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## **Charities, Ngos**

**Che Hor Khor Moral Uplifting Society** recycling collection station. waste paper (newspaper, cardboard boxes, magazines, books, phone books, paper bags and clothing). *open on the first sunday of every month.* time: 8am to 11.30am. venue: fortuna commercial centre, mile 2.5, Penampang road. details: 224535 or lee 013-8567968.

**Hospital Visitors Board Of Queen Elizabeth Hospital** our role is to help the public who seek medical services at QEH to have a satisfying experience – if you have problems with the hospital services, please approach us. call: 517555. fax: 234297 or email: ckmalph@gmail.com.

**Breast Cancer Support Group** – reach to recovery (rtr), sabah family planning association listening and offering emotional support to newly and existing diagnosed breast cancer patients and their families. details: bhabra 019-8819603, 224408, kim 016-8155212 / 430341 or lucilla 019-8101826 / 210570.

**The Kota Kinabalu AIDS Support Services Association (KASIH)** help line & free voluntary hiv screening tests, except sun & public holidays. office hours. time: 9am to 5pm. fri: 6pm

to 9pm. sat: 4pm to 7pm. provide confidential / free voluntary hiv screening test (rapid test) during office hours, mon to fri. result available 10 to 15 minutes. details: 224600.

**National Stroke Association of Malaysia Sabah club** wisma pandu puteri, kompleks badan-badan sukarela, km 4, jalan tuaran, kk. therapy sessions: 10am to 4pm. mon to fri. closed on sat, sun & public holidays. details: 261568.

**Federation of Private Medical Practitioners Association of Malaysia (FPMPAM)** the public can obtain medical opinions, referrals or treatment for crisis intervention, detoxification, prevention & counselling for drug abuse via [www.no2drugs.org](http://www.no2drugs.org).

**Sabah Health Department (KPAS Unit)** health talk and employment safety (2nd & 4th friday of the month). free admission. all are welcome. details: en harman 217408, 871877: fax: 217740 or email: kbrusell@gmail.com

**Special Olympics Sabah** weekly jogging exercise (so west coast). details: 016-8807703 or 223221.

**Kota Kinabalu Falun Gong** exercise sessions every saturday & sunday. free of charge. all are welcome, details: kota kinabalu 013-870-6558 sandakan 089-229626, 089-229023 and tawau 019-8536333.

**The Cancer Society Of Sabah** provide services on hospice, cancer awareness / education, rural health project. hotline / counselling pertaining to cancer & clinic by a lady consultant gynaecologist. details: 210377 or 222315.

**The Befrienders Kota Kinabalu** listening to problems from the public and offering emotional support. open on weekdays from 7pm 10pm. call: 255788 or 259788.

**Sabah Society For The Deaf** registration for pre-school deaf children ages 2 – 6 & hearing sibling ages 2 – 4. language development & vocational programme for deaf children & adults ages 8 and above. venue: ssd premise, jalan khidmat, bukit padang, kk. details: kk – wong 230894, sandakan – wong 089-219160, keningau – mahinah 087- 339716, kudat – chin 622697, lahad datu – asmah 089-887895.

**People for the Ethical Treatment of Animal (PETA)** details: anneleefm@yahoo.com, [anneleefm@gmail.com](mailto:anneleefm@gmail.com) or call:

253485 or visit [www.peta.org](http://www.peta.org), [www.spcai.org](http://www.spcai.org) and cat training toilet program: [www.kittygoespotty.com](http://www.kittygoespotty.com). cats protectors:

[www.cats.org.uk](http://www.cats.org.uk) and dog doctor : [www.animalasia.org](http://www.animalasia.org), [www.wspca.org.uk](http://www.wspca.org.uk) and the stray cat care and protection trap, neuter, return : [www.straycatalliance.org](http://www.straycatalliance.org)

**Sabah Society for the Deaf** registration for sign language class. details: kk – wong 230894, sandakan – wong 089-219160, keningau – mahinah 087- 339716, kudat – chin 622697, lahad datu – asmah 089-887895.

**Sabah Women Action Resource Group (SAWO)** helpline to provide free & confidential counselling services & information to members of public. call: 280200 mon to fri. time: 9am to 1pm.

**Penampang Cash** offers the public an avenue to voice their complaints on consumerism issues. call: 013-8515505 or 729681 (o).

**D-dash Compact Car Club** welcomes all perodua and compact car owners to join in the club membership. for more info on club weekly gathering and events contact martin 019-8036019 or d-dashclub.fotopages.com.

**Malaysian Trade Union Congress (MTUC) Sabah Division** provides free consultation & advice to all workers. details: simon 013-8665897, harold 019-8965304, catherine 013-8503039, malsu 019-8002118 or chang 016-5836670.

**Sabah Government Pensioners' Association** membership recruitment exercise & pensioners' problem 9.30am to 1.30pm (tues- fri, except public holidays) blood pressure checking 10am to 12pm (tues except public holidays ) at maksak, likas. details: (kk) anna 211282, dennis 016-8189110, dr. epin 019-8101937, joe jominol 013-8692888.

**Agriculture Institute of Sabah Alumni Association** membership drive. information to obtain membership forms from various district near you, contact maidah 019-8414088 or leong 019-8515893 or email [exipstm@yahoo.com.my](mailto:exipstm@yahoo.com.my).

**Sabah Society for the Deaf Education Centre** registration for pre-school deaf children ages 2 - 6 & hearing siblings ages 2 - 4. language development & vocational programme for deaf children & adults ages 8 and above. venue: ssd premises, jln ukm lama bukit padang. details: kk (hq) ms chin 230894, sandakan mdm wong 089-219160, keningau ms mahinah 087-339716.

**Kent Teachers College Alumni Association** membership drive. membership forms are available at all district education offices in sabah. details: a. tajuddin 787581, 019-537-1178 or eddy berhan 016-8223757.

**Kota Kinabalu City Bird Sanctuary** resources library is free for public to use. details: 246955 or fax: 247955.

**Kiwanis Down Syndrome Foundation KK Centre** open to all, accept children with downs syndrome below the age of 7. details: raneh 219809, fax: 219808.

**Sabah Tham Clan Association** statewide membership recruitment exercise. contact: william 088-214816 or 016-8389282.

**Consumers' Association of Sabah & Labuan F.T (Cash & Ift)** seminar / talks consumer issues-your rights as consumer, how to complain and get effective results, know about consumer laws, tribunal for consumer claims, environmental, human rights & civil society. except saturday, sunday and public holiday. tel/fax: 234616 datuk patrick sindu (jp) 019-811-7369 or [ps\\_sindu@tmnet.my](mailto:ps_sindu@tmnet.my)

**United Pasokmomogun Kadazandusun Murut Organisation (UPKO)** offer opportunities to the public to voice their complaints on various issues and offer advice to the complainants on how to go about their grouses. monday to friday. call: 721722 & 721723 or homepage:[www.upko.org.my](http://www.upko.org.my)

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**Queen Elizabeth Hospital Welfare & Cultural Association** nursery and day-care centre open for registration for members & non-members. details: lucia at tel: 210194 (after office hours).

**Alcoholics Anonymous** meeting. help available for those with alcohol related problems. *anonymity assured*. meetings in english every tuesday at 8pm. bahasa malaysia every thursday at 7pm. details: 012-8039883 (eng) or 016-8386386 (bm).

**Kota Kinabalu Toastmasters Club** training can assist you to enhance your communication and leadership skills. kk toastmasters club meets every 2<sup>nd</sup> 4<sup>th</sup> tuesdays at celyn hotel, city mall. time: 7.30pm. details: florence 012-8038812 or karen 016-

8387723 or [www.kktmc.org](http://www.kktmc.org)

**Malaysian Ex-Police Association (Penampang Branch)** membership recruitment exercise and other related matters. time: 2pm to 5pm (wednesday, thursdays & friday), except public holidays. venue: pme, 1<sup>st</sup> floor, lot 3, block 15, penampang baru (protem office). details: joseph 016-8213013, 710557 (o) or 714557 (fax).

**Palliative Care Association of Kota Kinabalu (Sabah)** day care service for palliative home care patients. details: pcakk 231505 (angela).