

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



DIVERSIONAL THERAPY UNIT (DTU)

Established since 1948, Diversional Therapy Unit is TTSH's longest-serving volunteer group. DTU volunteers get together to create unique handicrafts for sale during the bi-monthly bazaars to raise funds for needy patients.

SIGN UP AND MAKE A DIFFERENCE TODAY!

For more information, please contact the
Volunteer Management team:
volunteer@ttsh.com.sg / 6357 2494

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ACTIVITIES

Engage and befriend patients
in the wards

Create unique handicrafts for sale
during the DTU bazaars

Organise bi-monthly DTU bazaars
to raise funds for needy TTSH
patients (through the TTSH
Community Fund)

JOIN US IF YOU

Like to create unique
handicrafts for sale during the
bi-monthly bazaar

Every Thursday, 9am – 12pm

DTU Office at
Tan Tock Seng Hospital B2

RELEVANT SKILLS

Skills-based Volunteering

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



SAKURA GROOMERS

Initially formed by a group of compassionate Japanese housewives in 1993, —Groomers shares a strong link with the Japanese Association of Singapore. Groomers provide grooming services to long-staying patients undergoing rehabilitation therapy.

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ACTIVITIES

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

JOIN US IF YOU

Enjoy interacting with patients

Have relevant experiences in providing grooming services (advantageous but not compulsory)

Tuesdays, 10am – 12pm

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

RELEVANT SKILLS

Befriending, Skills-based Volunteering

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



SUPPORTED CONVERSATION GROUP FOR PATIENTS WITH APHASIA

Initiated in 2017 by Speech Therapists (STs) at the Tan Tock Seng Hospital Rehabilitation Centre, volunteers assist STs with activities for patients with chronic aphasia. Patients with chronic aphasia have difficulties processing language, affecting their production and comprehension of speech. Together with the STs, volunteers plan for interactive activities to engage the patients and improve the patients' communication skills.

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ACTIVITIES

Brainstorming of ideas for creative activities
(e.g. Trade and Barter Activities, 'The Price is
Right', Charades)

Assist the STs in the planning and
preparation of activities

Co-facilitate activities
with guidance from the STs

JOIN US IF YOU

Enjoy interacting with adults

Have good interpersonal and
listening skills

Are able to speak English/ Mandarin

Are comfortable in using other non-
standard ways of communication

Group Sessions: Selected Tuesdays,
3.30pm – 5.00pm

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

RELEVANT SKILLS

Skills-based Volunteering
(Compulsory trainings will be provided)

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



PALLIATIVE CARE BEFRIENDERS

Palliative care specialises in holistic biopsychosocial-spiritual care for patients who are living with a terminal or life-limiting illness.

Befrienders provide companionship to end-of-life patients, giving them the much needed moral and emotional support. This often impacts the family caregivers as well, relieving them of some of the stress and isolation they may be experiencing. Palliative Care Befrienders' regular visits, company and engagement in activities, help brighten the patients' days in the ward.

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ACTIVITIES

Befriending (Provide companionship and a listening ear to patients/ families)

Running errands for patient

Games/ Activities (mahjong/ craft)

Bringing patients from home to hospital for medical appointments

Festive celebrations (Christmas/ Mother's Day, etc.)

Post-Bereavement Follow up

Assist in patient's legacy work

Photography

Ward Improvement (Wall Art)

Events (E.g. World Hospice & Palliative Care Day, Annual Memorial Service), Flower arrangements, Interest/hobby sharing (e.g. singing / playing an instrument/ reading to patients)

JOIN US IF YOU

Are 21 years old and above

Are able to commit to assigned patients

Are comfortable with talking about life and death issue

Are able to commit on a regular basis

Communicable Disease Centre (CDC) 2 Ward 83
– Palliative Care Ward
TTSH Ward 9

RELEVANT SKILLS

Befriending

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



PATIENT BUDDIES

Started in August 2015, Patient Buddies accompany the patients throughout their visit at the hospital, assisting them as they move from various clinics. Buddies provide the support needed to help ensure that elderly patients who are too frail and have mobility difficulties to keep to their appointments and sessions, giving them the additional encouragement on their journey to recovery.

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ACTIVITIES

Escort elderly patients from their homes or a location within the hospital

Accompany elderly patients to their medical appointments

Provide companionship to the patients

Assist patients to the relevant services where necessary

Help to translate medical / care instructions to patients (if needed)

JOIN US IF YOU

Are able to commit on a regular long term basis

Are able to converse in at least 1 local language / dialect – Mandarin, Malay or Tamil (preferred, but not compulsory)

Are 21 years old and above

Ad-hoc basis. Volunteers will be notified of relevant cases. Patients appointments are on weekdays between 8am – 6pm

Clinics and / patient's home

RELEVANT SKILLS

Befriending, Way-Finding, Skills-based Volunteering (compulsory trainings will be provided)

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



TBCU BEFRIENDERS

TBCU Befrienders serve patients who are recovering from Tuberculosis. Although most tuberculosis patients are treated as outpatients, some would still require inpatient monitoring and would have to stay in hospital for a prolonged period of time until their recovery.

TBCU Befrienders step in during their recovery journey, providing companionship, alleviating the patients' feeling of isolation and loneliness, boosting the patients' morale through games and activities.

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ACTIVITIES

Provide companionship and a listening ear to patients

Engaging patients in games and other interactive activities (e.g. Jenga, Bingo, memory card games, story-telling sessions, riddles, simple exercises)

Interest / Hobby sharing (e.g. Singing/ Reading to patients)

JOIN US IF YOU

Enjoy interactions with patients

Are 18 years old and above

Thursdays, 2pm – 4pm

National Centre for Infectious Diseases (NCID)

RELEVANT SKILLS

Befriending

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



SURVIVOR CAMP BEFRIENDERS

Formed in 2007, Survivor Camp Befrienders is a group that comprises mainly of youths with a shared commitment to devote time to the patients. Befrienders engage the patients through music, songs and other interactive activities to uplift the patients' mood and bring hopes and smiles to their faces.

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ACTIVITIES

Patient visitations

Provide companionship and a listening ear to patients at interims

Engage the patients through music and songs

JOIN US IF YOU

Are between 18 to 60 years old

Enjoy interacting with patients
Enjoy caroling

Ever ready to bring joy and hope to the wards

Every 1st and 3rd Thursday of the month, 7pm – 9pm

Selected wards in
Tan Tock Seng Hospital

RELEVANT SKILLS

Befriending

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



VOLUNTEER GUIDERS PROGRAMME

Initiated in 2012, the Volunteer Guiders Programme was formed to help patients and visitors find their way around the hospital. Many of our patients are old and frail and some may not be accompanied by caregivers. Guiders step in to provide support to these patients as they accompany them and ensure that these patients would be able to reach their destinations safely.

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ACTIVITIES

Direct patients and visitors from the main entrances and drop off areas at Tan Tock Seng Hospital safely to their destinations

Offer wheelchair assistance where necessary

JOIN US IF YOU

Enjoy interacting with people

Are passionate to help people in need

Are 18 years old and above

Monday to Friday,
excluding Public Holidays
Between 9am to 5.30pm
Minimally 2 hours per session

From main entrances and drop-off points
to various parts of Tan Tock Seng Hospital

RELEVANT SKILLS

Befriending, Way-Finding,
Skills-based Volunteering
(Compulsory trainings will be provided)

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



HEALING ART (HEART) AMBASSADORS PROGRAMME

Volunteers of the HEART Ambassadors programme have gone through a 4-week training sessions with our Art Therapist. They are equipped with skills to engage palliative care patients through art-making at bedside. Through the introduction of art activities, patients are encouraged to express their thoughts and emotions. HEART Ambassadors serve to engage, communicate, and lend a listening ear to palliative patients in the ward setting. This process provides the patient and volunteer a platform for social connection.

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ACTIVITIES

Volunteer Training Curriculum:

4 training sessions
2 hours per training session
Conducted by TTSH PMD Art Therapist

JOIN US IF YOU

Have experience with caregiving

Are comfortable with engaging
Palliative patients

Enjoy working on hands-on activities
(e.g. art-making)

Are flexible with volunteering during
office hours

Tuesday, Wednesday & Thursdays,
11am – 3pm

Tan Tock Seng Hospital
TTSB Sub-acute Ward 9,
Ren Ci Community Hospital

TAN TOCK SENG HOSPITAL VOLUNTEER PROGRAMMES



HAND OCCUPATIONAL THERAPY STEWARDSHIP VOLUNTEER PROGRAMME

Life after sustaining a hand injury greatly impacts one's ability to participate in their activities of daily living (ADL). As Hand Occupational Therapy (OT) stewards, you will be equipped with para-clinical skills at the OT clinic. You will help support in patient-related care activities during their rehabilitation journey. OT stewards will play an important role in facilitating these patients to achieve their maximum independence in ADL.

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ACTIVITIES

Volunteer Training Curriculum:
On-the-job training and competency assessments

Occupational Therapy Stewards support in patient-care activities:
Heat modalities treatment setup
Hand splints strap adjustments
Administration of clinical outcome measures

Guiding patients in upper limb exercises

Educating patients on the care and use of hand supports

JOIN US IF YOU

Are 16 years old and above

Are in good health

Are passionate in helping others and enjoy people interaction

Able to speak English/Mandarin, dialects will be a bonus

Are literate

Have no skin sensitivity

Able to commit mornings (9-1pm) or afternoons (1 -5 pm) on weekdays at least twice a month

Tan Tock Seng Hospital Clinic B1C
Occupational Therapy Department

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



HOSPITAL ELDER LIFE VOLUNTEER PROGRAMME (HELP)

HELP volunteers will be equipped with an understanding of delirium in the elderly and its complications and how to prevent them. Volunteers help to create a more comfortable inpatient experience by engaging them in meaningful activities such as memory game or reminiscence therapy, helping to prevent the seniors' functional decline, allowing them to return home at the maximal level of independence.

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ACTIVITIES

Volunteer Training Curriculum:

Online video training

Onsite observations in the wards

In - Ward Activities:

Games to improve memory

Activities to improve hand - eye coordination

Craft Activities

JOIN US IF YOU

Enjoy interactions with patients

Are keen to learn and apply
para-clinical skills

Are 18 years old and above

Monday – Friday,
9am – 11am or 1pm – 5pm

Tan Tock Seng Hospital Wards

655535

www.ttsh.com.sg

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



EYE CLINIC VOLUNTEER PROGRAMME

Eye Clinic Volunteers are equipped with para-clinical skills to help patients at the eye clinic navigate through their care journey. Volunteers educate and empower the patients and caregivers in proper eye care, helping to reinforce patients' understanding of complex eye screening tests such as the Visual Field Test. Volunteers help to increase patients' confidence in self-care, empowering both the patients and the caregivers to be more confident to take care of their eyes, improving clinical care outcomes.

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ACTIVITIES

Volunteer Training Curriculum for these following roles:

Care Navigator and Befriender
Registration for patients
Way-finding and orientation in the clinic
Identify patients with fall risks

Consult Plus Service Ambassadors
Support the basic history taking
Demonstrate proper instillation of eye drops

Patient Education Ambassador
Reinforce patients' understanding of complex eye screening tests such as the Visual Field Test

Volunteer Trainer
Train and coach new volunteers
Support in research projects

JOIN US IF YOU

Enjoy interactions with patients

Are keen to learn and apply para-clinical skills

Are 18 years old and above

Monday – Friday, 9am – 12pm
or 1.30pm – 3.30pm

Tan Tock Seng Hospital, Eye Clinic 1A
and Eye Atrium

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



NAMASTE CARE VOLUNTEER PROGRAMME

The Namaste Care Volunteer Programme provides a structure of meaningful activities for persons with advanced dementia through multi-sensory activities that are tailored according to the person's likes and dislikes. Volunteers will undergo a thorough knowledge-based training in the wards so as to better provide support to persons with advanced dementia as they befriend them.

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ACTIVITIES

Volunteer Training Curriculum:

Knowledge-based training
On-site training in the wards

Namaste Care Activities:

Aromatherapy
Music Therapy
Touch Therapy

JOIN US IF YOU

Enjoy interactions with elderly patients

Are keen to learn skills to support and
befriend persons with dementia

Monday, Wednesday & Friday,

3pm – 5pm

TTSH Sub-acute Ward 9,
Geriatric Monitoring Unit,
Ren Ci Community Hospital

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES

ACTIVITIES

Weekly visits to the lupus patients in the wards

Participate in public education programmes and events for lupus patients to network and share experiences

Counsel and train caregivers

Engage in fundraising initiatives (e.g. handicrafts) to raise funds for and provide financial assistance to needy lupus patients and families through the TTSH Community Fund



LUPUS PATIENT SUPPORT GROUP

Lupus Patient Support Group was formed in 2002 under the auspices of the Lupus Association (Singapore) as part of a weekly visitation programme in Tan Tock Seng Hospital. Volunteers form a network of friendship and support for the lupus patients and their families, educating them about their illness through the sharing of personal experiences, motivating them to take on a positive attitude towards their condition.

Wednesdays, 12pm – 2pm
Social gatherings on every last Friday of the month 7pm – 9pm

Lupus Association Room and Tan Tock Seng Hospital Wards

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TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



AMPUTEE SUPPORT GROUP (ASG)

ASG aims to provide a platform for persons with amputations (PWAs) to share issues and challenges faced in life after amputation. Professionals share knowledge and information useful for management of condition. Most importantly, this support group is a social support network for PWAs

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ACTIVITIES

Arts and Craft

Painting

Individual befriending by at
the inpatient ward

Group sharing sessions by PWAs and
professionals

Assist in facilitating sessions and translate
for patients

Social recreational gatherings

Last Friday of the month

10am to 1pm

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

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES

ACTIVITIES

Participate in monthly social & sharing meetings, with talks by specialists in a Tan Tock Seng Hospital meeting room



WALNUT AVENGERS

Previously known as the Tan Tock Seng Hospital Prostate Cancer Support Group (PCSG TTSH), Walnut Avengers was incepted in 2011. Volunteers provide moral, emotional support, and beneficial educational information for newly diagnosed prostate cancer survivors, their families and friends. Volunteers share their personal experiences with newly diagnosed prostate cancer patients and survivors; befriending and inspiring one another in their cancer survivorship journey.

2nd Thursday of every month,
from 2pm – 5pm

Meeting rooms @ Tan Tock Seng Hospital

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COLON CANCER SUPPORT GROUP (CCSG)

CCSG was founded in June 2004 by Ms Dincy Lim. CCSG volunteers offer onsite befriending services at both clinic 2A and 2B, sharing helpful information with the Colon Cancer patients. Volunteers also offer face to face counselling services and run a care hotline.

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ACTIVITIES

Face-to-Face Counselling
Mondays, 3pm – 5pm &
Thursdays, 10am – 12pm
Wednesdays, 10am – 12pm, Clinic 2A

Telephone Counselling
Mondays, Tuesdays,
Thursdays & Fridays, 3pm – 5pm

Social Gatherings
Every 1st Saturday of the month,
2.30pm – 6pm

Face-to-Face Counselling: Clinic 2A
and Clinic 2B, Tan Tock Seng Hospital
Monday, Tuesday and Friday, 10am
to 12pm and 3pm to 5pm; Tuesday,
3pm to 5pm

Telephone Counselling: B2 Office
Mondays to Fridays (excludes
Wednesdays), 3pm to 5pm

Social Gathering: Meeting room at
Annex 1, Tan Tock Seng Hospital
Every 1st Saturday of each month,
2.30pm to 6pm