

TAN TOCK SENG HOSPITAL

Volunteer Programmes and Patient Support Groups





Amputee Support Group

The Amputee Support Group (ASG) was formed in 2010 as a collaboration between Ang Mo Kio-Thye Hua Kwan and Tan Tock Seng Hospital (TTSH) Rehabilitation Centre. ASG offers a safe and supportive platform for individuals with amputations to share their struggles and experiences.

With a focus on practical tips for managing life after amputation, members and healthcare professionals work together to address the psychosocial needs of members. More than just a source of information, this group serves as a vital social support network for those seeking connection and understanding in their journey as amputees.



Activities

- Befriending services (inpatient/outpatient)
- Psychosocial educational sessions
- Sports activities
- Wellness activities



Frequency & Location

Last Saturday of the month
10.00am to 1.00pm

Outdoors, Ang Mo Kio – Thye Hua Kwan Hospital, TTSH Centre for Healthcare Innovation and in TTSH Integrated Care Hub (September 2023 onwards)



Other Requirements:

- ASG is open to patients and individuals with amputation



Age Requirement

- N/A





Cardiac Rehabilitation Support Group

The Cardiac Rehabilitation Support Group was founded in 2002 by former patients of Tan Tock Seng Hospital's (TTSH) Outpatient and Cardiac Rehabilitation Programme, in collaboration with doctors and nurses from the Cardiology Department.

The volunteers, also former patients, offer emotional and psychosocial support to new cardiac patients. With a core objective to promote positive attitude changes towards living a healthier lifestyle, the support group aims to improve the overall well-being and build a strong support network amongst members.



Activities

- Share experiences, tips and information on rehabilitation resources beyond TTSH (e.g. Local Exercise Group Programme)
- Provide emotional support to cardiac patients scheduled for procedures



Frequency & Location

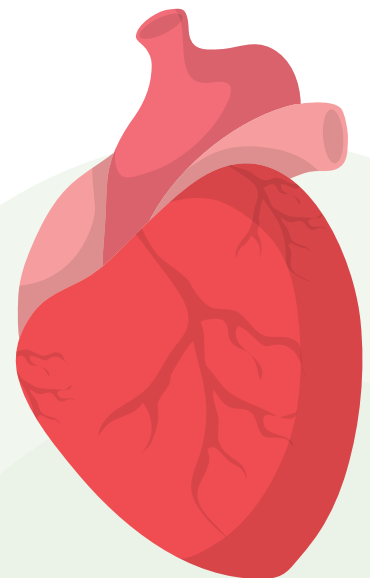
Local Exercise Group Programme Sunday:
7.30am to 9.00am

Hougang Stadium
Punggol Park



Age Requirement

- N/A





ColRect Buddies

ColRect Buddies, formerly known as Colon Cancer Support Group, was established in June 2004. Volunteers provide onsite befriending services at Tan Tock Seng Hospital (TTSH) Clinic 2A and 2B, offering helpful information to colon cancer patients. The group also offers face-to-face counseling services and operates a care hotline.

With a focus on providing psychosocial support and guidance, ColRect Buddies serve as a vital support network for those affected by colon cancer.



Activities

- Face-to-face Counselling
- Telephone Counselling
- Social Gatherings



Other Requirements:

- ColRect Buddies is open to patients who are diagnosed with or have recovered from colon cancer



Age Requirement

- N/A



Frequency & Location

Face-to-face Counselling
Monday to Friday
10.00am to 4.00pm
Clinic 2A

Hotline Counselling
Monday to Friday
2.00pm to 5.00pm

Social Gatherings
First Saturday of the month
2.30pm to 6.00pm

Meeting rooms in TTSH/
outdoor (depending on
activity)





Hearing Implant Users Volunteer Group

The Hearing Implant Users Volunteer Group provides support for those with severe-to-profound hearing impairment. Members share personal experiences of their hearing rehabilitation stories to provide realistic expectations for others.

The group creates a safe space for individuals to discuss common challenges and provide support to one another, which offers encouragement and confidence to those who have undergone hearing implant surgery.



Activities

- Sharing of personal testimonies and practical tips
- Discussion of day-to-day use and challenges of using hearing implants
- Organise talks and updates on devices, accessories and technology



Frequency & Location

Ad-hoc and on demand basis

Tan Tock Seng Hospital Clinic
1B (ENT)



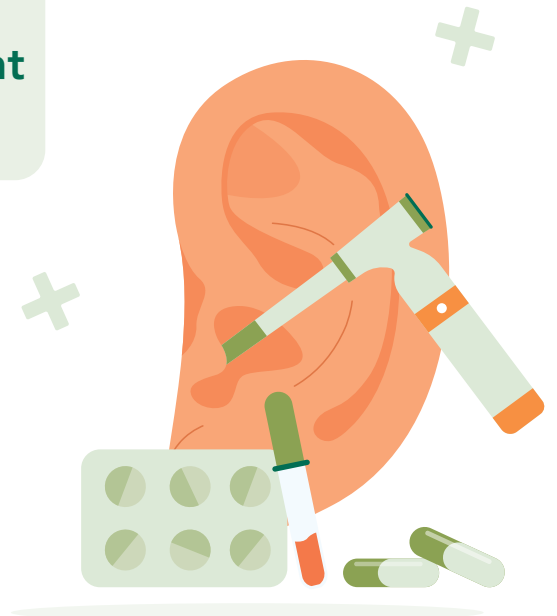
Age Requirement

- 18 years old and above



Other Requirements:

- This group is open to hearing implant users and their family members





Lupus Patient Support Group

Established since 2022, the Lupus Patient Support Group was set up by the Lupus Association (Singapore) as part of a weekly visitation programme at Tan Tock Seng Hospital (TTSH). Our group of dedicated volunteers provide a supportive network for lupus patients and their families. Volunteers also share their personal experiences, providing education on the illness and encouraging a positive mindset towards managing their health condition.



Activities

- Weekly visit 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 activities (e.g. handicrafts) to raise funds for needy lupus patients and families through the TTSH Community Fund



Frequency & Location

Ward Visitation

Wednesday:
10.00am to 12.00pm

Volunteers and Social Gathering

Wednesday:
10.00am to 3.00pm

Lupus Association Room at Tan Tock Seng Hospital Basement 2 and TTSH Wards



Other Requirements:

- This group is open to patients who are diagnosed with or have recovered from Lupus



Age Requirement

- N/A





NCID Cares

Previously known as Patient Care Centre (PCC), NCID Cares is a community-based service established in 1997 by Tan Tock Seng Hospital's (TTSH) Communicable Disease Centre (CDC) for Patients Living with Human Immunodeficiency Virus (PLHIV) and their families. Volunteers offer a non-judgmental environment for PLHIV to receive befriending, touch therapy and basic grooming services. They engage patients with diversional therapy activities, helping them rebuild their self-confidence and esteem.

Volunteer Groups Under NCID Cares:

FRIENDS, Barker Road Methodist Church, Standard Chartered Bank



Activities

- **Befriending**
Befriending, touch therapy and basic grooming services (nail cutting, hair cutting) for patients in the wards
- **Nutrition Programme**
Deliver monthly food rations to needy PLHIV patients and their families
- **Red Ribbon Project**
Teach patients handicraft skills and/or assist with mending pushcart booth located at TTSH (Outside Kopitiam)



Age Requirement

- 18 years old and above



Frequency & Location

FRIENDS

Saturdays:

2.00pm to 5.00pm
National Centre for Infectious Diseases (NCID), Tuberculosis Ward

Nutritional Programme

Every first Saturday of the month, route will be dependent on availability

Red Ribbon Project Sale of Handicrafts

Monday to Friday
9.00am to 2.00pm
Location: TTSH Level 1, Outside Kopitiam

Making of Handicrafts (Centre-based activity)

Monday to Friday
8.00am to 4.00pm
Location: NCID Cares, Creative Zone





Singapore National Stroke Association

Singapore National Stroke Association (SNSA) is a non-profit organisation dedicated to supporting stroke survivors and caregivers throughout their journey. SNSA provides crucial psycho-social support and befriending to individuals in the hospital and community.

The volunteers are trained to offer guidance and assistance, helping them to navigate post-stroke adjustments and addressing physical, emotional, and social difficulties during recovery.



Activities

- Monthly ward visits to Tan Tock Seng Hospital Stroke Unit and TTSH Rehabilitation Wards
- Befriending services (via phone call, virtual and in-person)
- Encourage and facilitate post-stroke lifestyle adjustment
- Share information and resources/ services especially tips on prevention of second attack
- Monthly activity such as exercises and support group sharing



Frequency & Location

Monthly Befriending Sessions

Saturday mornings

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



Other Requirements:

- Non-stroke patients and/or survivors are welcomed to join



Age Requirement

- N/A





Spinal Support Group

The Spinal Support Group, led by Tan Tock Seng Hospital (TTSH) Rehabilitation Centre, provides socio-emotional support for spinal cord injured persons through our Volunteer Befrienders. Members share personal experiences and tips for coping with adjustments, creating a supportive community. By offering a safe space for mutual support and encouragement, the support group aims to help members improve their overall quality of life.



Activities

- Psycho-education sessions by a medical team comprising doctors, nurses, therapists, medical social workers to share practical knowledge on spinal injury
- Individual befriending by veteran spinal injured persons living in the community, at the inpatient wards
- Group sharing sessions by veteran spinal injured persons
- Support group sessions by medical social workers to address coping and adjustments issues
- Social recreational gatherings



Frequency & Location

Nine sessions in a year

Various Locations

Tan Tock Seng Hospital CART

Public venues conducive for gathering



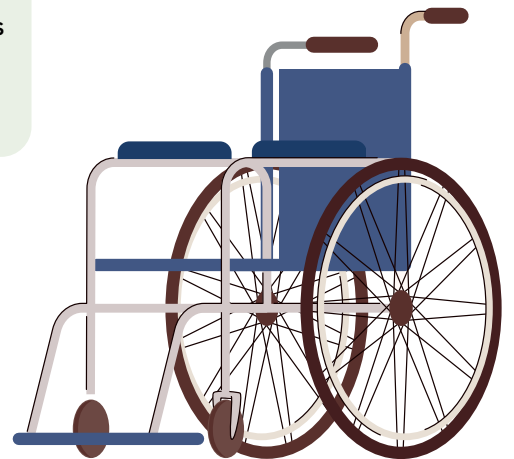
Other Requirements:

- This group is open to patients who are diagnosed with or are covering from spinal cord injuries



Age Requirement

- N/A





Walnut Avengers

Walnut Avengers, formerly known as TTSH Prostate Cancer Support Group PCSG, is a prostate cancer support group established in 2011. Comprising of compassionate volunteers, the group offers moral and emotional support, as well as valuable educational resources, to newly diagnosed prostate cancer patients, their families, and friends. Through sharing their personal experiences, the volunteers foster an atmosphere of camaraderie, empowering each other on their journey towards cancer survivorship.



Activities

- **Social Gatherings**
Last Tuesday of the month, every bi-monthly
2.00pm to 5.00pm

Share information and resources/services by healthcare professionals



Frequency & Location

- **Second Thursday of every month:**
2.00pm to 5.00pm

Meeting rooms in Tan Tock Seng Hospital



Age Requirement

- N/A



Other Requirements:

- This group is open to patients who are diagnosed with or have recovered from prostate cancer



