

H3 Active Ageing Programme Facilitator (Elderly)

Organisation Name

TRANS Family Service Centre (Bedok)

1. Programme Name & Description

Our program is called “Happy Healthy Hour” (H3). H3 has been running for about 5 years now. H3 aims to engage the socially isolated seniors in the neighbourhood by providing activities that promote their physical, social, emotional and mental wellbeing. The activities include physical exercises, art and craft, educational talks, games and outings.

Volunteer Role & Scope

They work with staff to plan and run programs, engaging with the seniors

Date/ Time/ Frequency/ Venue

Every Wednesday morning, from about 9am to 11.30am.

No. of Volunteers Required

4

Minimum Commitment Period

6 Months & Above

Requirements

Mandarin speaking volunteers are very welcome.

For more information or to sign up for this role, please contact:

Contact Person:

Aileen Everitt (Mrs)

Email Address

aileen@trans.org.sg

Contact Number

64490762

Befriender & Medical Escort (Elderly)

Organisation Name

TRANS Family Service Centre (Bedok)

1. Programme Name & Description

A client will require medical escort services, but he does not need nursing trained person to escort him for his medical appointments. As his medical appointments are quite frequent, the residential home that he is currently residing in is unable to manage his appointments.

Volunteer Role & Scope

Befriend and provide medical escort services

Date/ Time/ Frequency/ Venue

Subject to Medical Appointments

No. of Volunteers Required

1

Minimum Commitment Period

6 Months & Above

Requirements

Able to commit to long term befriending and provide medical escort

For more information or to sign up for this role, please contact:

Contact Person:

Rebecca Lim

Email Address

qinrong@trans.org.sg

Contact Number

64499088

Outing Befriender (Elderly)

Organisation Name

The Salvation Army - Peacehaven Day Centres (Bedok & Changi)

Programme Name & Description

Monthly outing for frail seniors @ Peacehaven Day Centres (Bedok & Changi)

- Peacehaven day centres serves senior clients with high care needs by providing a suite of services to help them age in place. This also helps to delay and prevent premature institutionalisation.

- As most of the senior clients may suffer from chronic and medical conditions (including persons living with dementia), many are wheelchair bound or require supervision

- To make it more meaningful for the seniors who may not have the opportunities to travel anymore or to be updated of the new sites in Singapore, we arrange for monthly outings to bring small group of 10-12 seniors each from the 2 day centres

Volunteer Role & Scope

- Each volunteer will be paired with a senior to assist to bring the senior around the outing

- Will need to assist to push wheelchair or walk with seniors with walking aid

- To accompany seniors to toilet to ensure there is someone around should they need help and to enjoy the outing together with them

Date/ Time/ Frequency/ Venue

28 Aug / 26 Sept (timing is afternoon tentatively between 12.30pm-3.30pm inclusive of travel time)

No. of Volunteers Required

20-24

Minimum Commitment Period

Ad-Hoc

Requirements

Openness and willingness to spend their afternoons with frail seniors

For more information or to sign up for this role, please contact:

Contact Person:

Isabel Neo

Email Address

Bedok_CBP@SMM.salvationarmy.org

Contact Number

65819225