



RELATIONSHIP STUDIO

#SGUNITED

VIRTUAL CARE PACK

Latest Update on 11 May 2020

USER GUIDE

IMPORTANT DISCLAIMER

- ☐ Important! Please read!

ESSENTIALS

- ☐ Fresh produce
- ☐ Groceries
- ☐ Bakeries
- ☐ Premium or specialized groceries
- ☐ Halal groceries
- ☐ Hardware Stores

FOOD & BEVERAGE

- ☐ Delivery services
- ☐ Feeling fancy
- ☐ Useful Links
- ☐ For 18 & above (Alcohol!)
- ☐ Telegram
- ☐ Social media groups

FITNESS@HOME

- ☐ Body
- ☐ Mindfulness & Meditation
- ☐ Useful links
- ☐ Telegram groups

ENTERTAINMENT - VR

ENTERTAINMENT - OTHERS

- ☐ Online streaming
- ☐ Audio books
- ☐ E-Books
- ☐ Youtube Podcasts
- ☐ Telegram
- ☐ Movies/Films in Youtube
- ☐ Websites – Fun with Family & Friends
- ☐ Mobile Apps – Fun with Family & Friends
- ☐ Online Fairs
- ☐ Ramadan Bazaar

HOME-BASED LEARNING

- ☐ Online resources
- ☐ Online education websites for kids
- ☐ Youtube channels
- ☐ Online Tuition Support

LIFELONG LEARNING

- ☐ Singapore grants & funding for paid courses
- ☐ Skills upgrade
- ☐ Online resources

GIVING BACK TO THE COMMUNITY

APPRECIATION

FAMILIES, COMMUNITIES & SUPPORT

JOBS PLATFORM & RESOURCES

- ☐ Virtual career fair
- ☐ Platforms
- ☐ Useful Resources
- ☐ Telegram

LAUNDRY & CLEANING

- ☐ Laundry

HEALTH & WELLNESS

- ☐ Medical
- ☐ Online Coaching Support
- ☐ Mindfulness & meditation
- ☐ Rehabilitation
- ☐ Nursing care
- ☐ Dental care
- ☐ Telegram
- ☐ Locate a PHPC Clinic
- ☐ COVID-19 Online Symptom Checker
- ☐ Online Resources

USEFUL SERVICES

- ☐ Gov.sg WhatsApp Subscription
- ☐ Gov Mobile Apps
- ☐ Checking if you can go or not
- ☐ Government Grants & Support
- ☐ Fact check for fake news
- ☐ The latest official info on COVID-19
- ☐ Resources



Greetings from Relationship Studio!

The purpose of this Virtual Care Pack (VCP) is to help individuals and businesses here in Singapore to get through this critical period. None of **us** has been spared; **we** all took a big hit. **We** would like to take this moment to remind you that **we're** going to make it through this challenging time. **We** hope that this list of resources will help you in one way or another. Stay home. Stay safe. Stay healthy.

IMPORTANT DISCLAIMER

This is a non-exhaustive list. It will be constantly updated as more partners come onboard. The businesses & services listed here has the capability to provide convenience in the form of, (but not limited to) delivery, tele/video consultation or services etc. and has an online presence (i.e. website, mobile app).

Updates to the Virtual Care Pack (VCP)

This Virtual Care Pack (VCP) will be updated every 2 days. For the latest updated VCP, please visit <https://relationshipstudio.sg/get-your-sg-unity-virtual-care-pack-here/> every Monday, Wednesday & Friday, 6.30PM. The VCP updates will cease upon the official end of the **Circuit Breaker**.

Feedback

We will not hesitate to remove and ban any businesses or service providers within this VCP should we receive negative feedback(s) with proof. For feedback on business & service providers listed here, do contact Joven at joven@relationshipstudio.sg.

Disclaimer:

Relationship Studio, its associated persons and their representative will not responsible or liable for any consequences, damages, claims, liabilities (including, without limitation, any direct or indirect damages for loss of profits, business interruption or loss of information) resulted from the usage of any of the businesses & services listed here. This is created out of goodwill for the general public and in support of businesses and service providers in Singapore.

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www.relationshipstudio.com

ESSENTIALS & SHOPPING

FRESH PRODUCE

- ☐ [Song Fish](#)
- ☐ [Tankfully Fresh](#)
- ☐ [Market Fresh](#)
- ☐ [Purely Fresh](#)
- ☐ [Apollo Marine](#)
- ☐ [Quan Fa Organic Farm](#)
- ☐ [Organic Delivery](#)
- ☐ [SG Farmers Market](#)

GROCERIES

- ☐ [NTUC FairPrice](#) (Website & App)
- ☐ [Cold Storage](#) (Website & App)
- ☐ [Sheng Shiong](#) (Website & App)
- ☐ [Giant](#) (Website & App)
- ☐ [Amazon SG](#) (Website & App)
- ☐ [RedMart](#) (Website & App)
- ☐ [Qoo10](#) (Website & App)
- ☐ [Shopee](#) (Website & App)
- ☐ [Open Taste](#)
- ☐ [EBuyMart](#) (Website & App)
- ☐ [Maxzi](#)
- ☐ [Greenies Singapore](#)
- ☐ [Fruit Club Singapore](#)

BAKERIES

- ☐ [Maison Eric Kayser](#)

PREMIUM OR SPECIALIZED GROCERIES

- ☐ [Ryan's Grocery](#)
- ☐ [The Farmers Market](#)
- ☐ [Sasha's Fine Foods](#)
- ☐ [Best Organic Food](#)
- ☐ [The Fish Wives](#)
- ☐ [Huber's Butchery](#)
- ☐ [Nature's Glory](#)
- ☐ [Phoon Huat Deli](#)
- ☐ [SG Organic](#)
- ☐ [Little Farms](#)
- ☐ [Green Circle](#)
- ☐ [Yaya Papaya](#)
- ☐ [SG Deli and Grocer](#)
- ☐ [Chen Fu Ji F&B](#)
- ☐ [Meat Collective](#)
- ☐ [The French Grocer](#)
- ☐ [Zen Xin Organic](#)
- ☐ [Meat Society Singapore](#)

HALAL GROCERIES

- ☐ [My Nikmart](#)
- ☐ [Adam Halal](#)
- ☐ [CS Foods](#)
- ☐ [Hao Mart](#)

HARDWARE STORES

- ☐ [HardwareCity](#)

FOOD & BEVERAGE

DELIVERY SERVICES

- ☐ [GrabFood](#) (Mobile App)
- ☐ [DeliveDeliveroo](#) (Mobile App)
- ☐ [FoodPanda](#) (Mobile App)
- ☐ [WhyQ](#) (Mobile App)
- ☐ [Grain](#) (Mobile App)
- ☐ [Food Matters](#) (Website)
- ☐ [Dabao](#) (Mobile App)
- ☐ [Chef-In-Box](#) (Website)
- ☐ [Pickupp](#) (Mobile App)

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FOOD & BEVERAGE

FEELING FANCY

- ☐ 60z Espresso Bar – WhatsApp [+65 8833 2866](tel:+6588332866) for menu & to order
- ☐ [Empress Porridge – Min. Order \\$50](#)
- ☐ [Bakerzin](#) (GrabFood, FoodPanda & WhatsApp ([96697773](tel:96697773) / [92334152](tel:92334152)))
- ☐ [The Patio](#)

USEFUL LINK(S)

- ☐ [SG Dabao - Save Our Hawkers](#)
- ☐ [Miss Tam Jiak #savefnbsg](#)
- ☐ [Sassymama – Food Delivery](#)
- ☐ [Mothership - More Home Delivery Services that is not on any apps!](#)
- ☐ [Kim San Leng Kopitiam Da Bao](#)

FOR 18 & ABOVE

- ☐ [Strumms Alcohol Delivery – \(WhatsApp 8766 7777\)](#)
- ☐ [Alcohol Delivery](#)

TELEGRAM

- ☐ [GoodLobang](#)
- ☐ [SGCodes](#)

SOCIAL MEDIA GROUPS

- ☐ [Hawkers United – Dabao 2020](#)
- ☐ [Pasar United](#)
- ☐ [Restaurant Rescue FB](#)

FITNESS@HOME

BODY

- ☐ [Mad Fit](#) (Youtube)
- ☐ [Blogilates](#) (Youtube)
- ☐ [PopSugartvfit](#) (Youtube)
- ☐ [Chloe's Addiction](#) (Youtube)
- ☐ [Fitness Blender](#) (Website)
- ☐ [Boom Singapore](#) (IGTV)
- ☐ [HASFIT](#) (Youtube)
- ☐ [Cross Fit HQ](#) (Youtube)
- ☐ [Team Axis](#) (Live)
- ☐ [UFit](#) (Live)

MINDFULNESS & MEDITATION

- ☐ [NirvanaMind](#)
- ☐ [Mindful Moments](#)
- ☐ [Shine – Struggle less with anxiety & depression](#)

USEFUL LINK(S)

- ☐ [Sassymama Virtual Fitness Classes Singapore](#)

TELEGRAM

- ☐ [Stay Strong Support Group - A community project by integrative healthcare professionals](#)

ENTERTAINMENT - VR

- ☐ [Visit a Resort](#)
- ☐ [Google Earth](#)
- ☐ [Visit the National Aquarium in Baltimore](#)
- ☐ House & Condos: [Tour 1](#) | [Tour 2](#)
- ☐ [Singapore Philatelic Museum](#)
- ☐ [Chinatown Heritage Centre VR](#)
- ☐ [Virtual Disney World](#)
- ☐ [Chio Space Virtual Tour](#)
- ☐ [Far East Organization Virtual Tour](#)
- ☐ [Virtual Travel Around the World!](#)
- ☐ [Travelling to the edge of Space](#)
- ☐ [VRtually There Channel](#)
- ☐ [Virtual Tour of Museum, Zoos and Theme Parks!](#)
- ☐ [Virtual Tour of Museums](#)
- ☐ [Singapore Art Science Museum VR](#)
- ☐ [Terracotta Army of ShaanXi VR](#)
- ☐ [Visit the London Zoo!](#)
- ☐ [Ang Kor Wat VR Tour](#)

ENTERTAINMENT - OTHERS

ONLINE STREAMING

- ☐ [Free US TV Channels](#)
- ☐ [Netflix \(30 Days Free Trial\)](#)
- ☐ [Radio Garden](#)

AUDIO BOOKS

- ☐ [Audible \(Free Audio Books\)](#)
- ☐ [Storytel \(30 Days Free Trial\)](#)
- ☐ [OpenCulture Free Audio Books](#)

E-BOOKS

- ☐ [Many Books Free E-Books](#)
- ☐ [Google Bookstore Free & Paid E-books](#)
- ☐ [International Children's Digital Library](#)

YOUTUBE PODCAST

Class 95 Resident Love Expert –

- ☐ [Love Songs with John Klass & Cindy Leong Playlist #1](#)
- ☐ [Love Songs with John Klass, Simone Heng & Cindy Leong Playlist #2](#)

TELEGRAM

- ☐ [VotersGoWhere.sg – Polls](#)
- ☐ [SurveyGoWhere](#)
- ☐ [The Werewolf Game](#)
- ☐ [Kiasu Police \(Chit-chat & deals\)](#)
- ☐ [@Gamee \(bot for games\)](#)

ONLINE RESOURCES

- ☐ [Esplanade Offstage Performance](#)
- ☐ [Explore the Ocean](#)
- ☐ [Relationship Studio's Media Featured Articles on Relationships](#)
- ☐ [Enneagram In Love Articles](#)

MOVIES, FILMS & PLAYS

- ☐ [Free HBO Movies \(Playlist\)](#)
- ☐ [Animation Movies \(Playlist\)](#)
- ☐ ['The Last Song' by Vagabond](#)
- ☐ [Love Never Dies](#)
- ☐ [#AIWW - The Arrest of Ai Wei Wei](#)

ENTERTAINMENT - OTHERS

WEBSITES - FUN WITH FAMILY & FRIENDS

- ❑ [PlayingCards.io](#) - Card Against Humanity & others!

MOBILE APPS - FUN WITH FAMILY & FRIENDS

- ❑ Houseparty
Download: [Android](#) | [IOS](#)
- ❑ 全民party – Free Karaoke!
Download: [Android](#) | [IOS](#)
- ❑ Family Feud Live!
Download: [Android](#) | [IOS](#)
- ❑ Mucho Party
Download: [Android](#) | [IOS](#)
- ❑ Mario Kart Tour
Download: [Android](#) | [IOS](#)
- ❑ Kahoot! Play & Create Quizzes
Download: [Android](#) | [IOS](#)
- ❑ Yahtzee with Buddies
Download: [Android](#) | [IOS](#)
- ❑ Sky: Children of the Light
Download: [Android](#) | [IOS](#)
- ❑ Uno
Download: [Android](#) | [IOS](#)
- ❑ Psych! Outwit Your Friends
Download: [Android](#) | [IOS](#)

ONLINE FAIRS

- ❑ [Bove Baby Fair](#)

RAMADAN BAZAAR!

- ❑ [Gobaza.sg](#)
- ❑ [Virtual Celebfest](#) (23 April – 15 May)
- ❑ [e-bazaar](#) (23 April – 15 May)
- ❑ [Geylang Bazaar Online](#)
- ❑ [B.Halal](#)
Download: [Android](#)

HOME-BASED LEARNING

ONLINE RESOURCES

- ☐ [Brain Pop](#)
- ☐ [Tynker – Coding for Kids](#)
- ☐ [Beast Academy](#)
- ☐ [Creative Bug](#)
- ☐ [Outschool](#)
- ☐ [Sesame Street Kids Printables](#)
- ☐ [GenieBook](#)
- ☐ [Explore the Ocean](#)
- ☐ [The Smart Locals – 8 Free Educational Apps for Kids](#)
- ☐ [San Diego Zoo Kids](#)

ONLINE EDUCATION WEBSITES FOR KIDS

- ☐ [Starfall Education](#)
- ☐ [ABCYA](#)
- ☐ [Funbrain](#)
- ☐ [SplashLearn - Fun Math Practice Games](#)
- ☐ [Storyline Online](#)
- ☐ [PBS Kids](#)
- ☐ [Highlight Kids](#)
- ☐ [National Geographic Kids](#)
- ☐ [CoolMath4Kids](#)
- ☐ [Math Game Time](#)
- ☐ [Unite For Literacy](#)
- ☐ [Literactive - Teaching Children to Read](#)
- ☐ [Science Kids](#)
- ☐ [Switch Zoo Animal Games](#)
- ☐ [Seusseville - Dr Seuss](#)
- ☐ [Turtle Diary - Educational Computer Games](#)
- ☐ [E-Learning For Kids](#)
- ☐ [Explorer Junior](#)
- ☐ [Marshall Cavendish Math Buddies](#)

YOUTUBE CHANNELS

- ☐ [Mike Likes Science](#)
- ☐ [Science Channel](#)
- ☐ [Crash Course Kids](#)
- ☐ [SciShow Kids](#)
- ☐ [National Geographic Kids](#)
- ☐ [Kids Learning Tube](#)
- ☐ [Free School](#)

ONLINE TUITION SUPPORT

- ☐ [Learnpanion - Tuition Matching](#)
- ☐ [COVID Tutoring Support](#)
- ☐ [LingoAce - Online Chinese Tuition](#)

LIFELONG LEARNING

SINGAPORE GRANTS & FUNDING FOR PAID COURSES

❑ [SkillsFuture Funded Courses](#) -

- ✓ Get your boss to apply for the Enhanced Training Support for SMEs (ETSS) to get your courses subsidized!
- ✓ Your boss can also apply for an Absentee Payroll Fund that helps him to subsidize his payroll
- ✓ Click [HERE](#) to find out more!

❑ [NTUC LearningHub](#) -

- ✓ Register to be an NTUC Union member and you will be entitled to an additional training grant called the NTUC UTAP. Click [HERE](#) to find out more!
- ✓ Starting from 1 April 2020, NTUC Union Members can make an upfront UTAP claim when signing up for courses for selected NTUC LearningHub courses!
- ✓ Click [HERE](#) to sign up for your NTUC Union Membership!

Relationship Studio is an approved Training Provider and our courses are claimable using [SkillsFuture Credits](#) and [NTUC UTAP](#)!

A second SkillsFuture Credits top-up of \$500 is made available as of 1 April 2020 for use on courses by the Institutes of Higher Learning (IHLs) and NTUC LearningHub. You can use it for all SkillsFuture Credit-eligible courses starting from 1 October 2020. All Singaporeans aged between 40 – 60 years of age will have an additional top-up of \$500.

Source: [SkillsFuture Credit](#)

For SME owners who are looking to use the available government grants and subsidies, do speak to us at [9337 2917](tel:93372917)!

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LIFELONG LEARNING

SKILLS UPGRADE

- ☐ [Code Academy](#)
- ☐ [Solo Learn](#)
- ☐ [Khan Academy](#)
- ☐ [Udemy: Online Courses](#)
- ☐ [Office 365 Training Centre](#)
- ☐ [Microsoft Virtual Academy](#)
- ☐ [Google Digital Garage Course Certification](#)
- ☐ [Google Skillshop](#)
- ☐ [Facebook Blueprint](#)
- ☐ [Relationship Studio Enneagram Courses](#)
- ☐ [NTUC LearningHub X GO1 - Over 100 Free Courses](#)
- ☐ [SkillsFuture Study Awards](#)
- ☐ [Nikon School](#)

SKILLS UPGRADE

- ☐ [Free Courses From Harvard University](#)
- ☐ [Courses by Fly Entertainment](#)
- ☐ [Duolingo – Learn a new language!](#)

ONLINE RESOURCES

- ☐ [Employability - Career Agility](#)
- ☐ [Personal & Professional Relationships – Relationship Studio](#)
- ☐ [General Assemble Free Fridays](#)

GIVING BACK TO THE COMMUNITY

- ☐ [Giving.sg: Food From The Heart - Groceries for the needy](#)
- ☐ [Giving.sg: The Food Bank Singapore](#)
- ☐ [Giving.sg: Kampung Senang Charity & Education Foundation](#)
- ☐ [Beng Who Cooks \(F&B\)](#)
- ☐ [Volunteer.sg - Supporting Meals on Wheels](#)
- ☐ [SG Assist](#)

APPRECIATION

SHOWING YOUR HEARTFELT LOVE & SUPPORT TO ALL THE FRONT-LINERS & ALL OTHER UNSUNG HEROES!

- ☐ [Salute.SG](#)
- ☐ [The Straits Times – Tribute to the front-liners](#)
- ☐ [The Treasure Box](#)
- ☐ [AMP-LIFY – Appreciating Medical Personnels](#)

FAMILIES, COMMUNITIES & SUPPORT

FAMILY

- ☐ [FamilyLife](#)

COMMUNITIES & SUPPORT

- ☐ [Good Hood App](#)
- ☐ [Outside App](#)
- ☐ [Support Singapore Through COVID-19](#) (Facebook Page)

JOBS PLATFORMS & RESOURCES

VIRTUAL CAREER FAIR

- ☐ [Virtual Career Fair by MyCareersFuture](#)

PLATFORMS

- ☐ [My Careers Future](#) (Website)
- ☐ [Ilostmygig](#) (Website)
- ☐ [Glassdoor](#) (Mobile App & Web)
- ☐ [Jobstreet](#) (Mobile App & Web)
- ☐ [JobsDB](#) (Mobile App & Web)
- ☐ [JobsCentral](#) (Mobile App & Web)
- ☐ [GrabJobs](#) (Mobile App)
- ☐ [FastJobs](#) (Mobile App)
- ☐ [Wantedly](#) (Mobile App)
- ☐ [Behance by Adobe](#) (Website)
- ☐ [Pledge A Job - by RecruiterPal](#) (Website)
- ☐ [iTask](#)

USEFUL RESOURCE(S)

- ☐ [Wantedly Facebook](#)

TELEGRAM

- ☐ [JobsGoWhere.sg](#)
- ☐ [SG Careers and Jobs Opportunities](#)
- ☐ [SG Jobs](#)
- ☐ [Jobs, Promo, Workshops SG](#)
- ☐ [Singapore Part-Time Jobs](#)
- ☐ [Part Time Jobs \(Singapore\)](#)
- ☐ [SG Part Timers #Singapore](#)
- ☐ [Event Part-Timers of Singapore](#)
- ☐ [SurveyGoWhere.sg](#)
- ☐ [SG United Jobs](#)

LAUNDRY & CLEANING

LAUNDRY

- ☐ [Pressto - Home Pick-up & Delivery](#)

HEALTH & WELLNESS

MEDICAL

- ☐ [Doctor Anywhere](#) (Mobile App)
- ☐ [White Coat](#) (Mobile App)
- ☐ [Nuffield Medical](#) (6636 3083)
- ☐ [Better Health](#) (Mobile App, 24/7)
- ☐ [Sata CommHealth](#) (6244 6688)
- ☐ [SpeedDoc](#) (Mobile App)

DENTAL CARE

- ☐ [Nuffield Dental](#) (6833 4353)
- ☐ [Smile Makers](#) (6397 2739)
- ☐ [Night Dental \(Dental Emergency\)](#) (6833 4355)
- ☐ [The Dental Implant Centre](#) (6532 2644)
- ☐ [Little India Dentist](#) (6293 0355)

ONLINE COACHING SUPPORT

PSYCHO-EMOTIONAL

- ☐ [Silver Ribbon](#) (63861928 / 63853714 / 65090271)
Call to book an Appointment

TELEGRAM

- ☐ [Stay Strong Support Group - A community project by integrative healthcare professionals](#)

EMOTIONAL, PERSONAL, CAREER & RELATIONSHIP

- ☐ [Relationship Studio](#) (93372917)

LOCATE A PHPC CLINIC

- ☐ www.phpc.gov.sg

MINDFULNESS & MEDITATION

- ☐ [NirvanaMind](#)
- ☐ [Mindful Moments](#)

COVID-19 ONLINE SYMPTOM CHECKER

- ☐ www.sgcheck.com

REHABILITATION

- ☐ [Rehab & Beyond \(Tele-rehab\)](#)

ONLINE RESOURCES

- ☐ [Relationship Studio's Media Featured Articles on Relationships](#)
- ☐ [Enneagram In Love Articles](#)

NURSING CARE

- ☐ [Homage](#) (App available)
- ☐ [Caring Hearts Nursing](#)

USEFUL SERVICES

GOV.SG WHATSAPP SUBSCRIPTION

- ☐ [For Local WhatsApp Contact \(+65 8129 0065\)](#)
- ☐ [For Overseas WhatsApp Contact](#)

GOV MOBILE APPS

- ☐ [TraceTogether](#)
- ☐ [OneService – to report issues on safe distancing etc](#)

CHECKING IF YOU CAN GO OR NOT...

- ☐ This will be useful before you head off to your nearby parks for some exercise!
<http://safedistparks.nparks.gov.sg>
- ☐ This is a User-Generated Content website. Help each other and contribute to this list! -
<https://canigo.sg/>

GOVERNMENT GRANTS & SUPPORT

- ☐ [SupportGoWhere](#)

FACT CHECK FOR FAKE NEWS

- ☐ [Factually \(by Gov.sg\)](#)

THE LATEST OFFICIAL INFO ON COVID-19

- ☐ [Gov.sg InfoBot](#)

RESOURCES

- ☐ [Isolation.sg](#)
- ☐ [List of Essential Services](#)

CHECK OUT OUR WEBSITE & SOCIAL MEDIA PAGES FOR MORE ACTIVITIES & ARTICLES!



WWW.FB.COM/RELATIONSHIPSTUDIOSG



WWW.INSTAGRAM.COM/RELATIONSHIPSTUDIOSG



463 CRAWFORD LANE, #02-19, S190463

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LET'S GRAB A VIRTUAL COFFEE!

FOR CONTRIBUTIONS, ENQUIRIES & COLLABORATIONS



CHAN JOVEN

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