

TAN TOCK SENG HOSPITAL

Volunteer Programmes and Patient Support Groups





Adaptive Sports Programme

The Adaptive Sports Programme (formerly known as Sports Integration Programme), was initiated by therapists at Tan Tock Seng Hospital (TTSH) Rehabilitation Centre in 2017.

Our volunteers engage inpatients with modified sports activities, encouraging them to lead a healthy and active lifestyle despite their medical condition.



Activities

- Ensure patient safety during group sessions
- Bring patients on wheelchairs between ward and the gym
- Assist the Physiotherapists/ Occupational Therapists with sports activities such as:
 - Seated Table Tennis
 - Finska
 - Adapted volleyball
 - Seated badminton



Join us if you

- Are comfortable and physically able to engage in sports activities with patients
- Enjoy interacting with people from diverse backgrounds



Age Requirement

- 19 years old and above

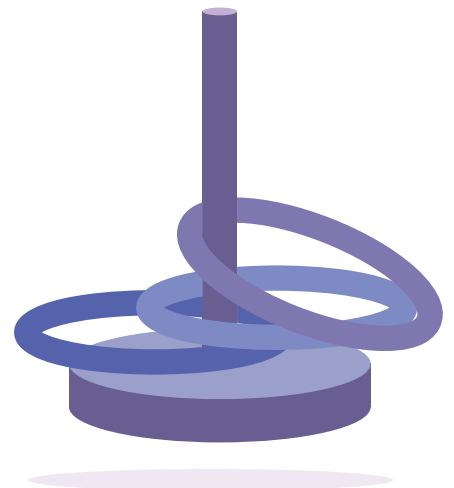


Frequency & Location

Wednesdays:
3:00pm to 5:00pm

Saturdays:
9.00am to 11.00am

Gym in Tan Tock Seng Hospital Rehabilitation Centre @ Ang Mo Kio – Thye Hua Kwan Hospital and in TTSH Integrated Care Hub (September 2023 onwards)





Diversional Therapy Unit

Diversional Therapy Unit (DTU), established in 1948, is Tan Tock Seng Hospital's (TTSH) oldest volunteer group. The DTU volunteers create unique handicrafts to sell during their bazaar events, raising funds for TTSH Community Fund to support needy patients, healthcare research, innovation and training to deliver better patient care within the hospital. DTU's longstanding commitment to volunteerism has helped support the Hospital's mission to provide quality care to patients in need.



Activities

- Create unique handicrafts for sale



Join us if you

- Enjoy creating unique handicrafts through sewing, beading and crocheting
- Are keen to learn how to sew, bead and crochet (will be an advantage but not compulsory)



Frequency & Location

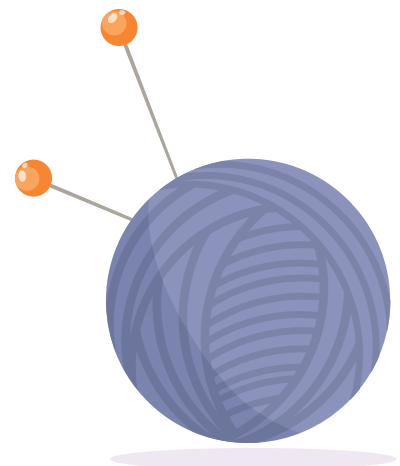
Every Monday:
9.00am to 12.00pm

DTU Office at Tan Tock Seng Hospital Basement 2



Age Requirement

- 21 years old and above





Sakura Groomers

Sakura Groomers, formed by a group of Japanese housewives in 1993 and affiliated with the Japanese Association of Singapore, provide grooming services to long-staying patients undergoing rehabilitation therapy. The group has diversified over the years, including retirees and homemakers of different nationalities. The volunteers' services help the patients maintain a clean and neat appearance, brightening their mood and increasing their self-esteem.



Activities

- General grooming services such as haircuts, shaves and nail clipping services



Join us if you

- Enjoy interacting with people from diverse backgrounds
- Have relevant experiences in providing grooming services (will be an advantage, but not compulsory)



Frequency & Location

Every Tuesday:
10.00am to 12.00pm

Tan Tock Seng Hospital
Rehabilitation Centre
@ Ang Mo Kio –
Thye Hua Kwan Hospital



Age Requirement

- 18 years old and above

