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## Charities, Ngos

October 3 (Sunday)

**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: 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: 712914 or email: kasihsabah@yahoo.com

**National Stroke Association of Malaysia Sabah Club** Wisma Pandu Puteri, Kompleks Badan-Badan Sukarela, km 4, Jalan Tuaran, KK. Centre's opening Hours: 9am to 5pm. 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.

**Sabah Health Department (KPAS Unit)** Health talk and employment safety (2nd & 4th Friday of the month). Free admission. all are welcome. Details: Haman 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 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.

**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 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 expistm@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) 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: 246955 or fax: 247955.

**Kiwanis Down Syndrome Foundation KK Centre** Open to all, accept children with Down Syndrome below the age of 7. Details: Raneh 219809, Fax: 219808.

**Consultancy Services & Training Centre For Consumerism, Environmental & Human Rights 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 ps1@trn.net.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 regis-

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tration 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).

**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).

**La Salle Old Boys' (Class of 83)** Monthly gathering (1st Friday of every month). Venue: Al fresco café, Lintas Plaza. Time: 8pm (committee meeting at 7pm). Details: Boniface 019-8022148, Benjamin 019-8808276, James 019-8106161, Bernard 019-8608018, Barry 016-8405320, Danny 016-8469067, Bartholomew 0168301000, Christopher 013-8603013, Lai 016-8361940, Zainuddin 019-8829258.

**KK Mandarin Toastmasters Club Regular Training Meeting.** Time: 7.30pm. (2nd & 4th Friday of each month). Venue: Lot K, 1st floor, Khidmat arcade (above Khidmat supermarket), Lorong 5, Taman Khidmat Kolombong. Details: Randy 012-8285678 or Doreen 019-8808212.

**Malaysian Red Crescent, Sabah Branch** Introduction of First Aid & CPR for public. every 3<sup>rd</sup> week of the month (sat - sun). Details: 242648 or fax: 240776. email: mrcssb12@gmail.com.

**Fama Pasar Tani Asia City.** variety of vegetables, fishes, sugar cane juice, soya bean milk, pastries and many other food items will be on sale. every Wednesday & Saturday. Time: 6am to 5pm. all are welcome. Details: Wasri 013-5555451.

**Habitat For Humanity KK** we welcome volunteers to join us in our house builds on Saturdays. those with masonry & carpentry skills are most welcome. Details: 243080.

**PEWASA ICT class** every Saturday. Venue: head office, Beverly Hill Plaza. free-of-charge. Details: Anne 019-8118161 or Hasnah 016-8107083.

**The Sandakan Lawyers** free legal aid service to the public on the Saturday of every fortnight. Time: 10am to 12pm. All are welcome. Details: 215609.

**Sabah Muslim Women Lawyers Association (SALWA)** Syariah Legal Advice & Consultation (2nd & 4th sat) Details: 319177, 013-8706465, 013-8757790, 013-8705308.