

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

Volunteer *Care. Help. Inspire.*

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



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.

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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



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



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

ACTIVITIES

Provide companionship and a listening ear to Mandarin speaking patients

Attend to patient needs



MANDARIN SPEAKING BEFRIENDERS

Founded in 2003 by Mdm Wong Pey Wah, a healthcare worker with the desire to enhance patient care, the befrienders reach out to patients who can only converse in Mandarin.

Befrienders help bridge the communication gaps by assisting the healthcare workers in translating instructions to Mandarin speaking patients who have difficulty understanding English and vice versa.

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JOIN US IF YOU

Love interacting with seniors

Are keen to hone your Mandarin speaking skills

Weekly Ward Visits:
Mondays: 11am – 1pm
Saturdays: 4pm – 6pm
Sundays: 4pm – 6pm

Ward 7 and Ward 9,
Tan Tock Seng Hospital

RELEVANT SKILLS

Befriending, Language Specific

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



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



NIGHT SITTERS PROGRAMME

The Night Sitters Programme was initiated by the Nursing Service and the Corporate Communications Department in 2007 to watch over patients who are at risk of falling, especially at night. Night Sitters play a pivotal role in helping to reduce falls in the wards as they assist nurses in looking after fall-risk patients, giving the patients a sense of assurance as they accompany them through the night.

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ACTIVITIES

Watch over fall-risk patients, prevent falls and help to ensure their safety

Prevent patients from engaging in unsupervised activities

Accompany patients and help put them at ease, especially those who get restless at night and are unable to sleep in unfamiliar environment

Observe patients and feedback to nurses on any unusual behaviour through patient records

Attending to patients' needs

JOIN US IF YOU

Enjoy interacting with patients

Are able to keep awake during the 3 hour shifts

Are 18 years old and above

Every day from 9pm – 12pm
or 4am – 7am

Selected wards in Tan Tock Seng Hospital

RELEVANT SKILLS

Befriender Volunteer Programmes

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



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



INPATIENT TOTAL KNEE REPLACEMENT VOLUNTEER PROGRAMME (TKR)

TKR Volunteers are equipped with para-clinical skills, befriending TKR inpatients, helping them to navigate through their care journey after the total knee replacement surgery. Volunteers also serve as exercise buddies and pre-operative educators to provide guidance and advice to the TKR inpatients, allaying their fears and concerns. Volunteers engage and empower the patients to be more confident and motivated to perform rehabilitative exercises after the surgery, enhancing patient recovery.

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ACTIVITIES

Volunteer Training Curriculum:

Volunteer induction and befriending programme

Understanding the role of a TKR Exercise Buddy and TKR Pre-Operative Educator (including coaching skills)

On-the-job learning, hands-on-training and observations in the TKR recovery ward

Final assessment and certification

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,
10.30am – 1.30pm or
2pm – 5pm

Saturday, Sunday and Public Holiday,
9am – 12pm

Tan Tock Seng Hospital Wards

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



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



NCID CARES

NCID Cares, previously known as Patient Care Centre (PCC), was set up in 1997 by Tan Tock Seng Hospital Communicable Disease Centre (CDC) as a community based service for patients living with HIV (PLHIV) and their families. Volunteers come together to offer a safe haven for PLHIV to come and acquire assistance and support in a non-judgemental environment. Volunteers provide befriending, touch therapy and basic grooming services (nail cutting, hair cutting) for patients at the wards. Volunteers also engage the patients at the centre with activities, as part of a diversional therapy and help them to rebuild their self-confidence and esteem.

Volunteer Groups:
First Hand
Action for Aids (AFA) Buddies
Maitripals
FRIENDS

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ACTIVITIES

- Programmes that help people living with HIV (PLHIV)
- Nutrition Programme – Provide monthly food ration to needy PLHIV and their families
 - Patient Support Programme: AGAPE
 - Women Support Group
 - HIV Orientation Programme
 - Horticulture Therapy
 - Red Ribbon Project – To equip patients with skillsets and rebuild their self-esteem and assist them in the society
 - Medication and Diagnostic Subsidies

Volunteer Training Programme

- Held annually to train and equip new volunteers with the necessary knowledge and skills to provide supporting care for PLHIV

Fundraising Events

- Charity Dinner
- Push-cart – Sales of handicrafts made by patients

Outreach Activities

- World Aids Day Campaign

First Hand – Mondays, 7pm to 9pm

Action for Aids (AFA) Buddies –
Tuesdays, 7pm to 9pm

Maitripals – Fridays, 7pm to 9pm

FRIENDS – Saturdays, 2.30pm to 5pm

National Centre for Infectious Diseases
(NCID)