



Foreign Domestic Worker Association for Social Support and Training

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To our FDW members,

From 27 March to 30 April 2020, there will be stricter measures to limit gatherings outside of workplaces and school to 10 persons or less, so as to restrict the spread of COVID-19.

These measures serve to limit close contact and large gatherings of people in close proximity, over a prolonged duration.

In lieu of the advisory, our FAST Executive Committee has mandated that ALL FAST activities are to be cancelled, and that the FAST Clubhouse be CLOSED for the next two Sundays.

In response to the mandated closure, FAST will be curating and producing online content on our Facebook page over the next two weeks for all of our FDW members and Followers to enjoy, including:

- a) Cooking Recipes by our resident Chefs Mazlan Boyamin and Tay Tong San
- b) Dance and fitness classes such as Zumba, Salsation, Yoga and Pilates for all of you to practice at home
- c) Quizzes and games that our FDW members can participate in to win prizes
- d) Useful video content such as financial management, good hygiene habits, social distancing measures, etc

Our FAST 24-Hour Helpline, and counselling and mediation services will still be operational during this difficult period. If any of our FDW members have any issues with regards to their employment, please approach us for assistance by calling 1800-339-4357.

FAST urges every one of our FDW friends to be socially responsible in our battle against the COVID-19 outbreak. Stay home, keep fit and maintain your distance.

"Mutual Care & Respect"