

To whom it may concern

ON SUNDAY 07 JAN 2018 AROUND MID AFTERNOON MY LUNCH WAS SERVED TO ME BUT THE GRAVY WAS ABOUT A SPOONFULL OR LESS. I PRESSED THE INTERCOM TO INFORM THE CHIEF WHO IS IN H.C.C. [REDACTED] ANSWERED MY CALL AND I TOLD HIM ABOUT THE GRAVY ISSUE. I DID ASKED [REDACTED] TO CALL FOR [REDACTED] BUT HE TOLD ME THAT [REDACTED] WENT FOR LUNCH. [REDACTED] THEN TOLD ME TO SHOW MY PLATE TO [REDACTED] WHEN HE UNLOCK ME FOR MY MEDICATION IN A SHORT WHILE BUT I TOLD [REDACTED] THAT I'M NOT IN GOOD TERMS WITH [REDACTED]. [REDACTED] TOLD ME TO JUST SHOW HIM BECAUSE HE'S THE ONLY STAFF AVAILABLE FOR NOW AND HE'S NOW STANDING OUTSIDE MY CELL.

MY DOOR WAS UNLOCKED BY [REDACTED] FOR MY AFTERNOON MEDICATION. I SAW [REDACTED] STANDING OUTSIDE MY CELL AND I TOLD HIM THAT MY GRAVY IS SO LITTLE AND ASKED HIM TO HAVE A LOOK. HE THEN TOLD ME TO EAT MY MEDICATION FIRST AND I COMPLY. AFTER CONSUMING MY MEDICATION, I WENT IN MY CELL AND AGAIN I ASKED HIM TO LOOK AT MY PLATE BUT THIS TIME ROUND HE ASKED ME TO CLOSE MY DOOR. I AGAIN ASKED HIM TO HAVE A LOOK AT MY PLATE BUT KEPT REPEATING FOR ME TO CLOSE MY DOOR. I TOLD HIM AGAIN THAT I WAS INSTRUCTED BY [REDACTED] TO SHOW MY PLATE TO HIM AND I ALSO TELL HIM THAT AT LEAST DO SOMETHING. HE THEN PRESSED THE DURESS ALARM BUTTON AND INSTRUCTED ME TO SQUAD DOWN AND PUT MY HANDS ON MY HEAD. I DID COMPLY, BUT ONLY MY LEFT HAND WAS NOT UP BECAUSE OF MY PAST INJURY THAT I HAD.

[REDACTED] THEN TOOK OUT HIS PEPPER SPRAY AND WAS COMING TOWARDS ME. ~~HE~~ I TOLD HIM THAT HE DONT NEED TO THREATEN ME WITH WHAT HE WAS DOING AND HE SHOUTED AT ME TO FACE IN MY CELL TOWARDS THE TOILET AND I COMPLIED. A FEW SECONDS LATER, [REDACTED] ROUGHLY TOOK MY RIGHT HAND TO CUFF AND WAS PULLING MY LEFT HAND ROUGHLY TO MY BACK. I TOLD HIM THAT MY LEFT HAND IS PAIN DUE TO MY INJURY BUT HE DONT BOTHER. HE THEN SUDDENLY PUSH ME HARD TO THE GROUND WHILE HE'S STILL HOLDING ON TO MY RIGHT HAND. I FELL AND I INJURED

MY ELBOW AND I HAD A BUMP ON MY RIGHT FOREHEAD. THE ABRASION ON MY ELBOW WAS BECAUSE I HAD USE IT TO SUPPORT FROM MY FALL AS THAT IS THE ONLY HAND THAT IS FREE BECAUSE THE OTHER HAND WAS BEING HOLD BY [REDACTED]. I HAD TO AVOID FROM FALLING FLAT ON MY FACE THAT IS WHERE I TURN MY HEAD TO THE LEFT AND LAND ON MY RIGHT FOREHEAD. WHILE I WAS LYING FLAT ON THE GROUND, [REDACTED] REPEATEDLY STEPPING AND PUSHING MY BODY TO THE GROUND. I TURNED MY HEAD BACK AND I SAW [REDACTED] WAS OUTSIDE MY CELL DOOR WATCHING ME AND NOT EVEN ASKING [REDACTED] TO STOP.

A FEW SECONDS LATER, [REDACTED] CAME IN MY CELL AND HELP ME UP TO A SITTING POSITION AND [REDACTED] WENT OUT OF MY CELL. SUDDENLY [REDACTED] CAME IN MY CELL AGAIN AND PUSH ME TO THE GROUND AND STEPPING ME AGAIN. THAT IS WHEN HE STEP ME ON MY GROIN AREA, AFTER THAT HE WENT OUT FROM MY CELL AGAIN. I HAVE NO IDEA WHY HE SUDDENLY CAME IN MY CELL FOR THE SECOND TIME. MY INJURY FROM THIS ^{WHOLE} INCIDENTS ARE LEFT ELBOW ABRASION, LEFT KNEE ABRASION, BUMP ON MY RIGHT FOREHEAD, BOTH MY SHOULDER SPRAINT, LEFT KNEE SPRAINT AND A SWOLLEN RIGHT WRIST. I DID ASKED [REDACTED] WHY HE DID NOT STOP FROM WHAT HE WAS DOING TO ME BUT HE KEPT ^{QUIET} ~~QUIT~~. WHEN ALL STAFF FROM OTHER HOUSING UNIT CAME UP TO MY ROOM WITH [REDACTED] I SHOWED THEM FOOTPRINTS ON MY ^{SHORTS} TROUSES AND SHIRT BUT NO ONE SEEMS TO CARE. I THEN TOLD [REDACTED] THAT [REDACTED] SAW WHAT HAPPENED BUT I DONT THINK THAT HE WILL TELL YOU THE TRUTH. [REDACTED] WAS IN FRONT OF ME WHEN I SAID THIS BUT HE JUST KEPT QUIET. I TOLD [REDACTED] THAT BECAUSE OF GRAY I WAS BEING ASSAULT BY [REDACTED]. STAFF NURSE CAME AND TOOK MY BLOOD PRESSURE AND AND IT WAS VERY HIGH. I TOLD STAFF NURSE THAT I'M IN PAIN BUT NOTHING WAS DONE. I EVEN SHOWED ALL MY INJURY TO STAFF NURSE AND THOSE PRISON STAFF WHO WERE IN MY CELL BUT STILL NOBODY BOTHER. [REDACTED] THEN TOLD ME THAT I NEED TO BE SEND DOWN TO D.H.U (DETENTION HOUSING UNIT). I TOLD HIM THAT I'M THE VICTIM AND YET I MUST BE SEND TO D.H.U FOR WHAT REASON? HE TOLD ME THAT

IT'S FOR MY OWN GOOD, AND LET PROVOST DO THE INVESTIGATION. I COMPLIED AND WAS ESCORTED DOWN TO D.H.U. I WAS PUT IN P.C (PUNISHMENT CELL) NO 21. BEFORE ALL THE STAFF AND STAFF NURSE WENT OFF, I DID TOLD THEM TO RECORD MY INJURY AND I WANT MY INJURY TO HAVE A PHOTO TAKEN. THEY JUST NOD THEIR HEAD AND WENT OFF. A FEW MINUTES LATER I DID PRESSED THE INTERCOM AND [REDACTED] ANSWER. I TOLD HIM THAT I WANT TO SEE [REDACTED] AND STAFF NURSE. SHORTLY AFTER STAFF NURSE CAME, I TOLD HIM ABOUT MY INJURY BUT I DONT KNOW WHAT HE WROTE BECAUSE I WAS IN MY CELL AND I CANT SEE. AROUND 30MIN LATER [REDACTED] CAME AND I TOLD HIM THAT I WANT TO HAVE PICTURE TAKEN OF ALL MY INJURIES BUT HE TOLD ME THAT'S NOT NECESSARY. I STILL INSIST ON TAKING PHOTO OF MY INJURY FOR EVIDENCE PURPOSE BUT [REDACTED] SAID NO. DURING MY CONVERSATION WITH [REDACTED], A COOKIE NAME [REDACTED] HEARD WHAT WAS SAID BETWEEN ME AND [REDACTED] BECAUSE HE WAS ISSUEING MY BELONGING AT THAT VERY SAME TIME. I ALSO SHOWED THIS COOKIE ALL MY INJURY AND FOOTPRINTS THAT ARE ON MY SHORTS AND SHIRT. I THEN ASK THE STAFF WHY IS MY WATER OFF AND THEY TOLD ME THAT I WILL BE FOLLOWING P.C WATER RATIONING THAT IS ONLY 10 MIN OF WATER RATION PER DAY!

ON MONDAY 08.01.2018 MORNING I REPORTED SICK. OUR IN HOUSE DOCTOR CAME AND I SHOWED HIM ALL MY INJURY. HE WROTE SOMETHING ON A PIECE OF PAPER WHICH I DONT KNOW WHAT HE HAD WRITTEN AND JUST WALK OFF WITHOUT EVEN CHECKING ME. I WAS ALSO NOT GIVEN ANY MEDICATION OR ANY TREATMENT. DURING NIGHT, I DID PRESSED THE INTERCOM AND CALLED FOR STAFF NURSE COZ I'M IN PAIN. STAFF NURSE TOLD ME THAT MY BLOOD PRESSURE IS HIGH.

TUESDAY 09.01.2018, I REPORT SICK AGAIN IN THE MORNING BUT DOCTOR NEVER. I PRESSED THE INTERCOM AGAIN AT NIGHT AND CALLED FOR STAFF NURSE. STAFF NURSE CHECKED MY BLOOD PRESSURE AND GAVE ME PAIN KILLER AND ASKED ME TO REST COZ MY B.P IS HIGH. THE CHINESE STAFF

NURSE ASKED ME WHY DID I NOT REPORT SICK THIS MORNING AND I TOLD HIM THAT I DID BUT DOCTOR NEVER COME. HE TOLD ME THAT HE WILL WRITE A MEMO TO DOCTOR AND ASKED DOCTOR TO SEE ME TOMORROW MORNING.

WEDNESDAY 10.01.2018, I WAITED FOR DOCTOR TO COME BUT AGAIN HE DID'NT.

P.M EXTERNAL MOVEMENT TO A3 ON FRIDAY 12.01.2018 FOR PHYSIOTHERAPY. I CANT DO MY THERAPY DUE TO MY INJURY. I REPORTED SICK WHEN I CAME BACK AND ~~THE~~ COVERING O.O WAS [REDACTED]. HE CALLED FOR STAFF NURSE TO CHECK ME. I WAS CHECKED IN CLMC TELEVISIT ROOM. I TOLD STAFF NURSE THAT I HAVE A THROBBING PAIN IN MY HEAD AND DIZZY. STAFF NURSE TOOK MY B.P AND I SAW THAT IT WAS HIGH 156/106

SAT 13.01.2018, I PRESSED THE INTERCOM AND CALLED FOR STAFF NURSE. AT AROUND 3:45PM, 02 CHINESE STAFF NURSE AND A PRISON STAFF CAME. STAFF NURSE CHECKED MY BLOOD PRESSURE AND TOLD ME THAT IT'S ^{A BIT} ~~LOW~~ HIGH 143/90.

P.M EXTERNAL MOVEMENT ON TUESDAY 16.01.2018 TO CHANGI GENERAL HOSPITAL AT 'U' CLINIC (BONE CLINIC). I TOLD MY SPECIALIST THAT I CANT DO THE EXERCISE THAT HE ASKED ME TO ON THAT TIME DUE TO MY INJURY. HE ASKED ME WHAT HAPPENED AND I TOLD HIM WHAT HAD HAPPEN AND MY INJURIES. I ALSO INFORMED HIM THAT I AM FEELING GIDDY AND WANT TO BLACK OUT. I WAS FIRST SEND FOR X-RAY TO MAKE SURE THAT MY INJURIES ARE ALL OKEY AND AFTER THAT I WAS SEND TO A&E. I WAS CHECKED IN A&E AT 17:30PM AND DOCTOR THERE TOLD ME THAT MY VITAL SIGN ARE NOT NORMAL AND MY BLOOD SUGAR WAS ALSO LOW 3.3. AFTER PUTTING ME ON DRIP FOR 2 BAGS ~~AND~~ MY VITAL SIGN IS STILL NOT STABLE, I WAS WARDED IN WARD 34 AT 23:00PM. NURSE [REDACTED] NOTED ALL MY INJURIES.

AFTER 3 WEEKS PLUS I'M WARDED IN HOSPITAL, I WAS DISCHARGED ON 08.02.2018 THURSDAY. IN THE MORNING BEFORE MY DISCHARGE, DR [REDACTED] FROM CHANGI GENERAL HOSPITAL TOLD ME THAT HE AND DIETITION RECOMENDED ME MILK AND WILL WRITE A MEMO TO PRISON FOR ME TO BE GIVEN MILK. I WAS DETAINED IN HOSPITAL DUE TO MY HIGH BLOOD PRESSURE AND LOW BLOOD SUGAR ALL THE TIME. I WAS SEND BACK TO B1 CLMC ON THURSDAY 08.02.2018 AND WAS PUT IN ISOLATION CELL 01 EVENTHOUGH THE NORMAL WARD ~~HAS~~ HAD A FEW EMPTY BED. STAFF (PRISON) TOLD ME ~~HIS~~ IT'S DOCTOR ~~HIS~~ INSTRUCTION.