

Annual Report
2018/2019



when
STROKE
strikes



the
SUPPORT
is real

When stroke strikes,
control is lost,
confidence is shattered,
and the burden of the life
that lies ahead becomes massive
and very real.

We believe that every
stroke survivor and caregiver
can and should get support
to help carry this burden.

EXTENDING OUR EFFORTS

2018 - 2019



From
257 to 372
Stroke Survivors



From
355 to 479
Volunteers



From
267 to 429
Caregivers



Launch of
2
New Programmes

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CHAIRMAN'S MESSAGE

Dear Supporters, Volunteers and Partners,

Stroke Support Station (S3) is dedicated to serving the needs of stroke survivors in the community. With 20 new strokes¹ every day and 7,500 new strokes² every year, stroke is now the #1 cause of long-term physical disability³ in Singapore.

The physical, psychological and financial stress of rehabilitation and caregiving is immense, which is why the share of total burden of disease from cerebrovascular diseases including stroke is now #1 among all diseases in Singapore⁴.

We see and understand the real feelings and emotional struggles that stroke survivors go through. Together with caregivers and volunteers, S3 helps to holistically rebuild lives and make a positive social impact.

80% of stroke survivors do not continue with their rehabilitation⁵. Encouraging stroke survivors to continue their post-stroke rehabilitation is key to helping them re-integrate into the community and back to living again.

Thank you to our partners who help us enhance our efforts in post-stroke care through innovation:

Improving Mobility via Exoskeletons (iMove) Programme

A pilot programme with National University Hospital System (NUHS), supported by Temasek Foundation and Trailblazer Foundation to use robotic exoskeletons in stroke rehabilitation.

Intelligent Stroke Rehabilitation System (ISRS)

A translational research project in partnership with the National University of Singapore's (NUS) Institute of Systems Science to use artificial intelligence to develop programmes with gaming elements and the latest sensing technologies to facilitate stroke recovery for fine-motor skills (hand and fingers).

“We see and understand the real feelings and emotional struggles that stroke survivors go through. Together with caregivers and volunteers, S3 helps to holistically rebuild lives and make a positive social impact.”

We have also launched 2 new programmes to empower our stroke survivors and their caregivers in their recovery journey:

Stroke Reintegration (SRi) Programme

A wellness programme customised to help stroke survivors identify their occupational needs, self-manage their own health towards independent living, and the possibility of returning back to work.

Caregivers Support Group

We launched a new caregiver support programme 'Kopi By The Chair' to empower caregivers with coping skills and knowledge, so that they can care confidently for their loved ones at home.

On behalf of the Board of Directors, I would like to express my heartfelt appreciation to our donors and sponsors for your generosity and support. To our volunteers, thank you for giving your time to bring hope and smiles to our stroke survivors and their caregivers.

To our valued partners and collaborators, thank you for believing that community support is key in helping improve the continuum of care in the stroke community.

Finally to our staff, your passion and dedication have made an impact on our work. Your special touch gives renewed hope and meaning to our stroke survivors, their caregivers and our volunteers.

Yours sincerely,

Chew Poh Yim
Director and Chairman,
Stroke Support Station

¹ Singapore Stroke Registry, Annual Report 2016

² Stroke in Singapore, Facts and Figures

³ National Neuroscience Institute, www.nni.com.sg

Highlights of 17th Singapore International Stroke Conference, 5-6 Oct 2018

⁴ Singapore Burden of Diseases Study 2010, Ministry of Health, Singapore.

⁵ Thilarajah. Arch Phys Med Rehabil. 2017 Oct 19

BOARD OF DIRECTORS



Ms Chew Poh Yim
Director and Chairman



Radm (Ret) Kwek Siew Jin
*Director and
Deputy Chairman*
*(retired from the Board
on 31 January 2019)*



Mr Loh Khum Whai, Max
*Director, Treasurer and
Chairman of Finance
Committee*
*(retired from the Board
on 30 September 2018)*



Ms Ang Lian Choo, Anne
Director
*(appointed to the Board
on 1 July 2018)*
*Treasurer and Chairman
of Finance Committee*
(appointed on 1 October 2018)



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



Ms Low Suat Kheam
*Director and Chairman of
Human Resources Committee*



Ms Foo Sew Yen, Janet
*Director and Chairman
of Fund-Raising Committee
and Co-Chairman of
Communications Committee*



Mr Chew Teck Soon
*Director and Chairman
of Audit Committee*



Mr Ling Tok Hong
*Director and Chairman of
Technology & Innovation
Committee*
*(appointed to the Board
on 1 July 2018)*



Mr Yap Wai Ming
*Director and Chairman of
Nomination Committee*

EVENTS

1

We Care, We Share

– Special Occasions & Celebrations –

Caregivers work hand-in-hand with us, and provide immense support for the work we do here at S3. Celebrations that we hold to bring our stroke survivors and caregivers together, and bring a smile to their faces!



National Day Celebration with DCA Architects Pte Ltd

Board Director, Mr Yap Wai Ming was present to thank Mr Vincent Koo of DCA Architects Pte Ltd, for adopting S3 as a charity his company supports. The time and effort they gave, brought happiness and allowed our stroke survivors and caregivers to have some respite!

Christmas & Chinese New Year Celebrations

Celebrations allow our members to bond and build relationships. Stroke survivors are encouraged to organise these events, facilitated by volunteers and supporters.



2

We appreciate you!

– Volunteer Appreciation Events –

Volunteers at S3 work hard with their hearts behind the scenes. Their contributions aid in the successful implementation of S3 Wellness programmes and help forge social connectedness among the members.



We bowl, we bond, we build

Bonding over bowling? Definitely! Our volunteers took time out of their busy schedules to come together for a catch-up session over some friendly bowling competition.

Volunteer Appreciation Night

Board directors, Mr Chew Teck Soon and Mr Yap Wai Ming joined the volunteers to thank them for being part of the S3 family, and for bringing a ray of sunshine to the lives of our stroke survivors and their families.



EVENTS

3

Stepping up, Reaching Out – Community Outreach Programmes –

Stepping up and reaching out to educate the public including the youth is critical in building awareness of stroke prevention.



Outreach to Youth Volunteers

It is a myth that stroke is a disease that only strikes the elderly. The reality is that stroke does not discriminate and can strike anyone, anytime, regardless of age or gender. The Youth Corp received first-hand knowledge on the detection and prevention of stroke. After our session, many of them signed up as volunteers.



Outreach to Stroke Survivors - Hospitals

S3 rehabilitation staff and S3 Ambassadors (stroke survivors who have benefitted from S3 programmes) conducted roadshows, and visited stroke wards in the hospitals and community step-down centres to share our wellness and rehabilitation programmes and services. S3 Ambassadors also shared their experiences of being stroke survivors and how they navigate their post-stroke journey.

Outreach & Awareness - Community

Outreach in the community was done at senior activity centres to increase stroke awareness and prevention to seniors who are at risk.



Outreach & Awareness - Corporates

Awareness, prevention and early detection of stroke symptoms can help save lives. To spread this message, S3 organises S3 Corporate Talks for companies. We presented to several companies; Wing Tai Holdings, Oxley Holdings, and Chevron Phillips Chemicals Asia. These talks focus on building awareness of stroke symptoms and lifestyle changes to minimise the risk of stroke.



EVENTS

4

Enabling our efforts with resources – Fund-Raising –

The work that we do is aided by the robust support of our community and donors. Our donors believe in our cause and this enables us to continue serving and helping stroke survivors and caregivers in their recovery journey.



S3 Charity Gala Dinner 2018

S3 held a Charity Gala Dinner to raise funds to increase the awareness of stroke. The funds raised will help support our beneficiaries who are in financial difficulties and allow us to deliver post-stroke rehabilitation to stroke survivors and to support their caregivers. The event was graced by Madam President Halimah Yacob, President of the Republic of Singapore.

Charity Golf Event by the Tanah Merah Country Club

Tanah Merah Country Club celebrated the official opening of their new Tampines Golf Course with a Charity Golf Event graced by Emeritus Senior Minister Goh Chok Tong. S3 was honoured to be one of the beneficiaries at the fund-raising event.



Charity Fashion Show by LOTI

LOTI, a renowned fashion house organised a Charity Fashion Show to raise funds for S3 as part of its 'Maritime Silkroad' Singapore International Fashion Week. The event, which was graced by Minister Ng Chee Meng, Minister in the Prime Minister's Office raised S\$200,000 for S3.



EVENTS

5

Empowering the Community through Awareness – Stroke Awareness and Prevention Campaigns –

Community events to engage the public in the neighbourhood and in schools, help empower them with knowledge on who we are, what we do, and how stroke can affect anyone.

World Stroke Day

On World Stroke Day, S3 held a two-day roadshow at Toa Payoh Hub on 20-21 October 2018, in collaboration with Singapore National Stroke Association (SNSA) and Stroke Services Improvement (SSI). Assoc Prof Au Wing Lok, Deputy Medical Director for National Neuroscience Institute was our Guest-of-Honour for the event.

Nursing students from NUS Alice Lee School of Nursing Studies, together with S3 members and volunteers, conducted basic health screening and educated the public on stroke awareness and prevention.

As part of S3's signature event, we organised the largest chopsticks challenge where 80 participants took part by using their non-dominant hand to transfer marbles from one bowl to another using chopsticks in five minutes. The challenge was recognised by the Singapore Book of Records.



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



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



Launch of Caregiving@Southwest

S3 participated in the launch of Caregiving@Southwest organised by South West Community Development Council (SWCDC) to reach out to caregivers who care for their loved ones including stroke survivors. These services assist caregivers with any help they may need and help them navigate the healthcare landscape.

S3 was involved in the roadshow held at Westgate Mall to promote and raise the awareness of stroke prevention.

EVENTS



NUS Greater Good Series - A New Fort for Fighting Stroke

The Greater Good Series, organised by the National University of Singapore (NUS) dedicated one of the series to focus on stroke entitled "A New Fort for Fighting Stroke".

There were several neurologists and doctors who spoke at the event, including our Board Director, Dr Kelvin Phua who shared about the various S3 wellness and rehabilitation programmes, and caregiver workshops that we offer for stroke survivors in their stroke recovery process and their caregivers.



President's Visit to Stroke Support Station

S3 was honoured to have Madam President Halimah Yacob visit our S3 centre. She was accompanied by Ms Ku Geok Boon; CEO of SG Enable and Ms Denise Phua Lay Peng; President of the Autism Resource Centre.

During her visit, President Halimah learned about the various programmes for the stroke community. She also interacted with stroke survivors and caregivers to understand their struggles during their recovery journey.



17th International Stroke Conference

As one of the supporting partners at the 17th International Stroke Conference, S3 set up a booth to share our programmes and services with the healthcare community.



Training for Community Healthcare Workers

S3 conducted training for healthcare workers to equip them with the necessary skills, so that they can better care for stroke survivors in the community.

REAL PEOPLE

Everything changes in the stroke of a moment for a stroke survivor. Their body changes, their emotions become uncontrollable, and they cannot express their frustrations or joy. They want to live life like before, but the struggle to get there seems too daunting.

We recognize these real struggles, and are here to build resilience in fighting this uphill battle on the road to recovery.

Together, let's rebuild lives
by walking together
through these struggles.





John Seah
Stroke Survivor
58 years old

Stroke Survivor Feature

ROAD TO RECOVERY

“I want to motivate other stroke survivors who are going through the same journey. It is not easy, but with hard work and perseverance, all of us can get off the wheelchair and run at our own pace!”

If surviving one stroke is no mean feat, then surviving four strokes in a decade definitely makes John Seah, 58, admirable in all aspects.

Living his lifelong ambition of running his own successful training company saw John realising his dreams, but also brought about levels of stress that were unprecedented and hard to manage. The constant travelling and hectic schedules resulted in his first stroke in 2007, with three more in the next decade.

Despite this blow, the support of his family, coupled with the programmes in S3 such as the ‘Walk-On’ programme has helped John hit the road running again.

John acknowledges that getting better is a personal decision, and that stroke survivors need to have the drive if they want to recover. He proves his point by relating how he practices the techniques learnt from the rehabilitation sessions at S3, and is heartened to know that his hard work has paid off since he started. Through the customised S3 programmes, he is now able to run short distances!

Aside from focusing on getting better and spending more time with his family, John wants to use his experience to challenge other survivors, motivating them to get up and seek help.



R.E.A.L. PROGRAMME

RE-LEARN AND ENJOY ACTIVE LIVING

A group-based wellness programme designed for stroke survivors with the aim of helping them gain more confidence in daily activities and achieve independence. It also helps them develop new hobbies, improve their interests in sports and fitness, aid community re-integration, learn mindfulness techniques, and offers social and emotional support.

Programme Overview

Objectives

- Help participants gain more confidence when engaging in their daily activities.
- Prepare participants to re-integrate into society in an enjoyable and sustainable manner.

Features

Participants engage in programmes, which are designed by medical professionals and run by trained volunteers. Programmes are available almost every day at S3, each session lasting for around 2 hours. Patients can decide which session to join, based on their own needs and preference.

Using a collection of validated outcome measures, participants are assessed based on their recovery progress and potential ability to reintegrate into the community*.

Modified Barthel Index

Activities of Daily Living



Participants are assessed by therapists based on their abilities to complete tasks such as showering and eating. The higher the score, the better a person can take care of himself. An able person will have a score of 100.

Results
Increase
in score
from
90.5 to 95.5

Time Up-and-Go Test

Mobility Improved

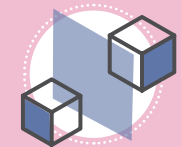


Participants are assessed through a simple test on their mobility which requires both static and dynamic balance. It uses the time that a participant takes to rise from a chair, walk three meters, turn around, walk back to the chair and sit down.

Results
Reduced
time taken
from
18.4s to 14.8s

Box and block Test

Mobility Hand Function



Participants are assessed on the mobility of their hands through a Box and Block Test. Participants are seated facing the boxes separated by a partition. Participants are given 60 seconds to move as many blocks as possible from one side to the other, using only his tested hand.

Results
Increase
in the number
of cubes from
17 to 26 per
minute

*Results over 6 months from 71 participants in the period of 2016-2018.



WALK-ON AT S3 PERSONALIZED FITNESS AFTER STROKE

Every stroke survivor is unique with different needs, challenges and goals. Using cutting edge technologies, Walk-on at S3 identifies specific issues to create customized individual training programmes for each person.

Programme Overview

Objectives

- Customized programme for each participant rather than 'one size fits all'
- Focus on whole person fitness
- Data analytics to measure progress in components such as strength and alignment as well as functional walking speed
- Participant empowerment through sensory feedback technologies
- Transition towards lifestyle changes and community reintegration

Features



Certified Walk-on
Trainers Only



Cutting Edge Training
Equipment



Customized Software
to Individualize/
Track Progress

Positive Results¹ to Date



122%

increase in
whole body
power



38%

increase in
cardiovascular
efficiency



98%

improvement in
gait speed

¹ Overall results for the first 50 participants over twelve 60-minute sessions, 2-3 times weekly.



CREATING OPPORTUNITIES FOR COMMUNICATION IN THE COMMUNITY (C3) PROGRAMME

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

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 activities, participants learn how to:



Use both speech and gestures to communicate effectively.



Listen actively and improve their understanding on the messages received.



Seek clarifications when in doubt or when the need arises.



STROKE REINTEGRATION (SRI) PROGRAMME

SRI is a wellness programme tailored to help stroke survivors identify their occupational needs, manage their own health, and promote independent living.

Programme Overview

Objectives

- Identify the occupational needs of community-living stroke survivors (Goal setting).
- Help stroke survivors learn how to manage their own health, including safety at home and in the community (Empowerment).
- Assist the target group in returning to community independent living (Re-Integration).

Features



Upper-limb management skills to improve occupational ability.



Exercises to improve walking and balance to reduce fall risk.



Strategies and techniques to manage falls.



Learning about managing nutritional habits and medication.



REAL SUPPORT

The challenge of caregiving is overwhelming. There is so much to do, and caregivers are often at a loss when their loved ones return home from the hospital. That's where we come in to provide support through knowledge equipping and encouragement, on the lanes of love.

Together, let's revive relationships
through real support.



Gilbert Tan
Caregiver
72 years old

Caregiver Feature

LANES OF LOVE

“S3 has allowed me to meet other caregivers who are also going through the same journey. We share tips and coping strategies, and it has become a real support group for me.”

When stroke struck close to home for Gilbert Tan, 72, he was at a loss. He did not know what to do and where to go. He wanted to do all he could for his wife, Lucy, but had no know-how or avenue to seek help from. After actively scouting out for a rehabilitation service, he found S3.

Through S3, Gilbert has had the opportunity to meet other families in the same predicament. He is grateful for the help and support through its caregiver programmes, and for the existence of S3 who understands that stroke not only affects survivors, but also helps to lift the burden that caregivers and loved ones carry.

Because of S3’s focus on the well-being on stroke survivors, Gilbert is heartened to see improvements in Lucy that are not only physical, but also emotional and mental. With the efforts of both S3 and himself, Gilbert is positive that Lucy is well on her way to recovery!



CAREGIVER PROGRAMMES

Caring for a loved one with stroke can be rewarding and yet, a challenging task. Caregivers may often feel overwhelmed, alone, and emotionally and physically drained. One of the most important things to consider as a caregiver is personal quality of life.

Caregiver Support Programme - Kopi by the Chair



S3 introduced the 'Kopi by the Chair' programme as a conducive avenue for caregivers to share their concerns and provide support for one another. Through this programme, caregivers are empowered with the necessary knowledge and skills and apply them into their daily routines with their loved ones.

Positive Road to Stroke Recovery Programme

A programme initiated under the advice of Allied Health from Tan Tock Seng Hospital. This programme teaches participants to maintain a good relationship with their body, mind and spirit. Caregivers can also improve their skills and confidence when caring for their loved ones.

Lunchtime Talks

Healthcare professionals from the National University Hospital (NUH), Tan Tock Seng Hospital (TTSH), the private sector, and S3 conducted a total of 11 lunchtime talks to help stroke survivors and caregivers learn about stroke-related tips for better health and wellness.

Month	Title of Lunchtime Talk Workshop
January	Silver Strength Overcoming Sarcopenia <i>Zechariah Yeo, RN</i>
February	Coping With Aphasia—Communicating After Stroke <i>Dr Emily Guo Yi Ting and Ms Siti Khairiyah Jamil, ST</i>
March	Sit Tall After Stroke <i>Dr Tim Xu, OT, PhD</i>
April	Acupuncture After A Stroke. Does It Work? <i>Dr Qiao Tian Ru, TCM</i>
May	Coping with Shoulder Instability After Stroke <i>Mr Hassan Ammar, PT</i>
June	Managing Spasticity After Stroke <i>Dr Jong Sze Chin</i>
July	Overcoming Obstacles to Return to Work (Stroke Specific) <i>Ms Chen Zhen Zhen</i>
August	The Importance of Post-Exercise Recovery <i>Zechariah Yeo, RN</i>
September	Navigating the Healthcare system for Stroke <i>Ms Lucinda Tay APN, RN</i>
October	Knee Health—Why Is It Important? <i>Dr Christopher Goh</i>
November	Caring For Your Feet <i>Zechariah Yeo, RN</i>

REAL IMPACT

Our volunteers are integral to the work that we do. Their passion paves a pathway for us to offer better services to our clients. Together with our dedicated staff, they form the hands and feet of S3, extended onto the ground and into the community. With every additional hand onboard, the work we do can go deeper, so that its impact can grow wider.

Together, let's extend our reach
through real impact.





Lee Chee Ling
 Volunteer
 54 years old

Volunteer Feature

PATHWAYS OF PASSION

“Initially, I wasn’t sure how I could help, as I had no experience with stroke survivors. But after I went through the structured training for volunteers, and saw how it was benefitting the members, I was very inspired to keep coming and devote my time at S3.”

Her smiling face and cheerful voice cannot be missed. Ms Lee Chee Ling, 54, is dedicated to helping all our stroke survivors with their rehabilitation sessions. Because of her positivity and interactions with them, our stroke survivors look forward to seeing her every week.

Ms Lee’s encounter with S3 came by chance as she wanted to find an avenue to volunteer but didn’t know where to start. She was also unsure of how she could help, as she had no experience in interacting with stroke survivors previously. However, the warmth of the other volunteers and the robust training programs made her sure that S3 was the right place to be devoting her time and energy in.

To her, volunteering at S3 is more than just patience and passion for the work as the members have different mobility and cognitive issues. Through her encouragement and interaction with the stroke survivors, she hopes to motivate them to keep going.



VOLUNTEER PROGRAMMES

Volunteers spend their time and effort to engage with stroke survivors and caregivers, as well as contribute to the success of the S3 programmes that are conducted daily.

A total of seven volunteer induction and orientation workshops were conducted by S3 in the past year.

During the induction programmes, new volunteers are taught:

- more about stroke awareness and prevention
- the types of S3 wellness programmes
- how to assist stroke survivors when programmes are conducted
- volunteering roles and opportunities

Volunteers are assigned supporting roles like the checking of vital signs and ensuring safety during S3 programmes. After orientation, volunteers are given opportunities to take on leadership responsibilities for a meaningful volunteering experience.

Volunteer Opportunities

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



Service-based

Support and guide stroke survivors during S3 programmes and activity-based restorative exercises, as well as communication and cognition sessions to aid stroke survivors in reaching their maximum recovery potential.



Skill-based

Registered physiotherapists, occupational, and speech therapists can support S3 by using their professional knowledge to support S3 by contributing in their area of expertise.



Event-based

Volunteers can assist in event organisation, photography, excursion support, and facilitating festive celebrations to bond with, bring joy, and provide moral support for stroke survivors on their recovery journey.

PARTNERSHIPS AND COLLABORATIONS

Community Support is Our Strongest Building Block

We are honoured to belong to a community of organisations that share a common belief in delivering appropriate 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.



Yong Loo Lin School of Medicine



CORPORATE GOVERNANCE

Roles and Responsibilities of Board of Directors

The Board acts in the best interest of S3 and exercises independent judgement. The Board makes sure the charity is run well, so that the charity would continue to be effective, credible and sustainable.

The Board is supported by seven (7) Board committees overseeing key areas. Each committee is chaired by a member of the Board and is guided by their respective terms of reference approved by the Board:

- (i) Audit Committee
- (ii) Finance Committee
- (iii) Fund-Raising & Communications Committee
- (iv) Human Resources Committee
- (v) Nomination Committee
- (vi) Programmes and Services Committee
- (vii) Technology and Innovation Committee

The committees ensure there are adequate resources for the operations and programmes, and resources are effectively managed. They set out processes to ensure S3 complies with all applicable rules and regulations, including requirements of Financial Reporting Standards (FRS) and the Code of Governance for Charities and Institutions of a Public Character.

Composition of Board of Directors

The Board strives to ensure diversity with board members having core competencies in accounting, finance, management, legal, human resources, fund-raising, communications, strategic planning, technology and relevant sectoral knowledge (health, medical, rehabilitation, and social services).

Two (2) new directors were appointed on 1 April 2019

- (1) Mr Ahmad Magad
Director & Deputy Chairman of Programmes & Services
- (2) Ms Chang Hwee Nee
Director and Deputy Chairman

Meetings of the Board of Directors in Financial Year 2018/19

S/NO	Name of Directors	Attendance
1	Ms Chew Poh Yim <i>Director and Chairman</i>	3 out of 3
2	Radm (Ret) Kwek Siew Jin <i>Director and Deputy Chairman (retired from the Board on 31 January 2019)</i>	2 out of 2 <i>(2 board meetings during Mr Kwek's tenure)</i>
3	Mr Chew Teck Soon <i>Director and Chairman of Audit Committee</i>	3 out of 3
4	Mr Yap Wai Ming <i>Director and Chairman of Nomination Committee</i>	2 out of 3
5	Ms Foo Sew Yen, Janet <i>Director and Chairman of Fund-Raising Committee and Co-Chairman of Communications Committee</i>	2 out of 3
6	Ms Low Suat Kheam <i>Director and Chairman of Human Resources Committee</i>	2 out of 3
7	Dr Phua Cheng Pau, Kelvin <i>(Kelvin Pan Zhengbao) Director and Chairman of Programmes & Services Committee</i>	2 out of 3
8	Ms Ang Lian Choo, Anne <i>Director (appointed to the Board on 1 July 2018) Treasurer and Chairman of Finance Committee (appointed on 1 October 2018)</i>	3 out of 3
9	Mr Ling Tok Hong <i>Director and Chairman of Technology & Innovation Committee (appointed to the Board on 1 July 2018)</i>	3 out of 3
10	Mr Loh Khum Whai, Max <i>Director, Treasurer and Chairman of Finance Committee (retired from the Board on 30 September 2018)</i>	1 out of 1 <i>(retired after a tenure of 4 years as Treasurer and Chair of Finance Committee)</i> <i>(1 board meeting during Mr Loh's tenure)</i>

Key Corporate Governance

S3 is committed to lawful and ethical behaviour in all activities and requires that our board members, employees, volunteers, advisors and consultants, comply with all applicable laws, regulations, and internal policies in their conduct.

Whistle Blowing Policy

To maintain good governance, S3 has a Whistle Blowing Policy that provides employees and members of the public with accessible channels to the Board, represented by the Chairs of Audit and Human Resources Committee. During the financial year, there was no complaint reported.

Risk Management Practices

The Board has instituted that Chairs of the respective Board Committees be responsible for the risk management and mitigation of their respective domain area of risks.

Policy on Conflict of Interest

S3 has documented procedures set in place for Board members and staff to declare actual or potential conflicts of interest to the Board at the earliest opportunity.

All members of the Board are to promptly and fully disclose, in accordance with the procedures laid down, all interests that could conflict with their duties and shall not in any way be involved in the transaction or influence the outcome of the transaction.

The declaration of conflict of interest is done at a frequency as mandated. Where a conflict of interest arises at a Board meeting, the Board member concerned is expected not to vote on the matter, nor participate in its discussions.

Funding Sources

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

Government Grant

Tote Board Community Healthcare Fund (TBCHF) has approved a grant to support 80% of the operating cost for the R.E.A.L. programme for three years, which started on 1 August 2015. The grant was extended to January 2020, to be utilised in accordance with the purpose established by TBCHF.

2-Year Reserve Policy

The Company has a policy to set aside a reserve fund to cover operating costs projected for the next two years.

Remuneration Declarations

The number of staff with annual remuneration exceeding \$100,000 is one (1).

Board and committee members are volunteers, and they do not receive any remuneration or fee for their services.

STATEMENT OF COMPREHENSIVE INCOME

For the financial year ended 31 March 2019

	1 April 2018 to 31 March 2019 Total \$	1 April 2017 to 31 March 2018 Total \$
Income		
Voluntary income	1,059,472	294,436
Income from fund generating activities	2,430,510	—
Income from charitable activities	803,536	520,535
Other income	11,965	14,048
Total income	4,305,483	829,019
Expenditure		
Cost of generating voluntary income	1,218	246
Cost of fund generating activities	60,672	—
Governance costs	20,627	19,097
Operating and overhead expenses	601,007	391,100
Cost of charitable activities	422,386	313,025
Other expenses	53,544	65,160
Total expenditure	1,159,454	788,628
Surplus before tax	3,146,029	40,391
Taxation	—	—
Net surplus for the year, representing total comprehensive income for the year	3,146,029	40,391

STATEMENT OF FINANCIAL POSITION

As at 31 March 2019

	2019 \$	2018 \$
Assets		
Non-current asset		
Plant and equipment	479,264	115,803
Current assets		
Cash and cash equivalents	4,339,562	1,716,328
Other receivables	528,707	364,946
Total assets	5,347,533	2,197,077
Funds		
Unrestricted Fund		
General Fund	4,438,846	1,832,817
Designated Fund	620,000	80,000
Restricted Funds		
REAL Fund	—	—
Total Funds	5,058,846	1,912,817
Liabilities		
Non-current liability		
Deferred grants	37,955	22,831
Current liabilities		
Other payables	43,340	24,074
Deferred grants	207,392	237,355
Total liabilities	288,687	284,260
Total funds and liabilities	5,347,533	2,197,077

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

CORPORATE INFORMATION

Type of Entity

Company Limited by Guarantee

Unique Entity Number (UEN): 201503222G

Date of Establishment
02 Feb 2015

Sector Administrator
Ministry of Health

Charity Status
Registered

Date of Registration

11 March 2015

IPC Status

From 15/06/16 to 14/06/21

National Council of Social Service (NCSS) Membership
Full Member

Date of Registration
1 June 2015

Registered Address

One Marina Boulevard,
1 Marina Boulevard, #28-00,
Singapore 018989

Operating Address

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

Telephone
6473 3500

Banker

DBS Bank
United Overseas Bank

Auditor

Precursor Assurance
PAC

BOARD COMMITTEE

Audit Committee

Mr Chew Teck Soon
Chairman

Ms Lim Yong Wah
Nee Lee, Dorcas

Mr Yap Wai Ming

Finance Committee

Ms Ang Lian Choo,
Anne
Chairman

Mr Chan Yoke Kai

Mr Loh Khum Wai, Max

Fund-Raising Committee & Communications Committee

Ms Foo Sew Yen, Janet
Chairman

Ms Lim Swee Lin,
Caroline
Co-Chairman
Communications

Mr Tan Tze Hui, Daniel

Mr Ling Tok Hong

Human Resources 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
Occupational Therapist

Ms Lye Hsiew Ling, Lena
Medical Social Worker

Ms Tan Shin Yi, Joanna
Physiotherapist

Technology and Innovation Committee

Mr Ling Tok Hong
Chairman

Dr Liang Huiguang

Mr Teo Boon
Cheng, Randy

ACKNOWLEDGEMENTS

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

Major Donors (\$250,000 - \$50,000)

Stephen Riady Foundation

Lim Chun Leng, Michael

Ron Sim

LOTI Metropolis Pte Ltd

Li Tzar Kai, Richard

Cheng Ming Ming

Hu Lee Impex Pte Ltd

Larry Ang Kian Hu

Lim Hock Leng

Loyang Tua Pek Kong

Phoa Ee Hui

Resorts World at Sentosa
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: Services

A/Prof Edward Poon

Dr Effie Chew

Dr Tim Xu

Professional Services: Volunteers

Mr Chan Hian Young

Ms Kamille Teo Wei Wei

Ms Nora Lim Libin

Programme Partners: Services

Ms Teresa Wong

Dr Valerie Lim

Lunchtime Talk Speakers

Ms Chen Zhen Zhen

Dr Christopher Goh

Dr Emily Guo Yi Ting

Mr Hassan Ammar

Dr Jong Sze Chin

Ms Lucinda Tay

Dr Qiao Tian Ru

Ms Siti Khairiyah Jamil

Dr Tim Xu

Mr Zechariah Yeo

MANAGEMENT STAFF

Dr Wong Chiang Yin
CEO

Mr Damien Tong
Senior Director

Ms Chia Sok Hoon
Finance & Admin
Senior Manager

Ms Jessica Ng
Rehabilitation Manager

Ms Wileen Chen
Corporate
Communications
Senior Manager

Zechariah Yeo
Branch Manager
(Enabling Village)

Lee Enting
Physiotherapist

Elizabeth Teo
Cognition &
Communications
Project Manager

Ho Huei Fang
Social Work Associate

Yip Wen Qi
Programme Executive

Yong Whye Keet
Programme Executive

Mr Darren Chan
Corporate
Communications
Executive

Sally Loke
Service Associate

FUTURE PLANS

With **20 new strokes** every day and **7,500 new strokes** every year, stroke is now the **#1** cause of *long-term physical disability* in Singapore, making the share of *total burden of disease* from cerebrovascular diseases including stroke **#1** among all diseases in Singapore. **80%** of stroke survivors also do not continue with their rehabilitation*.

To increase the capacity of post-stroke rehabilitation holistic services by S3, and to meet the expected rise in the 'incidence of stroke cases', there is a necessity to increase the number of centres in the heartlands, and bring our services closer to the homes of our clients.

The second S3 Wellness Centre at Jurong Point, was opened in May 2019 to serve the community in the West. We thank all supporters and donors who have made this possible.

Being an IPC registered charity, S3 programmes aim to remain accessible and affordable to help the stroke community in Singapore to have a better quality of life.

S3 continues to work with partners and medical institutions to leverage on new advancement in technology and methodologies, and explores innovative ways to serve the unmet needs of stroke survivors.

* With reference to sources on page 03



Volunteer

A small act of kindness can go a long way. We welcome organisations and individuals who are passionate about helping stroke survivors re-integrate into the community. You can make a difference!

These are areas you can lend your skills and talents to:

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

Find out how you can help by writing to us at: volunteer@s3.org.sg or visit us at www.s3.org.sg/join-us



Donate

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

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 fund-raising campaign for us through NVPC's Giving.sg portal to help us in your own way of raising funds to support a good cause.



Online /

GIRO donation:

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

Stroke Support Station (S3)
is the first and only wellness centre
that is 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, in providing innovative programmes, as well as 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 their confidence and regain 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