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岛屿温度

Heart Warmers

LIFESTYLE

INFO-ED

Heart Warmers

In this island we called home, there are some Samaritans who take it upon themselves to reach out to people in need of help, to fill the gap of loneliness and be a steadfast supporter in times of crisis. Heart Warmers is brand new series that showcases the benevolent and selfless acts of these ordinary Singaporeans as they seek out and render their hearts and souls to helping the people in need.

岛屿温度

在这疫情蔓延的时刻，本地仍有一群人默默地在用自己渺小的力量，给陌生人带来幸福和温暖。全新系列的《岛屿温度》，将挖掘本土的暖人故事。看人们在艰困的非常时期，如何用爱来化解障碍；如何为别人的幸福奔走；如何为身边需要帮助的人尽心尽力；如何用爱与温暖，为他人注入满满的幸福正能量。

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For sales enquiries on content distribution:

Grace Chia gracechia@mediacorp.com.sg
Pamela Teo pamelateoww@mediacorp.com.sg
Tracy Sim tracysim@mediacop.com.sg
<http://contentdistribution.mediacorp.sg>





Episode 1 - Mummy Yummy + Dignity Kitchen

4 friends set up Mummy Yummy to provide free meals to the poor. They forked out money, sold their homes and even inspired their families to pitch in. Another social enterprise creates jobs for the less privileged at their food court and second-hand book stall, helping them integrate into society.

Episode 2 - Ambulance Wish Singapore (AWS) + Lee Cho Poon

Volunteers at AWS provide emotional support for the terminally ill, giving up much-needed rest to grant their dearly-held wishes. A stroke and old age cannot stop 85-year-old Lee Cho Poon from doing what he believes in. He takes in and cares for elderly people who are otherwise alone.

Episode 3 - Bedok Reservoir Rd SOS Station + Action For Singapore Dogs(ASD)

Sandy Goh is popular among her neighbours. She set up an SOS station to provide food to those in distress. She is also the one whom the elderly turn to for help. Fan Zhe drives to secluded areas to feed stray dogs. He also traps and sends them for sterilisation, hoping that they will get adopted.

Episode 4 - The Saturday Movement

Raymond Khoo, founder of The Saturday Movement, has served Lengkok Bahru elderly selflessly. During the circuit breaker, he delivered free meals to them everyday, and eventually set up a community kitchen in the vicinity. He also helps ex-Sungei Road vendors to secure 2 shops to peddle their goods.

Episode 5 - Montfort Care

Before he founded Montfort Care, Samuel Ng had started Marine Parade Family Service Centre in 2000 to help individuals and families in need. In 2002, this social worker had anticipated the challenges faced by an aging population. Besides setting up the first holistic service centre for the seniors in the community, he promoted lifelong learning with Singapore's first community college for seniors.

Episode 6 - Re-entry Into Society

Jabez Koh is the director of a transportation company where almost all the workers have a criminal record. He is unfazed by their past, as he himself has served a sentence of 16 years. However, for some tattooed ex-offenders, social re-integration is plainly harder to achieve. The cost of tattoo removal can be prohibitive so an aesthetic doctor decides to do something about the situation.

Episode 7 - Dabaogram/Taitaigram/Razib

On a mission to support local hawker culture, 3 foodie friends with photography and creative food plating skills joined hands to freshen up the image of hawker food. In March 2020, Malaysia closed its borders over COVID-19 concerns. Since then, someone has provided free dinners, six days a week without fail, for Malaysians who couldn't head home. What he did was more than the meal distribution.

Episode 8 - Lee Siew Yian/Lim Yow Hoon/Breast Milk Donors

Unable to satisfy her travel bug given the current Covid-19 restrictions, Lee Siew Yian has turned to volunteering in Singapore for spiritual growth. Since 2015, a retired couple has provided free massage therapy to patients with physical soreness in the Yishun community. Lastly, helping preemies and sick babies to have a healthier start, mothers here donate their excess breast milk to the milk bank.

Episode 9 - Food From The Heart /Sally Neo

In Mountbatten, there is a shop where "customers" can take items off the shelves for free. The shop is run by Food From The Heart, a charity organisation which wants to not only give, but give meaningfully. Sally Neo lost her right leg when she was 17 but that has not brought her down. Every Thursday, she cooks lunch for her friends at the Anglican Care Centre, a psychiatric rehabilitation centre.

Episode 10 - SG Accident Help Centre/Ray Of Hope

SG Accident Help Centre provides rehabilitative care to injured migrant workers who are the forgotten people of our society. During the current Covid-19 situation, it has risen to the occasion by increasing their distribution of essential supplies to the dormitories. Ray of Hope, on the other hand, is a crowdfunding charity that helps people in Singapore who have fallen through the cracks.

Episode 11 - Diverse Abilities Dance Collective (DADC)/Cheng Hong Welfare Service Society

Everyone has their own dreams. Subastian Tan, 26, is leading a group of eight dancers with Down Syndrome to learn Indian and contemporary dance, who have dream to become professional dancers. Since the joining of Lawrence Lim, the scope of services provided by Cheng Hong Welfare Service Society has expanded from just afterlife and free TCM, to taking care the daily needs of the members.

Episode 12 - Angel Hearts/Safe Place

By repurposing wedding gowns into angel gowns for angel babies, a group of mothers bring comfort to bereaved parents, providing them moral support through the long difficult journey of losing a child. Faced with an unplanned pregnancy rejected by everyone, what choice does a woman have? A lot, according to Safe Place, an organisation which wants to empower women facing a pregnancy crisis.

Episode 13 - The Giving Collective/Border Mission

It has been a year since young pharmacist, Anne Neo and her 30-odd volunteers pick up leftover buns from bakeries and distribute them to low-income families in eight locations across Singapore. In Singapore, there's a group of invisible "urban recyclers". Border Mission aims to improve their quality of life through empowering them, starting with giving out trolleys to make their job easier.



第一集

四位金兰姐妹八年前自掏腰包烹煮素食派给贫困家庭。当饭包的需求大增，她们更变卖房子来资助活动。如今，就连她们的家人也加入义工团队。2010年许承俊先后创立了由身心障碍者共同经营的“厨尊美食广场”以及由特需孩子和其母亲共同经营的“孺尊”二手书摊，为的是让他们有机会赚取收入，融入社会，重拾尊严。

第二集

重症末期的病人心中，总是充满怨叹和无助。为了减少他们的遗憾，新加坡救护车圆梦队矢志为临终病患完成最后心愿。即使没有血缘关系，只要答应了，李超群就把他们接回家照顾，直到他们终老。虽然李超群本身也是个老人。

第三集

勿洛水池路的华姐，自诩自己爱“欺负”人；她叫老人和小孩包装新年礼包，还让中年大叔推车送菜和派饼干。有趣的是，被“欺负”的人不仅乐此不疲，每次有困难，总是第一个找她救急。刘汎哲一个星期三、四晚，总是独自开车到僻静地区拯救流浪狗。他所属的爱狗协会，多年来已经让数千只流浪狗逃离苦难日子，成为许多家庭的一份子。

第四集

过去10年，《周六关怀运动》创办人丘垂文为麟谷峇鲁的老人无私地奉献。在疫情的非常时期，他每天派送便当给他们，并在那一带设立社区厨房。同时，他也伸出援手温饱了结霜桥老摊贩，还为他们找到一个落脚谋生之处。

第五集

蒙福关爱创办人黄明德原是一名社工，2000年在马林百列创办家庭服务中心，为贫困家庭及弱势群体提供援助。2002年洞察老龄化社会带来的挑战，率先在社区开设提供长者全方位服务和活动的中心。2005年首间专为乐龄长者而设的YAH!快乐学堂成立，提倡长者终身学习，赋予老龄化更积极的意义。

第六集

许进明是一家运输公司的老板。他聘请的员工，有的戴着电子脚镣、有的则刚出狱，几乎每一个都有前科，但他待他们一视同仁。因为他本身也曾坐了16年的牢。文身，一些人当它是艺术，但它也可能成为前囚犯融入社会的羁绊和阻碍。但要去文身，却没有那么容易。一位医美医生决定出手帮助他们。

第七集

三位热爱本地小贩美食的好友，结合了摄影和创意摆盘技巧，在社群平台分享把小贩美食改头换面的作品，希望借此鼓励年轻人支持本地小贩文化及光顾摊位。2020年3月，马来西亚封锁边境，从那时起，有个人就风雨不改，一周六天，为无法每天往返新马的马来西亚人免费提供晚餐。而他所做的善事还不止这些。

第八集

因为疫情而无法出国的李秀燕，借由在新加坡继续志愿服务，收获心灵上的满足。一年多来她已发起近十项活动。热心的退休夫妇，五年来风雨不改，在义顺社区提供免费按推服务，帮助缓解老人家身体上的酸痛问题。母乳是上天赐予人们繁衍后代最珍贵的礼物。但不是每个妈妈都可以为宝宝提供母乳。那有需要的宝宝该怎么办？

第九集

蒙巴登邻里一家小店，“顾客”能不付一分钱就带走所选择的食品，而有的人还热心买了食品帮店补货。究竟这家小店葫芦里卖什么药？梁彩翠17岁因患癌截肢，只剩左脚，但这没让她失去动力。每个星期四，她都到圣公会关怀中心，为精神疾病康复者准备爱心午餐。

第十集

客工一直以来都是被忽略的弱势群体。新加坡意外援助中心全心全意投身于服务受伤的客工，通过复健、辅导等活动让他们重建生活。该组织在疫情非常时期，仍然走入客工宿舍，为宿舍客工提供物资和复健治疗。希望之光则是一个专为我国弱势族群筹款的慈善众筹网站，致力于为急需帮助的人士点燃希望的曙光。

第十一集

谁都有权利追梦。26岁的年轻舞蹈老师陈博亨，带领八名唐氏综合症患者学习印度舞和现代舞，朝着专业舞蹈员的方向迈进。三年来，透过参加公开表演与线上舞蹈员合作，团员们的舞技和性格上都有成长。自从林胜来当上总务，众弘福利协会的服务范围从原本的后事和免费看诊，扩大到照顾会员们的日常需要和生活素质。

第十二集

宝宝是上天赐予父母最珍贵的礼物。不过，有些宝宝却像划过的流星。来不及得到父母的呵护就已陨落。一群妈妈为这些陨落的流星缝制礼服，让他们带着人间的爱上路。意外怀孕，却得不到伴侣和家人的支持，她能有什么选择？Safe Place，本地一家非盈利机构，旨在帮助这些女性勇敢掌控自己的命运。

第十三集

过去十年，本地的食物垃圾数量增加近20%。对此，26岁的药剂师梁惠婷想到好点子；她招揽30多名义工从各处收集面包，然后派发给全岛八个地点的低收入家庭。在这座繁华都市不起眼的角落，一群年长者默默地靠自己的双手赚取微薄的收入。有一个组织积极地向他们伸出援手，以赠送手推车为起步，让他们工作时更得心应手。