

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



SPORTS INTEGRATION PROGRAMME

Initiated by the therapists at Tan Tock Seng Hospital Rehabilitation Centre in 2017. The Sports Integration Programme runs regular activities for the inpatients at the Rehab Centre. Volunteers engage the inpatients with different modified sports activities, encouraging the inpatients to continue to lead a healthy and active lifestyle despite sustaining a medical condition.

SIGN UP AND MAKE A DIFFERENCE TODAY!

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

Volunteer *Care. Help. Inspire.*

ACTIVITIES

Ensure patient safety during group sessions

Bring patients on wheelchairs from wards to the gym

Assist the Physiotherapist/ Occupational Therapist with Sports Activities:
Seated Yoga
Seated Table Tennis
Functional Fitness (Involving circuits such as modified sit-ups, Wii Boxing)
Finska

JOIN US IF YOU

Are between 25 to 60 years old

Enjoy interacting with elderly patients

Are physically healthy and fit

Saturday, 9am – 11am

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

RELEVANT SKILLS

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

TAN TOCK SENG HOSPITAL VOLUNTEER PROGRAMMES



WONDER OF MUSIC PROGRAMME

Formed in 2019, the rehab nurses of the Wonder of Music Programme introduced Let's Sing (KTV) to promote social interactions among fellow patients and enhance their overall mood. Music is believed to help decrease one's senses of pain and discomfort. Volunteers can help to reduce stress and anxiety of patients during their length of stay by engaging them in songs and other forms music therapy.

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ACTIVITIES

Engage patients in singing songs

Encourage patients interaction

Bring patients on wheelchairs from wards
to the activity

Assist the nurses to prepare music
activities

JOIN US IF YOU

18 years old and above

Enjoy interacting with elderly patients

Enjoy music and singing

Sunday, 2.30am – 3.30pm

B1 Lobby in Tan Tock Seng Hospital
Rehabilitation Centre @ Ang Mo Kio -
Thye Hua Kwan Hospital

RELEVANT SKILLS

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

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



VOLUNTEER PATIENT PROGRAMME (VPP)

VPP was founded in 2009 by the Tan Tock Seng Hospital Rehabilitation Centre to provide support for patients undergoing rehabilitation treatment. Volunteers engage patients in activities that would help to revise the skills taught to the patients during their inpatient rehab programme. Volunteers also organise social activities for the patients in the wards to keep them active.

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ACTIVITIES

Befriend patients, especially those living alone with limited social support

Organise and engage patients in social activities such as singing sessions, Bingo, Christmas carolling, and cards making

Facilitate the *Articulate!* Programme with the Medical Social Workers

Assisting in the Mini Library Programme

JOIN US IF YOU

Enjoy interacting with others

Are 18 years old and above

Are fit and able to guide patients in rehabilitation programmes

Bi-monthly on a Saturday,
1.30pm – 4.30pm

*Mini Library: Bi-weekly on a Saturday,
12pm – 1pm

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

RELEVANT SKILLS

Skills-based Volunteering
(Training would be provided)

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



MOBILE LIBRARY

Formed in 2002 as part of United World College's "Upper School Social Service" Programme, Mobile Library has since grown into a group for youths with a shared commitment to liven up the day for patients. Volunteers visit wards with a push-cart filled with a variety of reading materials and use them as conversation starters to befriend the patients in the ward.

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ACTIVITIES

Provide companionship and a listening ear to patients

Engage patient in simple activities

JOIN US IF YOU

Enjoy interacting with patients

Are 18 years old and above

Every other Sunday from
2.15pm – 4.15pm

Wards 5,7,10, Tan Tock Seng Hospital
TTSH Subacute Wards 7,8,10,12 & 13
@ Ren Ci Community Hospital

RELEVANT SKILLS

Befriending

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



CARDIAC REHABILITATION PATIENT SUPPORT GROUP

Formed in 2002 by former patients under Tan Tock Seng Hospital's Outpatient & Cardiac Rehabilitation Programme, along with the doctors and nurses from the Cardiology Department. Volunteers (who are former patients) provide emotional, psycho-social support to new cardiac patients with the aim to effect positive attitude changes towards their own health management.

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ACTIVITIES

Weekly visits by volunteers (former cardiac patients) to the wards to befriend new patients, one-on-one sessions can be arranged upon request

Provide emotional support to cardiac patients scheduled for procedures

Counsel patients (facilitated by a cardiology Nurse) – assure and encourage them

Share experiences, tips and information on rehabilitation resources beyond TTSH (e.g. Local Exercise Group Program - LEG)

Local Exercise Group Programme (LEG) participants meet from 7.30am – 9am on Sundays to work out at Hougang Stadium and 2nd Sundays at Punggol Park.

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



STROKE PATIENT SUPPORT GROUP

Volunteers of the Stroke Patient Support Group provide psycho-social support and counselling for stroke survivors and caregivers based at Tan Tock Seng Hospital, guiding them along for their post-stroke adjustments.

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ACTIVITIES

- Weekly ward visits to Tan Tock Seng Hospital Stroke Unit or wards with stroke patients
- Encourage and facilitate post-stroke lifestyle adjustment
- Share information and resources/ services especially tips on prevention of second attack
- Counsel patients through experience sharing and encouragement
- Home visits (upon request)
- Monthly activity such as exercises and support group sharing

2nd and 4th Sunday of the month,
11am – 1pm

Ward 10B, Tan Tock Seng Hospital

TAN TOCK SENG HOSPITAL **VOLUNTEER** PROGRAMMES



SINGAPORE NATIONAL STROKE ASSOCIATION (SNSA)

SNSA volunteers provide psycho-social support and counselling for stroke survivors and caregivers based at Tan Tock Seng Hospital Rehabilitation Centre, guiding them along for their post-stroke adjustments.

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ACTIVITIES

Weekly ward visits to TTSH Stroke Unit
or wards with stroke patients

Encourage and facilitate post-stroke
lifestyle adjustment

Share information and resources/
services especially tips on prevention of
second attack

Counsel patients through experience
sharing and encouragement

Home visits (upon request)

Monthly activity such as exercises and
support group sharing

Life After Stroke Programme: 1st
Saturday of the month is held at
NTUC Silver Circle (beside Nex
Shopping Centre at Serangoon
Central) and the 3rd Saturday of the
month at Sengkang General Hospital.

Monthly sessions on every Saturday
at Tan Tock Seng Hospital
Rehabilitation Centre @ Ang Ho Kio -
Thye Hua Kwan Hospital