

WHEN STROKE STRIKES

the
simple
becomes

i m p o s s i b l e .



When stroke strikes,
the simple becomes impossible,
the everyday becomes insurmountable,
the invisible becomes painfully obvious,
and the walls appear taller, thicker
and absolutely terrifying.

We don't believe that any
stroke survivor should end
up facing such walls or stay
at home forever.

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INCREASING OUR IMPACT

2017 - 2018



From
103 to **257**
Stroke Survivors



From
136 to **355**
Volunteers



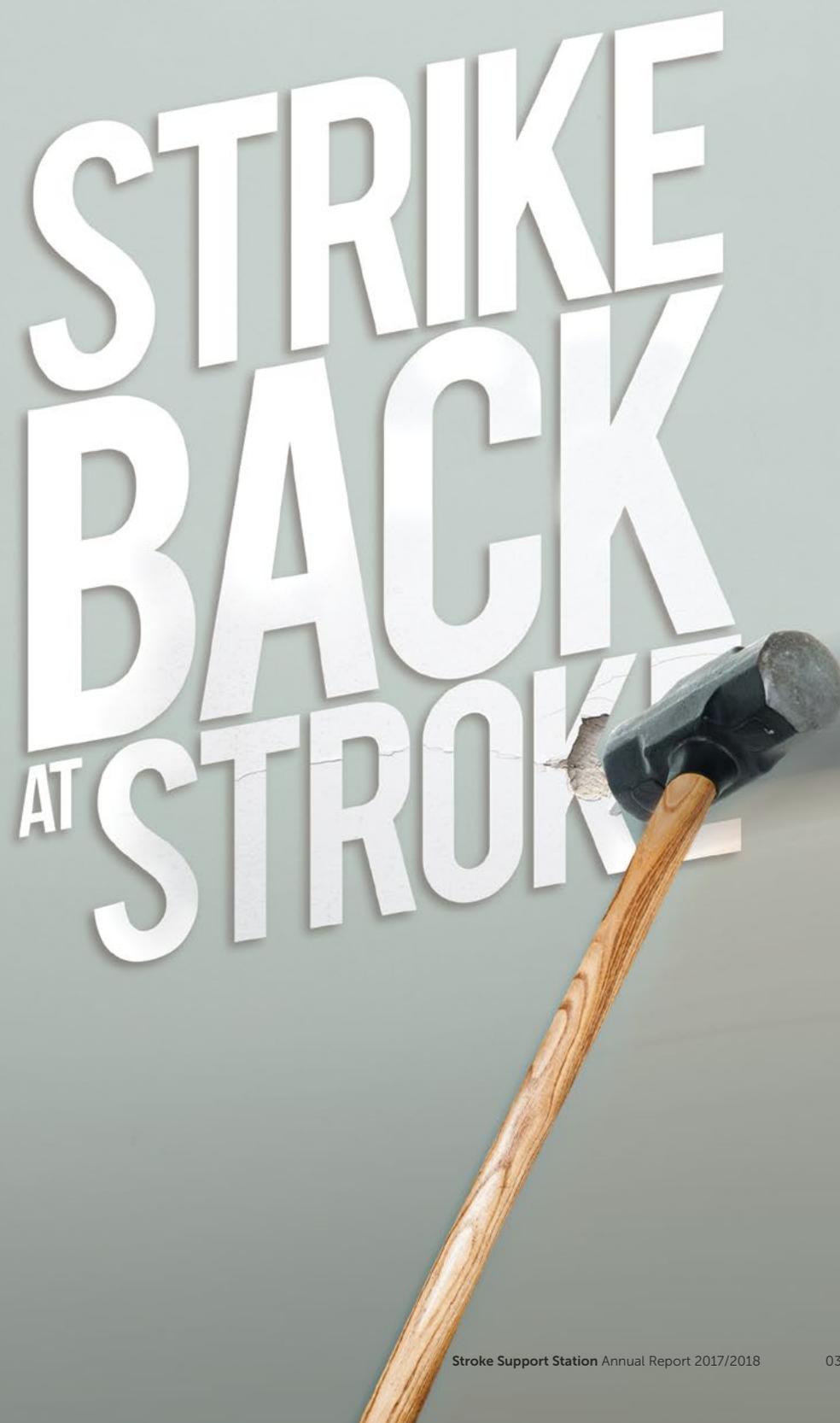
From
52 to **267**
Caregivers



Launch of
3 New
Programmes

Holistic recovery begins with victory over our fears and self-limiting beliefs. It is our mission to free the minds of stroke survivors and spur them on to rebuild their lives.

Together, let's demolish what holds us back.



OPTIMISING RECOVERY

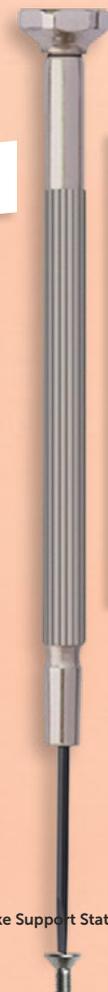
WITH PURPOSE AND
PRECISION

There are no short cuts
in rehabilitation.

But with better tools, technology,
and hard work from every individual, we focus
our efforts on what gives us the most results
with the least amount of time and resources.
All of our integrated solutions are person-
centric, evidence-based and result-oriented.



REACHING OUT AND STRENGTHENING COMMUNITIES



Every individual is valuable
and each life, precious.

That's why our holistic approach to post-stroke care is designed to also sustain caregivers, educate the public and empower volunteers. We are committed to walking the journey from discharge to dignified living with every stroke survivor and stakeholder with patience and compassion.



Chairman's Message

Dear Esteemed Partners, Supporters, Volunteers and Friends,

Stroke Support Station (S3) was started in 2015, and became operational in 2016. The new initiative piloted a new model of post-stroke care which over the last two years has proven to be effective in helping stroke survivors regain their confidence and independence as much as possible. Special focus on caregiver support with coping skills helped families through the difficult stroke recovery journey.

With the right tools and a positive mindset, it is possible to break down the walls many stroke survivors are trapped within. Stroke should not be a barrier to a person's pursuit of happiness and a better quality of life. S3 is here to empower every individual to overcome their fears and rebuild their lives.

The S3 programmes are co-developed with clinicians using an evidence-based approach.

Highlights for the year include the launch of the:

- 1. Brain Health and Memory Training Programme,**
a pilot initiated by S3 and National University Health System (NUHS) to provide and meet the needs for a programme to support the brain health of post-stroke survivors.
- 2. WALK-ON at S3 Programme,**
a new programme that introduced the concept of post-stroke fitness; building their strength and stamina as well as correcting postural alignment to improve their functional mobility in the community.
- 3. Communication Programme,**
designed to help stroke survivors learn better communication skills and interact with others effectively.

“Stroke should not be a barrier to a person's pursuit of happiness and a better quality of life.”

S3 signed a Memorandum of Understanding (MOU) with Singapore University of Social Sciences (SUSS) and the NUS Mind-Science Centre (NMSC) to develop the Age Well Everyday (AWE) e-learning portal with health education modules on stroke, dementia and depression. All three chronic conditions can affect stroke survivors, and we aim to empower volunteers with knowledge and be well-equipped to be better-skilled caregivers and volunteers.

On behalf of the Board of Directors, I would like to express my deepest sincerity and gratitude to donors and sponsors for their continued generosity, and volunteers who selflessly gave their time to the stroke survivors and caregivers. You are central to the sustainability of S3.

To our esteemed partners, we look forward to continued collaboration in co-developing innovative and sustainable models of community care.

Finally, to the staff, your tireless contributions are much appreciated and it is with your dedication and hard work that we have S3 today - a wellness centre for stroke survivors, caregivers, supported by volunteers, who found meaning and passion in their lives.

Yours sincerely,

Chew Poh Yim
Founder & Chairman,
Stroke Support Station

Board of Directors



Ms Chew Poh Yim
Director and Chairman



RADM (Ret) Kwek Siew Jin
Director and Deputy Chairman



Mr Chew Teck Soon
Director and Chairman of Audit Committee



Ms Foo Sew Yen (Mrs Janet Chong)
Director and Chairman of Fund-Raising & Communications Committee



Dr Kelvin Phua Cheng Pau
Director and Chairman of Programmes & Services Committee



Ms Low Suat Kheam
Director and Chairman of Human Resource Committee



Mr Max Loh Khum Whai
Director, Treasurer and Chairman of Finance Committee



Dr Tan Hwee Pink
Director and Chairman of Technology & Innovation Committee



Mr Yap Wai Ming
Director

Events

01

S3 Open House at the Enabling Village



More than 500 people attended the open house we organised to raise greater awareness of our new programmes and promote stroke education and prevention in conjunction with World Stroke Day. During the open house, major radio stations and television channels covered the event, reaching an audience of two million.

The event was graced by Guest-of-Honour, Mr Chee Hong Tat, Senior Minister of State, Ministry of Communications and Information & Ministry of Health. We launched our Brain Health and Memory Training (BHMT) Programme and WALK-ON at S3 Programme at the open house as well as the S3 Chopsticks Challenge.



The S3 Chopsticks Challenge is a social media campaign that aims to show support for stroke survivors.



In this campaign, participants were asked to:



1. Film themselves picking up a fishball with their non-dominant hand



2. Challenge three other friends to do the same within the next 24 hours



3. Post it on their social media platforms, tag their friends and #StrokeSupportStation



In doing so, more people were made aware of the seriousness of stroke and were encouraged to stand with the stroke community by donating generously.

Launched at Open House:

- Brain Health and Memory Training (BHMT) Programme
- WALK-ON at S3 Programme
- S3 Chopsticks Challenge

Events

02

President Visit to Stroke Support Station (S3) 2017

Enabling Village was named "Design of the Year" in the President's Design Award 2016 for its demonstration of heartland rejuvenation and community building. President Tony Tan visited S3 as part of his tour and interacted with stroke survivors, caregivers and volunteers.



03

Tote Board-Enabling Lives Initiative Grant Awards and Networking Session



Dr Catherine Dong, clinical neuropsychologist from the Yong Loo Lin School of Medicine, NUHS received the Tote Board-Enabling Lives Initiative Grant to fund our Brain Health and Memory Training Programme. Minister for Social and Family Development and Second Minister for National Development, Mr Desmond Lee gave out the grant at the awards and networking session.

04

Botanic Gardens Outing with Deloitte Singapore

Deloitte Singapore organised a corporate outing with NParks to bring our members and caregivers for a tour at the Botanic Gardens. The volunteers brought joy to the participants and the visit helped everyone de-stress and relax their minds through appreciation of nature.



05

Tan Chin Tuan Foundation Project WISH 2017



We are grateful for the constant support from Tan Chin Tuan Foundation (TCTF) to help stroke survivors on their recovery journey. TCTF CEO, Ms Yap Su-Yin and her team gave out blood pressure and blood glucose monitors to 30 of our beneficiaries. These medical devices enable them to keep track of their vital signs at home daily. Ms Yap also interacted with the stroke survivors and assisted them in their exercises.



06

Mac's Music School Charity Concert

In support of our work, Mac Chang and Elaine Xu, music teachers and principals of Mac's Music School organised a charity concert at Enabling Village's UOB Ability Hub.

Prior to the performance, both of them conducted Music & Movement sessions at the centre to help stroke survivors prepare for their performance. Stroke survivors are often affected by aphasia and have low confidence. However, this did not stop Mac and Elaine from spending a year to train them to sing with confidence.



07

Special Occasions and Celebrations



As part of their cognitive programme, our members organised festive celebrations facilitated by S3 staff. Some of the celebrations were kindly sponsored by corporates and they include celebrating Chinese New Year, National Day and Christmas together to foster social connectedness in our community. We also celebrated the birthdays of stroke survivors together.

Events

08

World Stroke Day



We participated in the World Stroke Day organised by Stroke Services Improvement (SSI) and joined the launch of the StrokeHub Portal at Hong Kah North Community Club where Dr Amy Khor, Senior Minister of State, Ministry of Environment and Water Resources & Ministry of Health was the Guest-of-Honour. At the event, we educated the public on stroke prevention and answered their queries about our programmes.

09

Stroke Awareness and Prevention Campaign at Bedok Town Square

In conjunction with World Stroke Day, we held a two-day roadshow at Bedok Town Square on 21 and 22 October 2017. Guest-of-Honour, Mr Lee Yi Shyan, Member of Parliament, East Coast GRC graced the event.

Nursing students from the NUS Alice Lee Centre for Nursing Studies, together with our members and volunteers carried out basic health assessments and educated the public on stroke awareness and prevention.

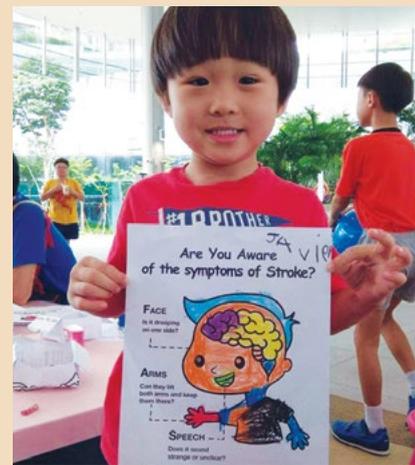


Ten thousand tissue packets and flyers with the F.A.S.T. message were distributed at the road show and an additional 18,000 were subsequently distributed at Toa Payoh, Redhill, Tiong Bahru and Choa Chu Kang. There was a rise in timely hospital admissions for stroke patients because people were able to better recognise the signs of stroke.

Various media channels also interviewed Dr Catherine Dong on stroke education and tips for early prevention and detection of stroke, reaching a total of 239,000 radio listeners and 2.2 million television audiences.

11

Signing of MOU to announce the Age Well Everyday (AWE) Programme e-portal



10

Stroke Awareness Booth at Ngee Ann Polytechnic



To support our work, Ngee Ann Polytechnic students set up a stroke awareness and prevention booth to educate students that stroke can happen to anyone from age 18 to 80. They actively engaged other students and lecturers on stroke prevention through games, distribution of F.A.S.T. tissue packages, the S3 Chopsticks Challenge and a pledge board, broadening our reach to youths.



S3 signed a Memorandum of Understanding with Associate Professor Yeoh Khay Guan, Dean of National University of Singapore (NUS), NUS Medicine, Mind-Science Centre and Associate Professor Wong Yue Kee, Vice President (Learning Services), Singapore University of Social Sciences (SUSS) (pictured centre and right) on 20 February 2018 to work on the AWE programme together.

One of the key features of the programme is an e-portal with health education modules on topics such as stroke, depression and dementia. Stroke may lead to depression and a higher risk of dementia. We aim to develop the e-portal, making information accessible for the public. This enables and equips them to cope better as caregivers and volunteers.



Re-Learn and Enjoy Active Living (R.E.A.L.) Programme

Using activity-based restorative exercises to help stroke survivors reach their maximum recovery potential.

Community Need*

- Post-stroke care is not a priority among stroke survivors

- With proper rehabilitation, the first

6 months

after stroke is where survivors are expected make the most progress in their recovery

• **63.4%**

of stroke survivors reported that either their physical disability or home environment was a barrier to attending rehabilitation after discharge

• Only **20%**

of stroke survivors continue with step-down rehabilitation

• **43.9%**

of stroke survivors cited financial concerns as a barrier for them to attend rehabilitation at rehabilitation centres

*Source: Based on 2014 figures from Trends in Stroke in Singapore, National Registry of Diseases Office. Chen, A.W., Koh, Y.T., Koh, G.C., Leong, S.W., Lee, P.S., & Ng, L.W. (2014). Post community hospital discharge rehabilitation attendance: Self-perceived barriers and participation over time. Annals of the Academy of Medicine, Singapore, 43 3, 136-44.

Programme Overview

Objectives

- Support participants' physical, mental and social emotional needs
- Prepare participants for their reintegration into community in an enjoyable and sustainable way

Features

Over **6 months**,

participants engage in group activities designed to help them regain the skills they need to return to active living. They are also encouraged to take ownership of their well-being and set goals for their own recovery journey.



Mental

Mindfulness Awareness Practice builds mental resilience, and helps them better manage anxiety.

Cognitive training activities enhance memory, focus, attention and language skills.



Physical

Conditioning training, together with adaptive sports and games, builds strength, improves coordination and increases joint mobility and flexibility.



Social Emotional

The learning of self-care and daily living skills, such as grocery shopping, preparing meals and taking the public transport, boosts communication confidence and encourages independence.

Positive Results to Date

Participants are assessed monthly using the Individual Stroke Performance Assessment (ISPA). The results are used to chart their recovery progress and determine if they are ready to reintegrate back into community.

Results* we observed after three months using the assessment tools:

Time Up-and-Go Test

Participants are required to walk a distance of three metres, and the time they took is recorded.



Results:

Reduced time taken to walk three metres.

27.4 Seconds to **21.6 Seconds**

6-Minute Walk Test

Participants are given six minutes to walk as far as they can, and the distance they covered is recorded.

Results:

Increased distance covered in six minutes.



238.5 Metres to **282.9 Metres**

*Source: Beyond Rehabilitation - Wellness programmes for stroke survivors, Improve mobility and fitness [National University Hospital, Tan Tock Seng Hospital, Stroke Support Station (S3)]

BEING IN A COMMUNITY THAT UPLIFTS

Karen Thio,
Stroke Survivor,
56 years old

“Before I came to S3, I actually wanted to go and see a psychiatrist. I was feeling very low. But these four months at S3 gave me a feeling that I am a stroke patient that now belongs to a community. I don’t have those negative feelings anymore.

I tell other stroke survivors like me not to give up, not to be lazy, and they must always move on. One day they will also recover.”

After undergoing an operation for nose cancer in 2014, Madam Karen Thio, 56, woke up puzzled to find many of her family and friends pinching her arms and legs and asking her if she felt any pain. It was then that she found out that she had suffered a stroke mid-operation that left her bedridden and unable to move her left arm.

Despite regaining her ability to walk after a year of rehabilitation, there were times when she felt helpless and down. Things changed for her when a friend introduced her to S3.

On her first day participating in the R.E.A.L Programme, she was surprised by the nature of the sessions. She came to S3 expecting it to be a support group where stroke survivors would sit around and take turns sharing their recovery progress. She thought initially: “What do Kpop and Taichi have to do with stroke?”

However, she quickly found herself enjoying the sessions and the company of her new friends. Today, Kpop and Taichi are some of Karen’s favourite sessions at S3.

Hands-on activities are a big part of Karen’s life. As an avid crafter, she spends her time meticulously creating elaborate pieces of art from macramé to custom jewellery. One of her goals in her recovery journey is to be able to pursue her passion in crafts by regaining her ability to use the sewing machine independently.



WALK-ON at S3 Programme

Piloting an adaptive personal fitness programme for stroke survivors that harnesses technology to allow affordability and community accessibility.

Community Need

Healthcare systems actively address acute rehabilitation needs after stroke. However, optimising physical function after stroke is a long-term process that takes continuous and personalised effort. The expertise required to safely manage complex stroke symptoms creates barriers for those unable to afford private therapy.

Programme Overview

Objectives

- Provide a safe, affordable, results-oriented personal fitness programme
- Improve participants' body power, cardiovascular efficiency, postural alignment and walking speed
- Educate participants on appropriate fitness goals and integrate fitness into their daily lifestyle

Features

WALK-ON at S3 programme integrates technology with certified trainers to deliver precision, evidence-based fitness training via:



A unique methodology that incorporates principles of neurorehabilitation with performance sports physiology.



The use of technologies such as anti-gravity treadmills that allows optimised conditions for faster results.



Technology that provides precise measures which allow objective feedback and tracking.

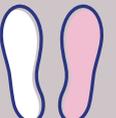
Positive Results to Date

Overall results* for the first 46 participants after 12 sessions:

 **136%**
increase in body power

 **45%**
increase in cardiovascular efficiency

 **12%**
improvement in postural alignment and balance

 **101%**
increase in walking speed

*46 participants between 31-86 years old
12 sessions: 60-minute sessions,
2 or 3 times weekly
Source: WALK-ON at S3 Programme
Pre-Post Technologies Measures



Brain Health and Memory Training (BHMT) Programme

Utilising translational research for customised holistic brain health training of stroke survivors.

Community Need*

- Approximately

50%

of stroke survivors will develop memory and thinking difficulties within the first year of their stroke

- Stroke patients suffering from cognitive problems are

6X

more likely to suffer from a recurrent stroke or dementia

*Dong Y, Slavin MJ, Chan BPL, Venketasubramanian N, Sharma VK, Collinson SL, Sachdev P, Chen C. (2014) Improving Screening for Vascular Cognitive Impairment at 3–6 Months after Mild Ischemic Stroke and Transient Ischemic Attack. *International Psychogeriatrics*. 2014, 26 (5): 787–793.

Narasimhalu, K. et al. (2009). Severity of CIND and MCI predict incidence of dementia in an ischemic stroke cohort. *Neurology*, 73, 1866–1872.

Programme Overview

Objectives

- Improve participants' memory, attention and thinking skills
- Lower risk of recurrent stroke and dementia in participants
- Reduce stress on caregivers through education

Features

The BHMT comprises three different components that participants can choose to attend depending on their specific individual needs.

01 Train Your Brain to Optimise Stroke Recovery

An eight-week-long holistic cognitive training programme

6 Weeks

Learning various strategies to help improve memory, mood, attention, thinking and planning

2 Weeks

Review and start computerised brain training

02 Train Your Brain to Return to Work Programme

A six-week-long cognitive training programme with a focus to help stroke survivors return to work

4 Weeks

Learning how to adapt to work life, meet work demands and manage fatigue

2 Weeks

Review and start computerised brain training

03 Health Education to Empower Stroke Recovery



Two group sessions for both stroke survivors and caregivers where they can learn more about health education and advance care planning options.

“The BHMT Programme has allowed my sister, Jacqueline, a stroke survivor, to establish a longer attention span to help her stay more focused. She also enjoys the brain training activities such as the memory games. I benefited as a caregiver where we learnt ways to cohesively improve attention span and memory recall. The mindfulness exercise has also been useful in allowing the participants to stay calm and focused.”

- Ms Tan Hui Min, 49 years old, Caregiver and BHMT Programme Participant

“The BHMT Programme has allowed me to remember things better especially in taking my medication promptly. I learnt new techniques such as setting reminders on my handphone to remind myself. Being in this programme has encouraged me to share my thoughts with other stroke survivors. Much thanks to S3 trainers as they are very understanding and patient in explaining information.”

- Mr Charan Singh KS, 77 years old, Stroke Survivor and BHMT Programme Participant



Creating Opportunities for Communication in the Community (C3) Programme

Improving stroke survivors' participation in the community through a programme designed by speech therapists.

Community Need*

- Approximately

41.5%

of people will have difficulty using speech following stroke

• **21% to 38%**

of all stroke survivors will have difficulty articulating ideas or comprehending written or spoken language

*Source: National Aphasia Association

Programme Overview

Objectives

- Equip participants with communication disorders such as dysarthria, dyspraxia, aphasia or cognitive-communication impairment with communication capabilities

Features

Through a variety of speech games and activities, participants learn how to:



Use both speech and gestures to communicate effectively



Listen actively and improve understanding of the message received



Ask for clarifications when the need arises

“The C3 Programme has very engaging activities and helps create opportunities for stroke survivors to encourage them to open up and communicate confidently with other stroke survivors.

I have become more positive to overcome the communication challenges that I face after stroke.”

- Ms Zainah, 66 years old, Stroke Survivor and C3 Programme Participant

“I always look forward to attend the C3 Programme to meet fellow stroke survivors. In the group activity, we have better relationships with one another and this helps us communicate better.

I find the programme very helpful in managing my speech condition. I am more confident and now able to communicate in longer sentences.”

- Ms Helen Tan, 63 years old, Stroke Survivor and C3 Programme Participant



Caregiver Programmes

Positive Road to Stroke Recovery Programme

The programme was initiated under the guidance of Allied Health from Tan Tock Seng Hospital. Through this programme, participants learn how to maintain a harmonious balance between their body, mind and spirit. Caregivers can improve their coping skills and gain confidence to care better for their loved ones.

Active Living Workshop

Offered in both English and Mandarin, the seven-session workshop comprises two parts:



1. **Chronic Disease Self-Management Programme (CDSMP)**
These sessions conducted under the license of National University Hospital teach participants coping strategies to better manage chronic conditions such as stroke.



2. **An introduction to mindfulness** on the last session that empowers the stroke survivors to take responsibility for their own health and manage their lives with the relevant skills and habits.

Lunch-Time Talks

Occupational therapists, physiotherapists, doctors and allied health professionals from Tan Tock Seng Hospital (TTSH) and the National University Hospital (NUH) conducted a total of 16 lunchtime talks. These talks help stroke survivors and caregivers learn stroke-related tips for better health and wellness.

No.	Title of Lunch Time Talk Workshop
1	Transferring and use of Walking Aids <i>Ms Valerie Tan, NUH</i>
2	The Importance of Blood Pressure Control <i>Ms Ijee Ng, NUH</i>
3	Pressure Ulcer Prevention <i>Ms Lim Pui Yee, Nurse Clinician, NUH</i>
4	Living with Diabetes <i>Ms Zhang Hui Min, Senior Staff Nurse, NUH</i>
5	Caring for Your Feet <i>Mr Zechariah Yeo, RN, S3</i>
6	Oral Care & Dysphagia <i>Ms Ho Sher Min, NUH</i>
7	Managing Spasticity in Stroke <i>Dr Michelle Liew, NUH</i>
8	Brain & Memory Health after Stroke <i>Dr Catherine Dong, NUH</i>
9	Living with Low Vision After Stroke <i>Ms Christie Chua, Occupational Therapist, NUH</i>
10	Dementia- What is it and How to cope with it? <i>Mr Rohizad Bin Jani, Head of Nursing, Jamiyah Home for The Aged</i>
11	Knee Health <i>Dr Christopher Goh, MBBS</i>
12	Silver Strength-Overcoming Sarcopenia <i>Mr Zechariah Yeo, RN, S3</i>
13	Coping with Aphasia <i>Dr Emily Guo, Senior Speech Therapist & Ms Siti Khairiyah, Speech Therapist, NUH</i>
14	Sit Tall After Stroke <i>Mr Tim Xu, Lecturer at Singapore Institute of Technology (SIT)</i>
15	Acupuncture- Does it Really Work? <i>Dr Qiao Tian Ru, TCM Physician, NUH</i>
16	Managing Spasticity after Stroke <i>Dr Jong Sze Chin, Rehabilitation Medicine Senior Resident & Registrar, TTSH</i>

“S3 is doing a good job of creating a community for stroke survivors. Otherwise, they will be at home watching TV, staring at the four walls, with the same people to listen to and the same people to talk to.”

As a former nurse at the National University Hospital (NUH), Angelina Cheang, 77, was no stranger to the signs of stroke. That is why she took swift action to ensure that her aunt, Nellie Seow, was taken to the hospital that morning in 2010 when she suffered her first stroke. There she began her journey as a caregiver, walking alongside Nellie as she suffered a subsequent stroke in 2013.

It was through a doctor's referral that Angelina came to know about S3. She accompanies Nellie to her group sessions once a week and saw how much she enjoyed and looked forward to the activities. She observed that Nellie gained confidence, and was able to relate to the other stroke survivors and encourage them with her positive attitude.

As a caregiver for over eight years, Angelina understands the importance of encouraging Nellie to do her rehabilitation exercises, even at home. She remembers some of the exercises taught at S3 and reminds Nellie to complete all of the exercises every day.

With the combined efforts of both S3 and caregiver, Nellie is able to stay positive, and motivated to make gradual but steady progress in her recovery.



Angelina Cheang,
Caregiver,
77 years old

AN ENCOURAGER AND ENABLER

Volunteer Programmes

Every volunteer is crucial to the success of the programmes conducted daily.

In the past year, a total of 11 volunteer induction and orientation workshops were conducted by S3. Volunteers go through three sessions of training, each lasting for about three hours.

New volunteers are taught:

- more about stroke awareness and prevention
- first aid skills
- how to care for stroke survivors

They are also assigned supporting roles like checking of vital signs and ensuring safety during S3 programmes. After their orientation, volunteers will be developed to take on leadership responsibilities for a meaningful and sustainable volunteering experience.

Volunteer Opportunities

S3 is a volunteer-led organisation that provides service-based, skill-based, and event-based volunteering opportunities that suit the profile of different types of volunteers.



Service-based

Support stroke survivors during various S3 programmes including activity-based restorative exercises, as well as communication and cognition programmes to help stroke survivors reach their maximum recovery potential.



Skill-based

Registered physiotherapists, occupational and speech therapists may use their professional knowledge to support the needs of the charity by contributing in their area of expertise.



Event-based

Volunteers from all walks of life can assist in event organisation, photography, supporting excursions and festive celebrations to bond with and bring joy to stroke survivors, and provide them with moral support for their recovery journey.





Neo Mui Eng,
Volunteer,
53 years old

FROM BENEFICIARY TO A COMMUNITY BUILDER

Watching Madam Neo Mui Eng, 53, as she patiently guides programme participants in doing their exercises correctly, one would not be able to tell that she suffered a stroke just two years ago. It was her strong sense of determination and high self-motivation that enabled her to recover quickly.

She accepted the invitation to S3 after being discharged from hospital. In the 12 sessions she attended, she found herself enjoying the activities and made many good friends.

That was when she thought that it would be meaningful if she stayed on and contribute as a volunteer.

As an S3 volunteer, Madam Neo helps to coordinate the activities every Tuesday. From volunteering at S3, she learnt how to walk alongside stroke survivors with different personalities, and how to better respond to their needs. She often shares from her own experiences and encourages the other members to never give up.

“Volunteering at S3 brings me a lot of satisfaction as I am also a stroke survivor. In addition, the staff members are warm and friendly. It’s not like a burden, or work, or an obligation. I became close friends with some of the other members here and even meet up for lunch outside before coming to the centre.”

Community Outreach Programmes

Corporate Talks

To increase upstream stroke awareness and prevention among the public, we focused on disseminating the message of early stroke detection and prevention through corporate networks.

We engaged companies like Deloitte Singapore, Great World Serviced Apartments and DCA Architects Pte Ltd and these talks saw a total of 100 attendees. They learned about stroke prevention techniques, the signs of a stroke and how they can help. Through these talks, some of the attendees joined our cause as volunteers and donors.



Reaching the Elderly

In the past year, we have been engaging the elderly by holding talks at three Pacific Health Senior Activity Centres and Methodist Welfare Services. A total of 120 elderly participated in these talks to know techniques on stroke care and to find out more about some of the programmes available at the centre. We also invited them to tour the centre to give them a better idea of our post-stroke community model of care.

Sharing Our Services

We shared the programmes and services our centre offers with the stroke patients at Changi General Hospital, Jurong Community Hospital, NUH Senja Ward, Ng Teng Fong General Hospital, St Andrew's Community Hospital, and Tan Tock Seng Hospital (TTSH). This prepares them for a smooth transition from the hospital to community care in their post-stroke recovery journey.

Through the Wellness Stations at NUH Senja Ward and TTSH organised on alternate months, our programme staff conducted talks for the stroke patients at their wards. S3 members also shared with them their recovery journey and how our programmes have benefited them.

Partnerships and Collaborations

Community is Our Strongest Building Block

We are glad to belong to an ecosystem of organisations and support networks that share the common vision and passion of delivering timely and quality post-stroke care.

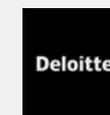
Our Partners and Collaborators:



The Enabling Village provides a safe, close-to-nature and inclusive environment for the stroke survivors to focus on their recovery journey.



The National University Health System (NUHS) partners us to collect and collate qualitative and quantitative data of the stroke survivors and their caregivers. This helps us understand their needs better so that we can create enhanced programmes and workshops. A Memorandum of Understanding (MOU) was signed on 17 May 2016 to formalise this partnership.



We look forward to working closer with all hospitals and organisations to better meet the unmet needs of the stroke survivors.

Corporate Governance

Roles and Responsibilities of Board of Directors

The Board acts in the best interest of S3 with the aim to provide for a better quality of life through specially crafted programmes that helps stroke survivors to rebuild confidence and regain independent living.

It also ensures that there are adequate resources for the operations and programmes and that such resources are effectively managed. There are processes to ensure S3 complies with all applicable rules and regulations. In addition, S3 has in place an appropriate code of conduct, which upholds the core values of S3. The Board has also ensured that S3 complies with requirements in Financial Reporting Standards (FRS) and the Code of Governance for Charities and Institutions of a Public Character (IPCs).

Composition of Board of Directors

The Board, through the Nomination Committee, strives to ensure that all board members have core competencies in areas such as finance, law, management, medicine, strategic planning and technology.

Key Corporate Governance

S3 is committed to lawful and ethical behaviour in all activities and requires that our board members, employees, volunteers and consultants conduct themselves in

ways that complies with all applicable laws, regulations and internal policies.

To maintain good governance, S3 has a Whistle Blowing Policy that provide employees and members of the public with accessible channels to the Chairman of the Board, the Chairman and members of the Audit Committee for reporting suspected fraud, corruption and dishonest practices. During the financial year, there was no complaint reported by employees.

The Audit Committee has independent oversight responsibilities on audits carried out by independent external auditors and S3 internal controls to uphold the trust of stakeholders.

Risk Management Practices

Since the start of S3, good governance has been established with distinct roles of responsibility and accountability with clear and measurable outcomes. Such processes allow for enhanced personal data protection processes and reliable business continuity plans to mitigate crises.

Policy on Conflict of Interest

All members of the board shall promptly and fully disclose, in accordance with the procedures by the company, all interests that could conflict with their duties and shall not in any way be involved in any

transaction or influence the outcome of any transaction. The policy was reviewed during the financial year. As the policy remains relevant, no updates were required.

Funding Sources

S3's main source of financial support are donations from foundations, corporates and individual donors as well as government project grants.

Government Grant

The Tote Board Community Healthcare Fund (TBCHF) approved a grant to support 80% of the operating cost for the R.E.A.L. programme for three years starting 01 August 2015. The grant is only to be utilised in accordance with the purpose established by TBCHF.

Reserve Policy

The policy provides clarity in the management of reserves and is an assurance to stakeholders that there is a strategy in place to build up the organisation's reserves. In addition, the policy ensures that there should be unrestricted funds that are freely available for operating purposes to ensure long-term sustainability.

Remuneration Declarations

None of our staff is paid more than \$100,000 in annual remuneration. Board and committee members are volunteers and do not receive remuneration for their services.

Financial Statements

2-Year Reserve Policy

The Company takes a balanced approach in managing its reserve. The reserve set aside takes into account financial stability as well as ensuring that the objectives of the Company are being executed proactively. The Company's Unrestricted Fund stood at 2.43 times of its annual operating expenditure as at 31 March 2018 (2017: 2.68 times). This ratio fluctuates according to the timing of the Company's fund raising activities and its annual operating spend. The Company intends to maintain a Reserve Ratio of at least two times of its annual operating expenditure.

Statement of Comprehensive Income

For the financial year ended 31 March 2018

	1 April 2017 to 31 March 2018	1 April 2016 to 31 March 2017
	Total	Total
	\$	\$
Income		
Voluntary income	294,436	320,455
Income from activities for generating funds	—	1,665,349
Income from charitable activities	520,535	312,043
Other income	14,048	4,940
Total income	829,019	2,302,787
Expenditure		
Cost of generating voluntary income	246	753
Cost of activities for generating funds	—	262,087
Governance costs	19,097	15,406
Operating and overhead expenses	391,100	211,990
Cost of charitable activities	313,025	152,543
Other expenses	65,160	56,839
Total expenditure	788,628	699,618
Surplus before tax	40,391	1,603,169
Taxation	—	—
Net surplus for the year, representing total comprehensive income for the year	40,391	1,603,169

Statement of Financial Position

As at 31 March 2018

	2018	2017
	\$	\$
Assets		
Non-current asset		
Plant and equipment	115,803	126,806
Current assets		
Cash and cash equivalents	1,716,328	1,620,062
Other receivables	364,946	181,301
Total assets	2,197,077	1,928,169
Funds		
General Fund (Unrestricted)	1,832,817	1,832,426
Designated Fund	80,000	40,000
REAL Fund (Restricted)	—	—
Total Funds	1,912,817	1,872,426
Liabilities		
Non-current liability		
Deferred grants	22,831	15,544
Current liabilities		
Other payables	24,074	23,203
Deferred grants	237,355	16,996
Total liabilities	284,260	55,743
Total funds and liabilities	2,197,077	1,928,169

The full set of audited financial statements are available at www.S3.org.sg

Corporate Information

Type of Entity

Company Limited by Guarantee

IPC Status

From 15/06/16 to 14/06/19

Telephone

6473 3500

Unique Entity Number

201503222G

National Council of Social**Service Membership**

Full Member

Banker

DBS Bank Ltd
United Overseas Bank

Date of Establishment

02 Feb 2015

Date of Registration

1 June 2015

Auditor

Precursor Assurance PAC

Sector Administrator

Ministry of Health

Registered Address

1 Marina Boulevard

#28-00

Singapore 018989

Charity Status

Registered

Date of Registration

11 March 2015

Operating Address

Enabling Village

20 Lengkok Bahru

#01-04 Playground

Singapore 159053

Audit Committee

Mr Chew Teck Soon

Chairman

Ms Lim Yong Wah Nee Lee

Dorcas

Mr Yap Wai Ming

Finance Committee

Mr Max Loh

Chairman

Mr Chan Yoke Kai

Mr Steven Iwi

Fund-raising Committee**& Communications****Committee**

Ms Foo Sew Yen

(Mrs Janet Chong)

Chairman

Ms Lim Swee Lin, Caroline

Co-Chair Communications

Mr Tan Tze Hui, Daniel

Human Resource Committee

Ms Low Suat Kheam

Chairman

Mr Ling Ping Chih, Leonard

Ms Melanie Chan

Nomination Committee

Mr Yap Wai Ming

Chairman

Mr Chew Teck Soon

Ms Chew Poh Yim

Programmes and Services**Committee**

Dr Phua Cheng Pau, Kelvin

Chairman

Ms Carolina Edna Png

Physiotherapist

Ms Siti Zubaidah Yusoff

Consultant Occupational

Therapist

**Technology and
Innovation Committee**

Dr Tan Hwee Pink

Chairman

Dr Liang Huiguang

Ms Tan Hwee Xian

S3 Staff

Mr Damien Tong,

Centre Director

Ms Chia Sok Hoon,

Head, Finance &

Administration

Ms Sally Loke,

Admin & HR Manager

Mr Zechariah Yeo,

Programme

& Volunteer Manager

Ms Ho Huei Fang,

Senior Programme &

Volunteer Executive

Ms Yip Wen Qi,

Programme

& Volunteer Executive

Mr Yong Whye Keet,

Programme

& Volunteer Executive

Mr Darren Chan,

Corporate Communications

Executive

Acknowledgements

We would like to sincerely thank our donors, advisors, consultants and programme and development support management for giving their time and expertise to give the stroke community hope, help and happiness.

Major Donors (\$50,000-\$20,000)

(including donations for Charity Gala Dinner appeal received prior to financial year end)

Ho Bee Foundation
Tan Eng Hwa
Loyang Tua Pek Kong
Treasure Dragon Trading
Anonymous
Doreen Tan Nee Moi
Goh Foundaton Limited
Lee Soon Teck
Millenia Pte Ltd

S3 Fairprice Foundation Mobility Assistance Subsidy (\$40,000)

NTUC Fairprice
Foundation Limited

Advisors, Fund Raising Organising Committee

Dr Michael Lim
Mr Yang Tse Pin

Professional Consultants: Volunteers

Dr Catherine Dong Yanhong
Dr Effie Chew
Dr Raymond Seet
Dr Tan Xin Quan
Dr Teoh Hock Luen

Professional Services: Volunteers

Mr Chan Hian Young
Ms Kamille Teo Wei Wei
Ms Nora Lim Libin

Programme Partners: Services

Ms Jennifer Chung
Ms Teresa Wong
Dr Valerie Lim

Volunteer Groups

Ms Janet Pua
Ms Lee Poh Yin
Ms Lena Lye
Ms Liew Huay Ling
Mr Mac Chang & Ms Elaine Xu
Dr Ong Seh Hong
Ms Teo Ying Ying

Lunch Time Talk Speakers

Dr Catherine Dong
Ms Christie Chua
Dr Christopher Goh
Dr Emily Guo
Ms Ho Sher Min
Ms Ivey Ng
Dr Jong Sze Chin
Ms Lim Pui Yee
Dr Michelle Liew
Dr Qiao Tian Ru
Mr Rohizad Bin Jani
Ms Siti Khairiyah
Mr Tim Xu
Ms Valerie Tan
Mr Zechariah Yeo
Ms Zhang Hui Min

Future Plans

As the population ages and with the rising number of stroke survivors,

1 in **230**
Singaporeans

will have a stroke in their lifetime by 2030,

a **110%**
increase since 2013*.

*Source: Ministry of Health (Finding a Cure for Rising Costs in Healthcare, Straits Times, 28 Jan 2018)

With the increase in waiting time to start the programmes due to a long waiting list, the goal is to have several wellness centres in Singapore to continue to meet the unmet needs of the stroke survivors and their caregivers.

In early 2019, we will be opening our second wellness centre at Jurong Point Shopping Mall to bring our programmes to more stroke survivors and caregivers that require these services.

In addition, to navigate effectively through the post-stroke landscape, S3 is looking at new innovations and technology projects to create a more multi-prong community model of care to be a primary reference point for stroke-care.

S3 is deeply thankful to the donors who have supported us in one way or another to allow us to continue providing affordable and holistic wellness programmes for stroke survivors and their caregivers. Your continued support will help us make our future expansion plans in other parts of Singapore a reality.



Volunteer

We welcome companies or individuals that want to volunteer and those who are passionate about helping stroke survivors re-integrate back into the community. You can make a difference!

The areas that you can lend your skills and talents are:

- Befriending
- Programme Support
- Special Projects
- Outreach & Events Management
- Professional Services

Find out how you can help by writing to volunteer@s3.org.sg



Donate

Your donation will help to subsidise the programmes and services offered to stroke survivors and their caregivers. This will allow us to provide affordable and quality programmes for stroke survivors that will help them rebuild their confidence and lead better quality lives.

Online / GIRO donation:

<https://www.giving.sg/stroke-support-station>

Cheque donation:

Kindly issue a crossed cheque payable to
"Stroke Support Station Ltd"

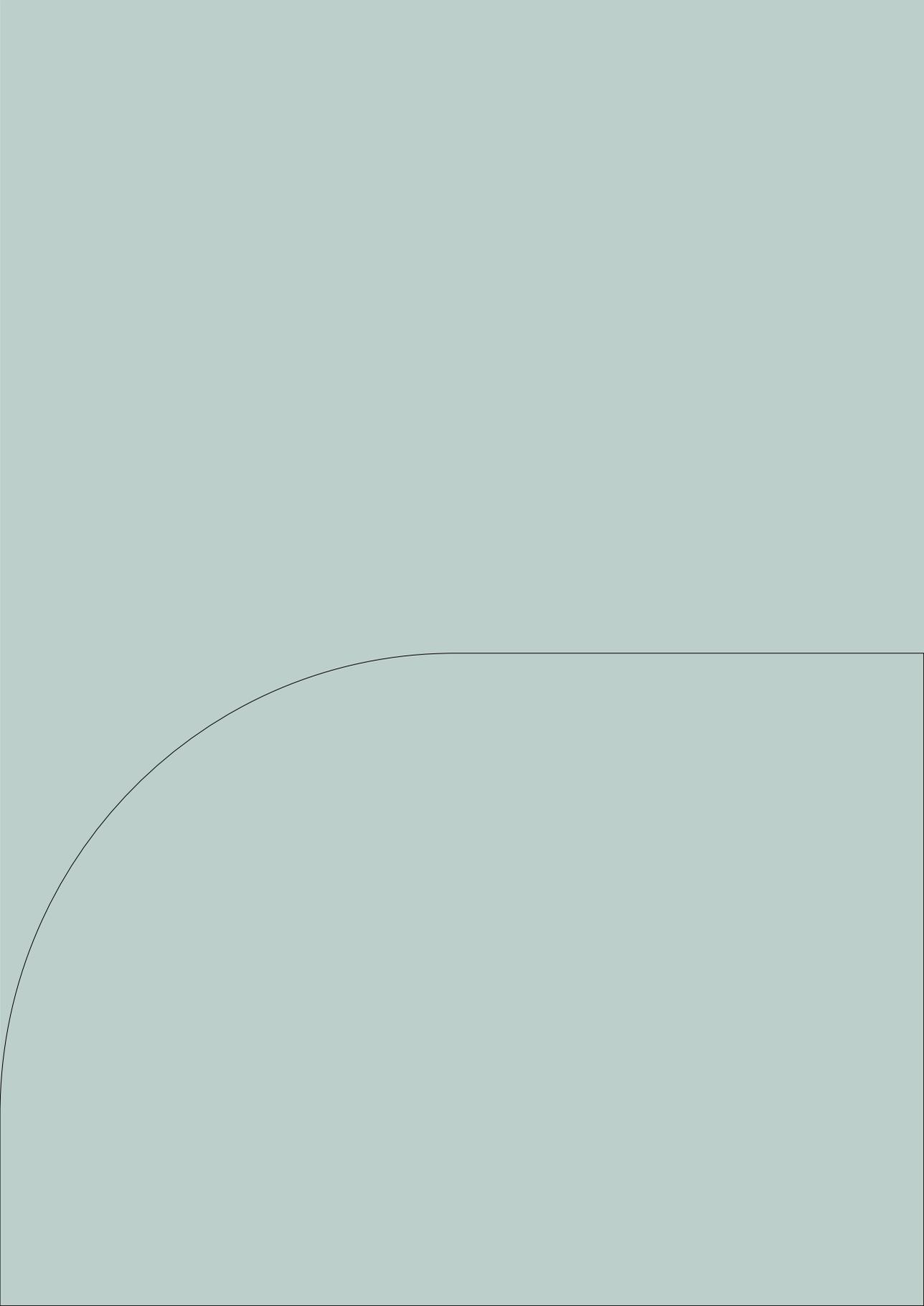
Mail the cheque to:

Stroke Support Station
Enabling Village
20 Lengkok Bahru
#01-04 Playground
Singapore 159053

Tax Exemption Information:

As an approved Institution of a Public Character (IPC), donors enjoy tax exemption when more than \$50 is donated to Stroke Support Station. Please provide your NRIC, FIN number or UEN number to be eligible for a 250% tax deduction. Your details will be submitted to the Inland Revenue Authority of Singapore (IRAS) and the tax-deductible donation information will be automatically included in your income tax assessment.

On the other hand, you may also start a fundraising campaign for us through NVPC's Giving.sg portal to help us in your own way of raising funds to support a good cause.



Stroke Support Station (S3) is the first and only wellness centre dedicated to meeting the needs of post-stroke care in Singapore.

We aim to be the primary organisation for stroke survivors, caregivers, volunteers, professionals and the public, to provide innovative programmes, support services, education and training.

As a non-profit organisation, our programmes are volunteer-led and co-created with medical professionals and therapists across the relevant disciplines to help stroke survivors rebuild confidence and independence.

We are committed to walking the journey from post-discharge to dignified living with every stroke survivor and their caregiver with care and compassion.

Operating Address

Enabling Village
20 Lengkok Bahru
#01-04 Playground
Singapore 159053

Telephone

+65 6473 3500

www.s3.org.sg