM Karmegam,
Chairman of the Cheng San Cactus
Sunrise Neighbourhood Committee

“
We always ask ourselves,
‘what else can we do to
better serve our residents?’
”



COMMUNITY CELEBRATIONS 社区庆典



Ang Mo Kio–Sengkang West plays host to many community gatherings each year, bringing residents together to celebrate special occasions. Ethnic festivals and events such as National Day and Children’s Day are just some of the fun occasions residents enjoy together, which are often held at community clubs, void decks and other shared spaces in Ang Mo Kio–Sengkang West.

宏茂桥—盛港西每年都会举办多项社区聚会活动，让居民在不同的节日里同欢共庆。各民族的传统佳节，以及国庆日，儿童节等佳节，都是能让大家济济一堂享受快乐时光的场合。这些庆典活动通常都会在宏茂桥—盛港西的民众俱乐部，露天舞台及公用空间举办。





Artist's Impression

COMMUNITY CLUBS

民众俱乐部

Community Clubs are the heart of a neighbourhood, something **residents of Fernvale can look forward to when Fernvale Community Club (CC) opens later this year.** In addition to having a playground, a childcare centre, a hawker centre and a gym, the integrated community facility will be the first CC in Singapore to house a wet market. Located next to Fernvale LRT and Seletar Mall, it is slated to be that area's next star attraction.

Fernvale CC will join other CCs in Ang Mo Kio–Sengkang West, such as Anchorvale CC, Ang Mo Kio CC, Cheng San CC, Ci Yuan CC, Hwi Yoh CC, Teck Ghee CC and Yio Chu Kang CC. Ci Yuan CC, along Hougang Avenue 9, opened in 2015 and was the first CC to have its own hawker centre and family clinic.

Coming Soon!



Kelab-kelab Masyarakat merupakan ruang-ruang penting di Ang Mo Kio–Sengkang Barat kerana di situlah seluruh keluarga boleh melakukan aktiviti bersama dan berhibur. Inilah sebabnya mengapa kami sedang membina balai-balai rakyat yang baru dan telah menaik taraf yang lain.

As well as building new CCs for residents, we are not forgetting to upgrade existing ones. PM Lee Hsien Loong officially re-opened the upgraded Teck Ghee Community Club in January 2019.

The new club is much bigger than the old one, with nearly 1,200 sq m of floor space added to it. The CC used the additional space for new facilities like the rooftop terrace, which has become very popular with residents. The new club also has a culinary studio, so those learning to cook can follow the action closely.



民众俱乐部是邻里的心脏地带，而芬微地区的居民指日可待的是芬微民众俱乐部将在今年开业。其独特之处在于：它将成为新加坡第一个结合了湿巴刹的民众俱乐部。芬微民众俱乐部还将设有游乐场，托儿所，小贩中心和健身房。它毗邻芬微轻轨车站和实里达购物中心，它将毫无疑问成为本区域的下一个耀眼焦点。

和位于宏茂桥—盛港西的其他民众俱乐部一样，芬微民众俱乐部也将加入这个大家庭，这些广受欢迎的民众俱乐部还包括茨园民众俱乐部和德义民众俱乐部。位于后港9巷的茨园民众俱乐部在2015年启用，是第一个拥有专属小贩中心和家庭诊所的民众俱乐部。

除了为居民建设新的民众俱乐部，为公众提升现有的民众俱乐部也很重要。2019年1月，李显龙总理就为翻新后重新开放的德义民众俱乐部主持了开幕仪式。翻新后的德义俱乐部比原有的俱乐部更为宽敞，占地面积也增加了近1200平方米。

有了这些额外添加的空间，即意味着我们可以增添其他新的设施，例如大受居民欢迎的顶层露台。新的俱乐部也设有一间升级版的烹饪室，让那些学习烹饪的公众可以在学习当儿，更近距离地关注烹调过程。

THE GRASSROOTS VIEW

Mr Royston Tan knows the Teck Ghee Zone C Residents' Committee (RC) is focused on one thing — creating a caring community. Also known as the Teck Ghee Care Residents' Network, the RC centre is located at Block 321 Ang Mo Kio Street 31, together with a senior citizens' corner.

“The RC has so many activities that we also use the multi-purpose hall at Block 315 for things like yoga. The amphitheatre in front of Block 306 is another venue for activities,” said Mr Tan, the 43-year-old RC chairman.

To build community, the RC organises many regular activities, such as brisk walking, stretch band exercises and tai-chi, on top of celebrating special occasions like Children's Day, New Year's Eve and Chinese New Year. “Yoga is one of our more recent activities which was introduced in 2019,” said Mr Tan.

In addition to the RC centre's activities, the area also has facilities such as the two BBQ pits next to Block 306. While the location is not ideal, it is still popular. “I myself have booked the BBQ pit a few times for a gathering with friends and family members,” said Mr Tan.



Mr Royston Tan,
Chairman of the Teck Ghee Zone C
Residents' Committee

“
It is very heartening to see more residents coming forward and taking part in the activities we plan for them.
”





CONNECTIONS AND COMMUTES

连接与往来

Ang Mo Kio's excellent location, mature neighbourhoods, a good spread of hawker food and convenient transport links are perks for residents who live here.

Over the last few years, the number of bus services has increased and access to bus stops has improved with the addition of sheltered linkways. And with **new projects coming up like the 21-km North-South Corridor and the Thomson-East Coast MRT line**, that transport network will only get better.

Coming Soon!

宏茂桥位于新加坡中部，优越的地理位置、发展成熟的邻里，以及四通八达的公共交通系统和道路网络，都是该区居民的特殊福利。

过去几年，巴士的服务趟次增加，衔接巴士站的通道也获得提升与改善，并且添加了走廊盖。随着各项新计划的开展（例如全长21公里的南北交通廊道以及汤申—东海岸地铁线），都会令整个交通网络更加完善。

THE GRASSROOTS VIEW

Mr Philip Sim, 47, is a senior lecturer in a polytechnic who has been living in Anchorvale for more than 10 years. Mr Sim enjoys the convenience of living in Sengkang. Thanks to the Sengkang LRT line which connects to the Northeast Line, getting around by train is very easy.

Mr Sim and his family also like going on outings to the airport, which is just half an hour away by bus. "We go to the airport very often," he laughed.



Mr Philip Sim,
Sengkang West Citizens'
Consultative Committee member

“
In fact, in most places in Sengkang, you can get to an LRT station within five or 10 minutes.
”



Ang Mo Kio-Sengkang Barat merupakan salah satu kawasan yang memiliki rangkaian hubungan di seluruh Singapura. Dengan pembangunan baru dalam perancangan, ia bakal bertambah lebih baik pada masa hadapan.

THOMSON-EAST COAST MRT LINE 汤申—东海岸地铁线

When the new Thomson-East Coast Line is up and running, Ang Mo Kio residents will be spoilt for choice. The line gives residents another way to go north to Woodlands, south to Orchard Road and Marina Bay, and eventually, east to Marine Parade, Siglap and Bedok South.

The 43-km-long line will have 32 stations and eight interchange stations that link to all the other existing MRT lines by the time it opens in full in 2024. The new TEL trains will have five doors on each side of their cars, making it easier to get on and off. The line will have two stops in Ang Mo Kio, at Mayflower and Lentor. Lentor Station is located off Lentor Drive near the junction of Yio Chu Kang Road and Ang Mo Kio Avenue 4.

The Ang Mo Kio stretch of the line will open sometime in 2020, connecting to Caldecott Station on the Circle Line. By 2024, commuters will be able to ride on the line all the way to its final stop in the east, Sungei Bedok.

Coming Soon!



当汤申—东海岸地铁线竣工并投入运作的时候，居住在宏茂桥的居民将雀跃万分。因为有关地铁线路将为居民带来前所未有的交通便利，不但北接兀兰，而且南通乌节路和滨海湾，最后，往东也可直驱马林百列，实乞纳和勿洛南。

全长43公里的地铁线，沿途设有32个停靠站和8个中途转换站，可衔接到现在其他地铁线。在这条地铁线上，宏茂桥就拥有两个停靠站，分别是美华站和伦多站。伦多站设在伦多通道，靠近杨厝港路与宏茂桥4巷交界处。

宏茂桥延伸线将在2020年开放，有关线路可通往环岛地铁线上的加利谷站。到了2024年，你将能够搭乘本趟列车，直达东部最后一站——双溪勿洛。

அங் மோ கியோ-செங்காங் மேற்குப் பகுதி சிங்கப்பூரின் மற்ற பகுதிகளோடு நல்ல போக்குவரத்துத் தொடர்பைக் கொண்டுள்ளது. இத்தொடர்பு, வரும் அண்மைக் காலத்தில் லெண்டோரிடும் மே. ப்லவரிடும் பெருவிரைவு தாம்சன்-கிழக்குக் கடற்கரை பெருவிரைவு போக்குவரத்து இரயில் நிலையங்களின் கட்டுமானப் பணிகள் முடிவடைந்ததும் மேலும் விரிவடையும்.

THE GRASSROOTS VIEW

Madam Lorina Law, 60, likes to keep active. Nowadays she enjoys the walk to Yio Chu Kang MRT from her home. She has lived at Far Horizon Gardens since 1986, and remembers feeling differently about the walk when her life was more rushed: "It felt like miles away!"

Mdm Lorina is a grassroots leader who has been active in community work for more than 30 years. She said, "Yio Chu Kang MRT takes 10 minutes by bus or is a 15-minute walk in the hot sun, which is fine for me but isn't so easy for many residents in my area, especially the elderly or young families."

Which is why many residents are looking forward to the opening of Lentor MRT station this year on the Thomson-East Coast Line. The station will serve the Lentor residential estate, as well as condominiums such as Far Horizon Gardens, Seasons Park, Castle Green, Thomson Grove and The Calrose. Mdm Lorina says, "As well as the convenience, I think the new station will change people's mindsets. With the station now so close, I hope more people will put away their cars and take public transport instead."



Mdm Lorina Law,
Secretary, Yio Chu Kang Green View
Neighbourhood Committee

The new station will be only 100 metres away, so it will be very convenient for nearby residents.

CONNECTING OUR PRIVATE ESTATES 连接我们的私人住宅区

Residents in private estates can be living far from MRT and bus stations, so we have taken measures to help ease commuting. SMRT Bus Service 825 serves private homes within Lentor Estate, connecting residents to and from the Yio Chu Kang MRT and Bus Interchange. Operating on weekdays and Saturday mornings, this is a unique example of a public bus service operated with minibuses.



居住在私人住宅区的民众，在往来地铁站或巴士站的时候，距离上可能比较远，所以我们会采取措施，帮助居民节省通勤时间。SMRT巴士公司旗下的825号巴士，就为伦多花园里的私宅居民提供服务，让居民能够更方便地往来杨厝港地铁站及巴士转换站。有关巴士在星期一至五及星期六早上运作，而公共巴士服务公司使用迷你巴士载客，也是一个很独特的例子。



THE RESIDENT'S VIEW

Madam Siti Azizah is a 37-year-old validation engineer living in Teck Ghee Park View. "I used to live in Tampines. Having moved to Ang Mo Kio, I am happy that my commute time to work has been cut to 45 minutes instead of an hour and a half," she said. Her husband finds it easy to get to work at Changi Airport from Ang Mo Kio too. When her mother visits, she insists on taking the MRT from Tampines to Ang Mo Kio even though Mdm Azizah offers to get her a taxi. "My 66-year-old mum is happier to take a train than a cab."

NORTH-SOUTH CORRIDOR 南北交通廊道

Motorists living in Ang Mo Kio are looking forward to the opening of the 21-km-long North-South Corridor (NSC) in 2026. The NSC will connect Ang Mo Kio with towns to the north — Woodlands, Sembawang and Yishun — and with Bishan, Toa Payoh and the city centre in the south.

The NSC will have 16 entrances and 17 exits altogether and links to the Seletar Expressway, the Pan-Island Expressway and the East Coast Parkway. It will have a dedicated express bus lane, a dedicated cycling trunk route, and will also link to Park Connector Networks and cycling path networks within HDB towns.

居住在宏茂桥的驾驶人士，正热切期待着即将在2026年开通的南北交通廊道（NSC）。南北交通廊道全长21公里，它将把宏茂桥与北部市镇——兀兰，三巴旺和义顺，以及碧山，大巴窑和南部的中央商业区衔接起来。

南北交通廊道共设有16个入口和17个出口，可衔接到实里达高速公路、泛岛高速公路和东海岸公园大道。它也设有一条快捷巴士专用道，一条自行车专用道，并且还会链接公园连道和组屋区内的自行车道路网络。



Coming Soon!

CYCLING AND WALKING CONNECTIONS 贯通整个自行车道与人行步道



A 4-km cycling path that loops around Ang Mo Kio Avenues 1, 3 and 8 was built in 2016. Cycling enthusiasts can now look forward to **Phase 2, when the network will be extended by another 16 km, including an uninterrupted 2.6-km-long walking and cycling "corridor"** that takes cyclists from Yio Chu Kang MRT station all the way to Bishan-Ang Mo Kio Park. The distinctive red path has safety features such as road markings to alert motorists

Coming Soon!

of pedestrians and cyclists at crossings.

Apart from this, to bridge the first mile and last mile gaps, we have built 12 km of footpaths and shared paths to link cycling tracks and park connectors. Safety signages, painted markings on the paths to advise pedestrians and cyclists to keep a lookout, as well as bicycle racks have been installed across the towns.

在2016年，我们在宏茂桥1巷，3巷及8巷的周边地区，建设了一条全长4公里长的自行车道。现在，自行车运动爱好者可开始期盼第二阶段的发展了。当这条自行车道网络延长另外16公里（包括一条全长2.6公里的步行及自行车“走廊”）时，骑士们将可以从杨厝港地铁站出发，骑车直达碧山—宏茂桥公园。这条独特的红色通道设有许多安全特点，例如在路口交界处给骑士发出提醒，以及“留意行人及其他骑士”等道路标记。

除此之外，为了弥合开始一公里和最后一公里的距离，我们也建设了一条12公里的行人步道和共享路径，将自行车道和公园连道衔接起来。道路上的安全标志和彩绘标记，也时刻提醒行人和骑士保持警惕，除此之外，我们也在社区里多个地区安装了自行车车架。





SHELTERING YOUR JOURNEY 有蓋走廊和落客点

Throughout the last five years, the town council has been improving the linkways, not just next to bus stops, but also between blocks. So even if you have to walk a little further to get to the bus stop, you are going to get there in comfort. To date, we have 1,216 covered linkways in Ang Mo Kio-Sengkang West. We have also built 324 sheltered drop-off points for the convenience of residents.



过去五年，市镇会一直致力于提升与改善各个连道与走廊，不仅是靠近巴士站的连道，也包括组屋之间的走廊，即使您必须走远一些才能到达巴士车站，我们也希望那是一段堪称舒适的路程。为了给居民提供更大的便利，迄今为止，我们已经在宏茂桥-盛港西建设了1216个有盖走廊，以及324个有盖落客点。

MAKING IT EASIER TO CROSS ROADS 让过马路更轻松

Overhead pedestrian bridges help us cross busy roads, but climbing up and down can be difficult if not impossible for elderly people or those with special needs. We have been working with LTA to install lifts to some bridges in Ang Mo Kio-Sengkang West. These lifts help make more door-to-door journeys for our residents barrier-free.

行人天桥可以帮助我们越过繁忙的马路，但是对那些有特殊需求和年长人士来说，要走上下这天桥，可能会有困难，甚至是不可能的事。因此，我们与陆路交通管理局合作，为宏茂桥-盛港西的一些天桥装置了电梯。这些电梯使我们的居民在无障碍的情况下，能够更自由地出行。



THE RESIDENT'S VIEW



Madam Heng Seok Hong, 70, is grateful for the new Skybridge that connects the multi-storey carpark at Block 404 Fernvale Lane to the bus stop on Yio Chu Kang Road. She has been using a walking stick for the past few years, and is glad that she can now take the lift at the carpark to get to the Skybridge.

"It's much faster and more convenient as I don't have to climb 40 steps to get to the bus stop," said the grandmother of two.

Mdm Heng, who lives in Block 405, usually takes the bus to the Lorong Ah Soo market, meets friends for morning exercises or chats at coffee shops. "I only buy a little each time from the market unless my daughter accompanies me," said Mdm Heng in Teochew.





CARING FOR OUR CHILDREN 关怀我们的孩子

We have built 225 playgrounds for kids of all ages. We also continually make sure that they are safe. For older playground equipment, or those that are beyond repair, we upgrade or replace them. Meanwhile, our new 3G zones combine adult exercise facilities with children's playgrounds, so the adults can burn off some calories while the children play nearby.

我们为不同年龄层的孩子建设了225个游乐场，并且确保这些设施都是安全的。至于那些比较陈旧，或无法维修的游乐场设备，我们也会进行提升或替换。同时，我们全新的3G活动地带，也会把运动设施及游乐场结合，这样一来，当孩子们在附近玩乐时，成年人也能安心地通过运动，将体内的一些卡路里燃烧掉。

FAMILY AND FITNESS 家庭与保健

Ang Mo Kio–Sengkang West is home to everyone, from toddlers to senior citizens. With that in mind, we have built numerous facilities around the estate both for families with young children, as well as for the elderly.

There are childcare centres, kindergartens and playgrounds where the little ones can run around happily and safely. However, we do not forget the needs of adults and elderly family members. We build 3-generation (3G) playgrounds-cum-fitness zones, as well as elderly-friendly fitness corners and gyms so that all of us can keep fit, healthy and active. There are also running and cycling tracks, parks, sports centres and more to enable all to maintain a healthy lifestyle.

宏茂桥—盛港西是大家的家园，无论您是孩童或是乐龄人士。有鉴于此，我们也为社区内有小孩的年轻家庭以及年长者，建设了许多便利设施。

在整个宏茂桥—盛港西区内，设有很多托儿所，幼稚园及游乐场，孩子们可以快乐、安全地四处走动。与此同时，我们并没有忘记乐龄人士和年长家庭成员的需求。我们建立了适合3代人一起活动的游乐场和健身区，以及适合老年人活动的健身区角和健身房，使我们所有人都能保持强壮、健康，并且充满活力。此外，这里还有跑道及自行车道、公园、运动中心，以及能让大家保持健康生活的各种设施。

THE RESIDENT'S VIEW

Mr Jay Teo, 37, moved into his flat at Anchorvale Link in 2014. He is pleased with the new amenities close to his home such as the Sengkang General and Sengkang Community hospitals.

"I also like the convenience of nearby eating outlets and the easy access to ATMs," he said. Another selling point is the good transport links. The closest MRT station on the Northeast Line is within walking distance from his home.

When he first moved in six years ago, his kids would play in the neighbourhood playground which catered to toddlers. "They are now four and six, so I need to go a little further to find a suitable playground, but it is not really an inconvenience," Mr Teo said.

He is looking forward to more playgrounds being built in the new estate. In addition, he is also hoping a community garden will be set up soon so that residents can get to know each other better. "As residents in BTO flats are usually young couples, I would love to see more facilities that cater to families with young children," he said.



THE GRASSROOTS VIEW

Mr Daryl Kwang understands well the value of child-friendly amenities in his neighbourhood. “My family and I have been living in Buangkok Crescent for more than 10 years. We have two kids, a 13-year-old boy and a 9-year-old girl. My kids, especially the younger one, love the playground and go down almost every day, especially after they upgraded the playground sometime in 2019.”



Mr Daryl Kwang,
Vice Chairman of the Jalan Kayu Zone 8 RC

“
The equipment is more colourful and vibrant and there are more things for them to do.
”



அங் மோ கியோ-செங்காங் மேற்குப் பகுதி அனைத்துத் தலைமுறையினருக்கும் உகந்த குழலாகத் திகழ்ந்துள்ளதால் நாம் இளையர்களுக்கும் பெரியவர்களுக்கும் புதுப்புது வசதித்தளங்களை உருவாக்குவதோடு ஏற்கனவே அமைக்கப்பட்ட வசதித்தளங்களை மேம்படுத்துகின்றோம்.

LOOKING OUT FOR THE ELDERLY 关注年长者

Singapore has an ageing population. Ang Mo Kio, being one of the older estates, has a higher than average proportion of senior citizens. As such, facilities have been constructed or upgraded to make them barrier-free and wheelchair accessible.

和世界上许多国家一样，新加坡也面临着人口老龄化的问题，宏茂桥作为一个发展比较成熟的社区，老年人的人口比例也高于全国平均水平。因此，我们必须对社区内的设施进行提升与翻新，以确保它们都能够达到无障碍通行的目的，并且便于轮椅使用者通行。



Ang Mo Kio-Sengkang Barat merupakan kediaman kepada semua generasi. Itulah sebabnya mengapa kami telah membina kemudahan-kemudahan baru dan memperbaiki lagi kemudahan-kemudahan sedia ada untuk golongan muda serta yang berumur.

SILVER ZONES 银发区

We have commenced work on two Silver Zones for senior citizens — one at Ang Mo Kio Avenue 10 and Ang Mo Kio Street 43, and one at Hougang Street 91, Street 61 and Avenue 4. These will be completed in 2020. The Silver Zone scheme includes ramps at crossing points so that the elderly who use wheelchairs and personal mobility aids can cross the road easily and safely.

Coming Soon!

The Silver Zone also encourages motorists to drive more carefully. Numerous signs will warn motorists to slow down and to expect more senior citizens. To make sure they do slow down, there will be more humps on the road.

我们已开始在宏茂桥（10巷及43街）和后港（91街，61街及4巷）动工建设银发区，并且会在2020年完成。这项措施将确保在所有的道路交界处，都会铺设斜道，让轮椅使用者及其他个人代步工具可以更轻便地穿行。

银发区范围内也须要驾驶者更加谨慎地行驶。邻里内会竖立许多指示牌，提醒驾驶者放慢车速，并且时刻记住可能有更多乐龄人士会突然出现。为了让驾驶者放慢车速，当局也会在马路上铺设更多减速丘。

SPACES FOR SENIOR CITIZENS

乐龄人士活动空间

The senior citizens' corner is the perfect place to meet up with old friends. One of our biggest corners is at Block 433 Ang Mo Kio Avenue 10, called Touchpoint@AMK 433. As big as two-and-a-half basketball courts, it has a gym, a community health post, a community garden, sheltered boardwalks and an outdoor pavilion. It was completed in 2018 and is now a hive of activity.

We also have numerous smaller places around the estate. One of the more recent ones is at Block 418, Ang Mo Kio Avenue 10, which has its own toilet as well. We have also developed fitness centres with elderly-friendly equipment that is gentle on ageing joints such as the one near Block 410B Fernvale Road. We also recently upgraded the elderly fitness corners at Blocks 308C and 337 at Ang Mo Kio Avenue 1.

In all, we have established 228 senior/fitness corners and void deck gyms in Ang Mo Kio–Sengkang West.



乐龄人士角落是与老朋友聚会的理想场所。其中一个规模最大的乐龄人士角落就位于宏桥10巷，大牌433号的Touchpoint@AMK 433。它占地约两个半篮球场，设有健身房、社区康乐中心、社区公园、有盖走道及一个室外凉亭。它建于2018年，目前已发展成一个充满活力的热闹活动区。

在我们区内，还有着许多空间与面积较小的地方。我们已经在宏茂桥建立了228个乐龄人士角落。最近完成的其中一个乐龄人士角落位于宏茂桥10巷大牌418号，有关角落还拥有自己的专属厕所。

我们还建设了许多健身中心，这些健身中心都配置了适合乐龄人士使用的设备，有利于年长者活动关节，例如芬微路大牌410B附近的健身中心。最近，我们也翻新了宏茂桥1巷大牌308C和337号组屋的乐龄人士健身角落。



HOSPITALS AND POLYCLINICS 医院及诊所

In August 2018, two new hospitals opened in Sengkang. The Sengkang General Hospital has a capacity of 1,000 beds whilst the 400-bed Sengkang

Community Hospital helps with the long-term rehabilitation of patients who need step-down care.

Meanwhile, since January 2018, residents in Ang Mo Kio have been going to the new Ang Mo Kio Polyclinic at 21 Ang Mo Kio Central 2 (between the Ang Mo Kio Public Library and Courts). The new polyclinic is bigger with more lifts, handrails, non-slip flooring and wider passageways.

The Ang Mo Kio-Thye Hua Kwan Hospital in Avenue 9 also provides step-down care for residents who need to be in hospital but are not in an acute condition. The hospital is also one of the few in Singapore to offer pet-assisted therapy to help patients recover faster.

2018年8月，已有两家医疗保健机构在盛港启用。盛港综合医院可容纳1000张病床，而盛港社区医院则可容纳400张病床，可为需要疗后护理的病患提供长期的复健服务。

同时，自2018年1月开始，宏茂桥地区的居民已开始前往提升后的新综合诊所求诊，它位于宏茂桥中心2，门牌21号（宏茂桥公共图书馆与Courts之间）。这个规模更大的综合诊所，也设有更多电梯、扶手、防滑地板和更宽敞的通道。

位于宏茂桥9巷的宏茂桥-太和观医院，则为需要住院，但病情不严重的居民提供疗后护理。这家医院也是新加坡为数不多，可提供宠物疗法的医院之一。患者可以借助小动物的辅助，接受治疗，以加快康复进程。

THE GRASSROOTS VIEW

Mr Kenneth Koh, 43, the Chairman for Cheng San Zone C Residents' Committee, says the fitness corners in the estate are being upgraded to meet the needs of Ang Mo Kio's elderly population.

These days, the equipment is likely to employ hydraulics for better control of tension for more therapy-based workouts. "This has led to higher usage in some areas in Ang Mo Kio, such as at Blocks 575 and 576," he noted.

"Catering to the growing silver generation was also the reason for relocating the Ang Mo Kio Polyclinic to bigger premises and building more senior care centres", said Mr Koh, who is an operations manager.

These senior care centres are ramping up their activities. "We are conducting more morning exercises with breakfast thrown in at the centres. There are also handicraft activities in the afternoon."



Mr Kenneth Koh,
Chairman for Cheng San
Zone C Residents' Committee

“All this is to encourage more participation as well as to enable senior citizens to make friends.”

However, younger residents have not been ignored. With new BTO blocks coming up in the estate, there are now three childcare centres – one new and another expanded to cater to younger families. There are also plans to include and expand cycling and shared paths to ease congestion while catering to mobility in the neighbourhoods, Mr Koh said.



THE GRASSROOTS VIEW

Mr Jeffrey Cheng, 40, notes that after the new SATA CommHealth Centre at Block 447B Jalan Kayu opened last June, elderly residents no longer need to take a 30-minute trip for health checks or to collect their medication.

The centre is run like a mini-polyclinic with a focus on helping low-income seniors, particularly those living in rental flats. It offers vaccinations, health screening and preventative care to help seniors keep track of their health. “The centre also provides community exercise programmes, befriending and home care services,” said Mr Cheng.

Mr Cheng, the Chairman of the Sengkang South Zone H Residents’ Committee, knows the centre will play an important role in the community. “For those who are less mobile, the staff can visit their homes. The centre also has social workers who can take over from caregivers for short periods if they need to run errands,” he said.

He added that many residents use the facilities. “They can now just walk over from their flats to take an ECG or collect medication without taking a few LRT stops to the nearest polyclinic as the centre is at the heart of the residential area.”



Mr Jeffrey Cheng,
Chairman of the Sengkang South
Zone H Residents’ Committee

“ It is an area where they can mingle with others, read newspapers or take part in daily morning exercises at a new multi-purpose hall led by a trainer or staff from the centre. ”



FUN AND FITNESS 玩乐与健身

Residents of Ang Mo Kio–Sengkang West are spoilt for choice when it comes to sports and recreation activities. To provide easy opportunities to exercise, 228 fitness corners have been built. The first Sports-in-Precinct at 541 Hougang Street 52 was launched in December 2019 in partnership with Sports Singapore. It has a futsal court, an indoor court, two playgrounds as well as a fitness corner.

We have Ang Mo Kio Town Garden West and Ang Mo Kio Town Garden East. Sengkang Riverside Park offers jogging trails and water sports to those who want to work up a sweat. Sungei Punggol runs through the park, which also boasts Sengkang Floating Island, the largest man-made floating wetland in Singapore.

In addition to the many parks, gardens and park connectors in the estate, there are numerous, purpose-built sports facilities in the area such as Buangkok Sports Park and Ci Yuan Sports Park.



THE GRASSROOTS VIEW

Madam Noriani Binti Osman, 48, is a team leader in a sports facility office, so it's no surprise that health and fitness are important to her. A resident of Ang Mo Kio–Hougang division, Mdm Noriani is very pleased with the recent revamp of Ci Yuan Sports Park, saying, "It is situated at a convenient location within walking distance from our residence. Since the revamp it has become our 'lepak' corner!"

Mdm Noriani appreciates how such outdoor spaces give friends and families chances to spend precious moments together. "I would like to see more such parks, and, ideally, a skate-cum-cycling park for youngsters," she said.



Mdm Noriani Binti Osman,
Chairlady, Malay Activity Executive Committee;
and Secretary, Women's Executive Committee

“
To lead a happy life,
you need to be active
and stay healthy.
”



Artist's Impression

அங் மோ கியோ- செங்காங் மேற்குப் பகுதிகளில் வசிப்போர் ஆரோக்கியமான வாழ்க்கைமுறையைக் கடைப்பிடிக்கவும் கறுசுறுப்பாக இயங்கவும் பல வாய்ப்புகள் உள்ளன! எல்லா வயதினர்களும் பயன்பெற்று இன்புற வட்டாரமெங்கும் எண்ணற்ற விளையாட்டு வசதித்தளங்கள் அமைக்கப்பட்டுள்ளதோடு இதுபோன்ற தளங்கள் மென்மேலும் உருவாக்கப்படும் வருகின்றன.

AQUATIC FUN ON THE WAY 欢乐水上活动即将登场

Residents will soon have new places where they can spend time to play and bond when two aquatic themed playgrounds at Buangkok Crescent and Anchorvale Road are completed. Each playground is designed with a unique theme and facilities to offer variety to residents. Both will use the existing natural surroundings to educate the young on preservation and conservation.

Coming Soon!

A cycling path connects the two playgrounds via the park connector. The playgrounds are expected to be completed by 2021.

当两个分别位于万国弯及安谷路的综合水上主题游乐场竣工时，居民将有另一个能消磨时光，玩乐及联系感情的地方。每个游乐场都会依据独特的主题和设施而设计，为居民提供多样化的休闲娱乐。它们将以现有的自然环境为基础，培养年轻一辈的保育意识。

此外，我们也将建设一条通过公园连道，把两个游乐场衔接起来的自行车道。游乐场预计会在2021年竣工。

Tiada alasan untuk enggan bergiat cergas di Ang Mo Kio–Sengkang Barat! Kami ada kemudahan sukan yang amat banyak di seluruh kawasan untuk dinikmati para penduduk dari semua peringkat usia, dan sedang mencipta lebih banyak lagi.



The Buangkok Sports Park has tennis, futsal and badminton courts, a skate park and fitness stations. The Ci Yuan Sports Park was revamped in 2016 and now boasts three-generational fitness equipment, a children's playground, a jogging track and basketball court. At Sengkang West, the

Sengkang Sports Centre is equipped with four swimming pools and five water slides, an indoor sports hall, and a synthetic pitch for football and hockey.

宏茂桥 - 盛港西的居民，在体育运动及休闲活动方面也会有很多选择。我们已建设了228个健身角落，让居民能够更方便地进行体育活动。2019年12月，在我们和新加坡体育理事会联合推展后港52街大牌541号组屋的第一个邻里体育计划之际，我们会看到了一个五人制足球场，一个室内运动场，两个游乐场以及一个健身角落。

我们有宏茂桥西公园和宏茂桥东公园，以及盛港河畔公园，为那些享受大汗淋漓的运动爱好者提供跑道和水上运动。流贯公园的榜鹅河（Sungei Punggol），还有新加坡最大的人造漂浮湿地——盛港漂浮湿地（Sengkang Floating Island）。

除了社区内的众多公园，花园和公园连道之外，我们还有许多专门建设的体育设施，例如万国运动公园和茨园运动公园。

万国运动公园内设有网球场，五人制足球场及羽毛球场，一个滑轮公园和健身中心。而在2016年改建后的茨园运动公园，目前拥有适合3代人一起锻炼的健身设备，以及儿童游乐场、跑道及篮球场。在盛港西的体育中心，也设有四个游泳池和五个滑水道，一个室内体育馆以及一个足球和曲棍球综合球场。

Let's keep putting the Heart in Heartlands together



It has been our privilege to serve you in Ang Mo Kio–Sengkang West and help bring these developments and improvements to our home. We look forward to continuing to work together with you all to keep on making Ang Mo Kio–Sengkang West a better place to live, work and play.

能够在宏茂桥–盛港西为您服务，并且将各种发展与提升计划落实到我们的家园里来，是我们的荣幸。我们期待与大家一起继续努力，把宏茂桥–盛港西打造一个环境优美，设施完善的市镇。

Kami berbesar hati dapat berkhidmat untuk anda di Ang Mo Kio–Sengkang Barat serta berupaya membawa pembangunan dan pembaikan kepada kediaman kita. Kami tidak sabar untuk terus bekerja dengan anda semua demi menjadikan Ang Mo Kio–Sengkang Barat tempat yang lebih baik untuk hidup, bekerja dan bermain.

அங் மோ கியோ-செங்காங் மேற்குப் பகுதியில் உங்களுக்குச் சேவையாற்றி நம் உறைவிடத்திற்குப் பல மேம்பாடுகளையும் முன்னேற்றங்களையும் கொண்டு வருவது எங்களுக்குக் கிடைத்த ஒரு வாய்ப்பாக நாம் கருதுகிறோம். தொடர்ந்து உங்களோடு இணைந்து பணிபுரிந்து, நீங்கள் வசிக்க, பணிபுரிய, மற்றும் பொழுதை இன்பமாகக் கழிக்க அங் மோ கியோ-செங்காங் மேற்குப் பகுதியை மேலும் ஒரு சிறந்த இடமாக அமைக்க நாங்கள் ஆவலோடு எதிர்பார்த்திருக்கிறோம்.

Reach out to us
if you need assistance



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Icons of Ang Mo Kio-Sengkang West

அங் மோ கியோ- செங்காங் மேற்குப் பகுதியின் அடையாளச் சின்னங்கள்

Ikon-ikon Ang Mo Kio-Sengkang Barat

宏茂桥-盛港西的地标



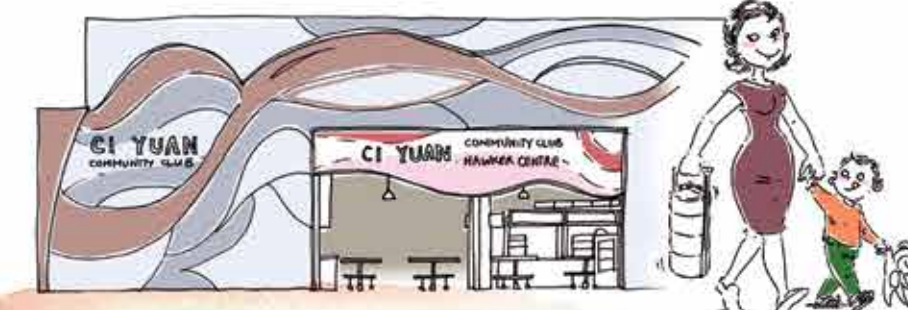
Ang Mo Kio Swimming Complex

Known for its distinctive, award-winning architecture, this swimming complex was one of the six built in the 1980s to cater to the growing number of residents in developing estates around Singapore in that period.



Ang Mo Kio Community Centre

Conveniently located along Ang Mo Kio Avenue 1, this is a perfect place for residents to relax and hang out. It offers a wide variety of courses and facilities for residents of all ages to enjoy.



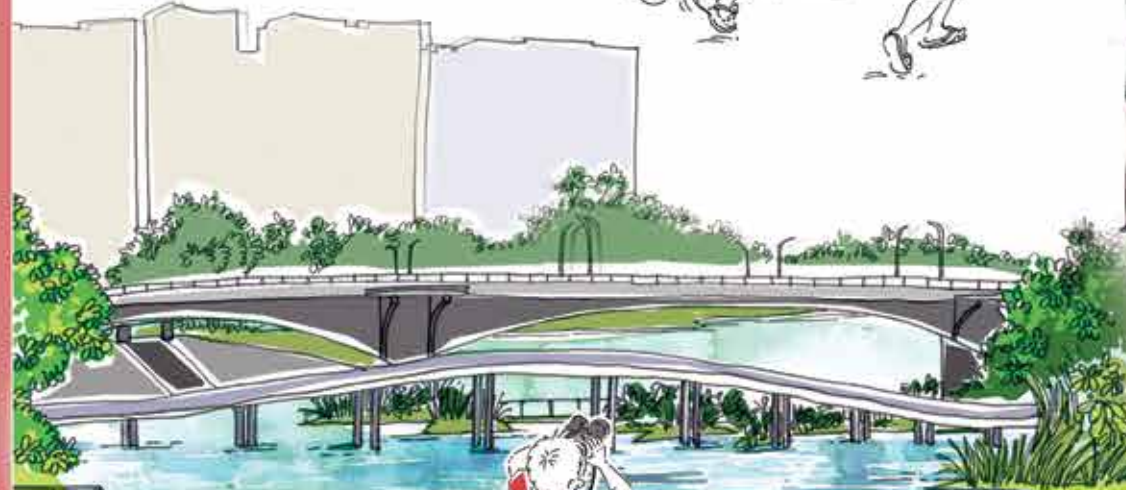
Ci Yuan Community Club Hawker Centre

The first community club with a hawker centre and family medicine clinic in Singapore. This food haven is a must-visit for foodies as it houses more than 40 stalls with a variety of "must-try" dishes, set to tingle everybody's tastebuds.



Ang Mo Kio Town Garden East

Located at the junction of Ang Mo Kio Avenues 3 and 8, this former rubber estate is now a popular spot for fitness enthusiasts. Just a mere 1-minute walk from Ang Mo Kio MRT station, the garden still hosts groves of rubber, nutmeg and cinnamon trees.



Sengkang Floating Wetland

This first man-made floating island in Punggol Reservoir provides a natural habitat for birds and fish. It offers scenic views along the boardwalk for those out for a stroll, and also connects seamlessly between the Anchorvale Community Club, Sengkang Sports Centre and Sengkang Riverside Park.



Fernvale Square

A very recent development, Fernvale Square is home to an ActiveSG gym, basketball court, badminton courts and a street soccer court.



Hougang Village

Located along Hougang Avenue 8, this neighbourhood has a comprehensive range of amenities and services to satisfy residents' everyday needs - including shops, clinics and salons.



Cheng San Community Club

Located at Ang Mo Kio Street 53, Cheng San Community Club is a bustling hub with many activities and programmes for residents of all ages.



Ang Mo Kio 628 Market & Food Centre

This iconic food centre needs no introduction to any Ang Mo Kio resident. The difficulty here is not finding something to eat. It's deciding what to eat among the countless delicious options on offer.

LORONG BUANGKOK 1954



Kampong Lorong Buangkok

A charming throwback to bygone days, Lorong Buangkok is Singapore's last remaining kampong and has been preserved to give Singaporeans the nostalgic feel of a kampong life nestled in a cosmopolitan city.



For recreation



101 BBQ pits



7 neighbourhood parks



38,000 trees



225 playgrounds

For community use



8 markets/food centres



16 amphitheatres



177 pavilions

28 hard courts

Putting the Heart in Heartlands:
Ang Mo Kio-Sengkang West In Numbers

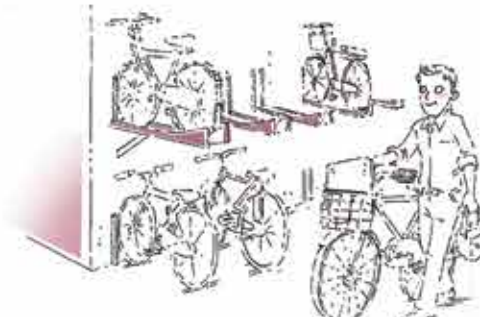
அங் மோ கியோ- செங்காங் மேற்குப் பகுதி- எண்களின்
கோணத்தில் ஒரு பார்வை

Bilangan Prasarana di Ang Mo Kio-Sengkang Barat

宏茂桥-盛港西的利民设施数据概览

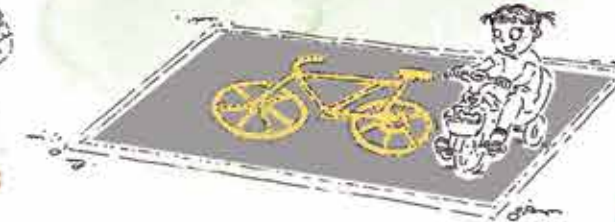


70 33 rooftop gardens
community gardens

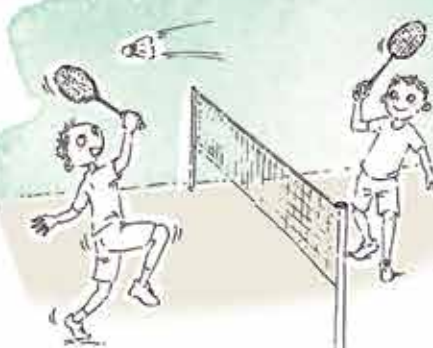


13,338 bicycle racks
at 1,515 locations

435 dockless parking
locations for 2,524 bicycles



For an active lifestyle



60 badminton courts



12 futsal courts



23 basketball courts

20 jogging tracks



228 senior/fitness
corners and void deck gyms



For greater convenience

2,358 lifts



324 sheltered drop-off porches

1,216 sheltered linkways

