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Charities, Ngos April 24 (Saturday)

TNGC City Clubhouse & Queen Elizabeth Hospital (QEH) Blood Bank Unit Blood Donation Campaign. Time: 9am to 4pm. Venue: Lounge Area at TNGC (Beverly Hill), Jalan Bundusan, Penampang. Refreshment will be served. Details: 722995 8am to 1.30am.

Rafflesia Medical Centre, Malaysian Dental Association Eastern Zone & Hospital Likas Oral Health Screening and Blood Donation Drive. Time: 9am to 5pm. Venue: Palm Square, Centre Point Sabah. Free Dental, BP & BMI screening. Details: 240640 - Ida (RMC).

May 1 (Saturday)

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.

Regular Events

Alamesra Youth-PREP Centre Provides a place for youths to seek professional assistance and support on issues such as education, relationships, work, family, financial stability. Also provides Sabahan youths with a "point of reference" particularly for those who are deciding to leave home for the first time and to provide contact points for youths intending to work in West Malaysia & Singapore. Venue: Ground Floor, Lot 25, Block E, Lorong Plaza Utama 1, Alamesra, Jalan Sulaman. Opening Hours: Weekdays 9am to 5pm, Saturdays 9am to 4pm. Sunday & Public Holidays (closed). Tel: 485371 or fax: 485373. Email: youthprepcentre@gmail.com

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: ckmaiph@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 Tuafan, 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 (FPPMAM) the public can obtain medical opinions, referrals or treatment for crisis intervention, detoxification, prevention & counselling for drug abuse via 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: 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 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 or call: 253485 or visit www.peta.org, www.spcai.org and cat training

toilet program. www.kittygoespotty.com. cats protectors: www.cats.org.uk and dog doctor : www.animalasia.org, www.wspca.org.uk and the stray cat care and protection trap, neuter, return : 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, Maisu 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 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 Laong 019-8515893 or email exipstrm@yahoo.com.my.

language development & vocational programme for deaf children & adults ages 8 and above. venue: SSD premises, Jln UKM Lama Bukit Padang. Details: KK (Hq) Chin 230894, Sandakan wong 089-219160, Keningau mahinah 087-339716.

Kent Teachers College Alumni Association Membership drive. membership forms are available at all district education offices in Sabah. Details: Tajuddin 787581. 019-537-1178 or Eddy 016-8223757.

Kota Kinabalu City Bird Sanctuary Resources Library is free for public to use. details: 248955 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.

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

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

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).