

Elements of a Supportive Community

Parents	Youths
<ol style="list-style-type: none"> 1. Loving and supportive family members 2. Trustworthy friends with common interests 3. Support Groups (e.g. Parents support group, Community support groups, Support groups on social media) 4. Faith and religious institutions as a pillar of stability 5. Caring and proactive neighbours 6. External assistance (e.g. domestic helper) 7. Supportive and understanding workplaces 8. Educators that communicate child's progress in school 	<ol style="list-style-type: none"> 1. Close Friends to confide in 2. Adults (e.g. parents, educators) whom they trust 3. Socialising with like-minded youth (e.g. Discord) 4. Personal space and privacy 5. Being able to express themselves (non-judgement) 6. Safe spaces to hang out in the community 7. Ability to pursue interests/hobbies/passions

Common Challenges & Stressors

Parents	Youths
<ol style="list-style-type: none"> 1. Financial strain & work-related stress 2. Children's wellbeing & development 3. Inadequate support in caring for children 4. Limited time to spend with children, especially working parents 5. Culture of comparison and competition 6. Lack of true Racial and social cohesion 	<ol style="list-style-type: none"> 1. Academic-related Stress 2. High expectations & fear of failure 3. Friendships and relationships 4. Lack of self-care and rest 5. Culture of comparison and competition 6. Inadequate support for personal wellbeing and development

Current Solutions to Manage Stress

Parents	Youths
<ol style="list-style-type: none"> 1. Social Activity 2. Having alone time to destress 3. Recreational & Physical Activity 4. Search for solutions & practical tips on the internet 5. Professional support 	<ol style="list-style-type: none"> 1. Having alone time to destress 2. Digital Online Activities 3. Recreational & Physical Activity 4. Social Activity

Safe Spaces in the Community

Parents	Youths
<ol style="list-style-type: none"> 1. Home 2. Supermarket 3. Beach 4. Places of worship 5. Shopping Mall 6. Library 7. Parks & Park Connectors 8. Dairy Farm 9. Nature Reserve 10. Bus rides 11. Food Court / Coffee Shop 12. Gym 13. Museum 14. Green Corridor 15. Community Club 	<ol style="list-style-type: none"> 1. Home 2. Drop-in Centre (e.g. New Life Youth Hub) 3. Nature/Green Spaces 4. School 5. Gym 6. Fajar Court (Basketball, Futsal courts) 7. Pang Sua Pond 8. 7-11 (cheap food) 9. Friend's house 10. Teacher's office 11. Beach 12. Arcade 13. Places with free Wi-fi 14. Shopping Mall

Possible Gaps in Community Support

Parents	Youths
<ol style="list-style-type: none"> 1. Kampung Spirit is appreciated but not as commonly practiced in the neighbourhood. More can be done to rally the community together while encouraging inter-racial interactions to foster social cohesion and cross-cultural learning. 2. Engaging opportunities for learning and social interactions for families or parents while providing adequate facilities/activities for children at these events. 3. Lack of platforms and safe spaces to share challenges and problems outside of the family, especially for men. 4. Wishes for government intervention for community to be more open-minded and accepting of others practicing different faiths and beliefs from them. 5. Financial assistance may not be adequate for underprivileged children with increased in cost of living (e.g. GST hike). 6. Accessibility to resources and programmes for parents of children with special needs and mental health conditions (e.g. caregiving tips, providing support to others, guidance on how to connect with children, etc.). 7. Educational efforts to raise awareness of, and normalise conversations around, both special needs and mental health challenges. Such efforts may encourage both parents and children/youth in seeking help (e.g. counselling). 8. Provision of guidance for young parents (especially 	<ol style="list-style-type: none"> 1. Effective support system that provides a safe space for youth to share their problems. More physical spaces that can provide some degree of privacy for youth might be helpful as opposed to confiding in friends at public spaces such as a basketball court. 2. Academic support for youth who might need assistance with homework and revision but do not have access to tuition services. 3. Career guidance for youth to explore varied career interests and support for tertiary and university applications. 4. Exciting opportunities for youth to interact with each other, make friends with like-minded individuals, and build a robust peer support network in the community.

foreigners) on potential childcare or daycare centres in the vicinity/division.

9. Career guidance and support for parents who are re-entering the workforce after a prolonged maternity leave.
10. Concerted marketing efforts to share community engagement events and opportunities as individuals who are not already plugged into the community (e.g. PSG or RC) may not receive the information.
11. Inadequate counselling services for children in schools and private counselling is too expensive. More should be done to provide quality counselling for those who may need it in the community.

Important Observations

- Significantly more females than males attended the FGD sessions for parents. It was also observed that male parents were more hesitant in sharing and openly discussing personal challenges compared to their female counterparts in the Parent FGD Sessions as well as their male counterparts in the Youth FGD sessions.
- There were a number of migrants who participated in the FGD sessions, most of whom have been here for a significant amount of time. Based on their responses and feedback, it seems most of them joined to connect with others and make new friends. There was one participant who has been living in Singapore for 8 years and the FGD session was her first community event that she attended. Additionally, there were a number of migrant parents who shared that they felt segregated from the community and society, some of whom claimed that they were even discriminated against.
- Both parents and youth do not typically share their personal problems and challenges with others. This might be due to a lack of opportunities and platforms to do so and/or accessibility to such opportunities. And hence, the FGD Session in and of itself seemed to be a therapeutic experience for participating parents and youth.
- Marital and family issues surfaced during the FGD sessions but were not discussed in-depth. However, it is evident that most participants were unsure of who they could share these problems with or who they could seek help/advice/guidance from. Moreover, many participants tend to share problems with family members. Therefore, when problems concerning the family emerge, they would typically keep it to themselves. The lack of communication may compound the issue further.

Potential Ideas & Solutions

Mental Health/Well-being Events that residents would to be a part of

Parents	Youths
<ol style="list-style-type: none"> 1. Informal Ground-up resident/neighbour led events that encourage sharing of cultures and stories through food and drink. 2. Nature trails and walks as a community to foster neighbourliness and friendships. 3. Mental Wellness related focus group discussions. 4. Parent Support Group get together events to learn from each other (e.g. excursion to the beach to relax and learn). 5. Events that have a play/engagement area for kids. 6. A Monthly Event - Every 1st day of month, a bell rings at 12 noon everywhere in the neighbourhood to remind people to take a moment of mindfulness to feel present and grounded. 	<ol style="list-style-type: none"> 1. Music Events and Concerts 2. Movie Night Events 3. Sporting and E-Sporting Events 4. Carnivals and Festivals with Games 5. All youth events should incorporate prizes and snacks.

Useful Resources and Programmes that residents would like access to

Parents	Youths
<ol style="list-style-type: none"> 1. Lift lobby - Mental Wellness reminders and tips displayed on interactive panels. 2. Learn practical tips in self-care, self-love and managing stress. 3. Drop in center with trained staff/volunteers who can supervise children in productive activities. 4. Facebook Resource Group. 5. Workshops for parents to gain more skills to effectively manage their children (e.g. parents styles, digital/online safety, etc.). 6. Formal training to equip residents with skills (e.g. career, caregiving, peer support, etc.). 7. Mental Wellness Programme for Children and Youth. 8. Private rooms/Self-care pods/Sleeping pods or areas where residents can find some respite and relaxation. 9. Void deck roadshow around mental wellness. 10. Support Hotlines(Building awareness of existing ones). 	<ol style="list-style-type: none"> 1. Game area to hang out and play games. 2. Private rooms/Self care pods/Sleeping pods or area where youth can find some respite and relaxation. 3. Hands-on workshops for youth to pick up new skills (e.g. digital art). 4. Community/Mobile Library for youth who are introverted. 5. Programmes around career guidance (e.g. resume writing, career exploration, etc.). 6. Male-only programme/events around mental health and wellness to encourage men in expressing their emotions, sharing their challenges, and embracing vulnerability. 7. Provision of healthy outlets for youth to vent their frustrations.