

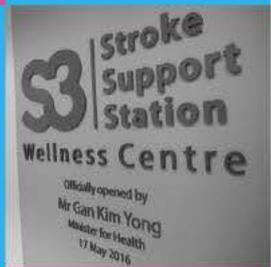


Stroke Support Station Ltd

Annual Report

for the year ended 31 March 2016

Enabling Village, 20 Lengkok Bahru,
The Playground, #01-04, S(159053)
www.s3.org.sg

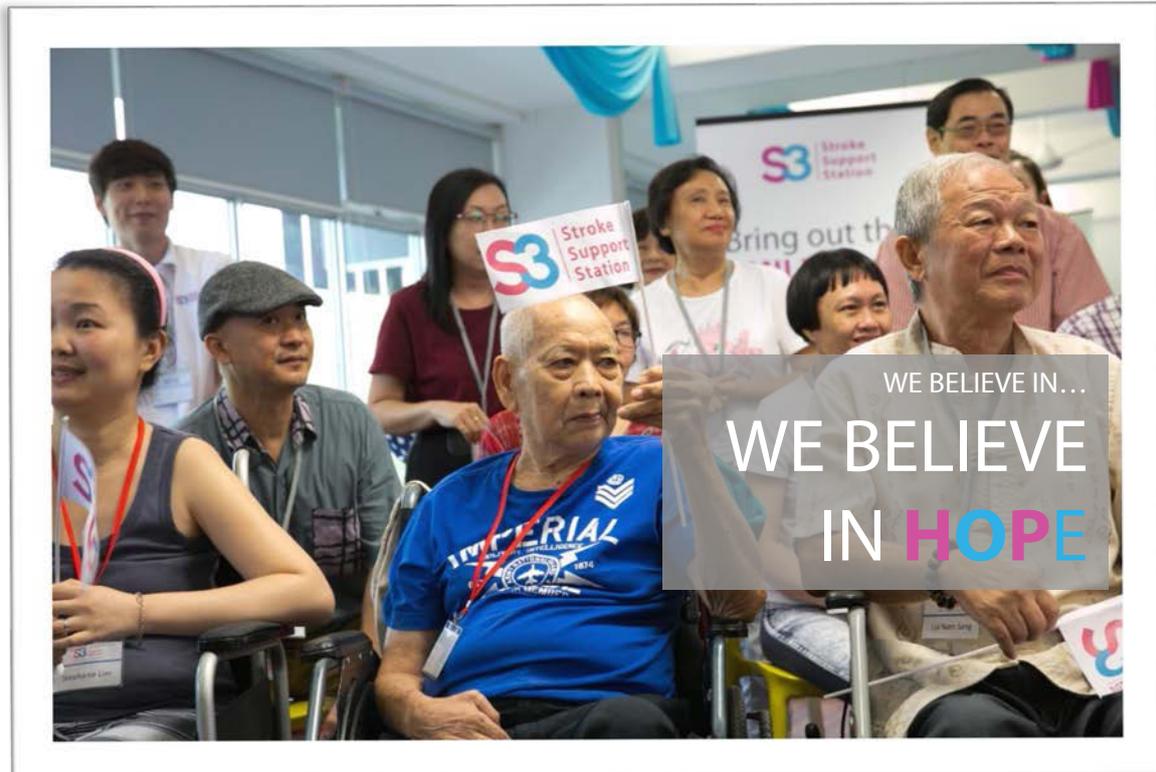


Stroke Support Station Ltd
Annual Report for Year Ended 31 March 2016

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Introduction to S3

We don't believe in giving up on stroke survivors.

We don't believe that care giver should be unnoticed, unappreciated, unsupported.

We don't believe the any one of the 5500 out of 6600 patients who survive a stroke every year should end up facing the walls at home forever after discharged.

We believe that stroke survivors regardless of financial status should have access to avenue to recovery.

We believe....

We believe in **Hope**.

Why we're here?

More Singaporeans are increasingly at high risk for stroke at a younger age. The very word "stroke" indicates that no one is ever prepared for this sudden and life changing event.

However, feasible solutions can be found by approaching every situation with patience, ingenuity and perseverance. Early and consistent rehabilitation can improve functions and sometimes remarkable recovery for a stroke patient.

Stroke is a debilitating condition to deal with and can be an onerous one, especially for full-time caregivers. At S3, we focus on providing for the patient, their families, caregivers, domestic helpers and the extended stroke community.

Our vision is to provide caregivers with education and support to help every stroke survivor enhance their quality of life built through confidence, integration into society and a sense of belonging.

Who are we?

Stroke Support Station (S3) is Singapore's first dedicated wellness centre catered for stroke survivors and their caregivers. Aimed at offering a unique platform for consistent stroke support while paying special attention to caregivers' and volunteers' needs, S3's unique framework is grounded on the practice of R.E.A.L (Re-learn & Enjoy Active Living) that fosters a 360° holistic growth environment for all parties involved in the stroke recovery journey.



Vision and Mission

Vision

Stroke Support Station (S3) aims to be the primary reference organization for stroke survivors, their caregivers, volunteers, professionals and the public by providing innovative programmes, support services, education and training.

Mission

Stroke Support Station (S3) helps stroke survivors to Re-learn and Enjoy Active Living (REAL) for a better quality of life through a wellness programme with social-emotional support that rebuilds confidence and independence. S3 fosters mental resilience in stroke survivors and their caregivers, resulting in social-connectedness among stroke survivors, caregivers, family members and volunteers.

Values

S3 add value to their lives in the following ways:

Caring with compassion –

We deliver quality Care through Compassion, Communication, Competence and Commitment.

Stroke survivors and their caregivers will find us welcoming, sincere, kind, respectful, proactive and helpful in meeting their individual needs with empathy and compassion;

Volunteers will find us supportive, encouraging and motivating in assisting them to help stroke survivors and their caregivers, and in pursuing their own growth and development;

The community at large will find us proactive in supporting those who support stroke survivors and their caregivers, whether they be individuals or organisations.

Organisation 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 Mar 2015
IPC Status: From 15/06/2016 To 14/06/2017

National Council of Social Service (NCSS) Membership: Full Member
Date of Registration: 1 Jun 2015

Registered Address: 1 Marina Boulevard, #28-00,
One Marina Boulevard, Singapore 018989
Operating Address: Enabling Village, 20 Lengkok Bahru,
#01-04 Playground, Singapore 159053
Tel: 64733500

Banker: DBS Bank Ltd

Auditor: K.G. Tan & Co.

Board of Directors

Ms Chew Poh Yim	<i>Director, Chairman</i>
Radm(Ret)Kwek Siew Jin	<i>Director, Deputy Chairman</i>
Mr Max Loh Khum Whai	<i>Director, Treasurer</i>
Mr Chew Teck Soon	<i>Director</i>
Dr Tan Hwee Pink	<i>Director</i>
Ms Low Suat Kheam	<i>Director</i>
Dr Kelvin Phua Cheng Pau	<i>Director</i>
Ms Foo Sew Yen (Janet Chong)	<i>Director</i>
Mr Yap Wai Ming	<i>Director</i>

Biography of Board Directors

Ms Chew Poh Yim – *Director, Chairman*



Ms Chew Poh Yim founded the charity after she realised that there was a need for increased community support to reintegrate stroke survivors into society to ensure their well-being. With over 25 years in management, marketing and branding in the consumer and retail market, she is a supporter of community programmes that improve the lives of the elderly through collaboration with institutions such as the National University Health System of Singapore and People's Association. She currently sits on the Board of Trustees of SingHealth Foundation in Singapore and is a graduate of the University of Manchester Institute of Science and Technology, United Kingdom.

Radm (Ret) Kwek Siew Jin - *Director, Deputy Chairman and Chair of the Fund Raising Committee*



Radm (Ret) Kwek Siew Jin has over 20 years of experience in the social sector. His past appointments include his roles as the President of the National Council of Social Services (2006-2012), Chairman of the National Volunteer and Philanthropy Council (2005-2007) and Chairman of the Students Care Service (1996-2006). He currently serves on the Boards of the Singapore Anglican Community Services and the NTUC Foodfare Cooperative Ltd. Prior to this, he served the Republic of Singapore Navy for 27 years before moving to the civil service, serving as President of SMRT and later Singapore Power. Radm (Ret) Kwek has a degree in Electrical Engineering from the National University of Singapore.

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



Mr Max Loh brings with him 29 years of audit and business advisory experience, dealing with clients from a range of industries such as technology, manufacturing, trading and finance. He is responsible for financial statement audits and internal control reviews of listed companies, as well as acting as a reporting accountant for companies in Malaysia, Taiwan, Indonesia, Middle East and the People's Republic of China. He is currently an Exco member and the Audit Committee Chair of the Institute of Singapore Chartered Accountants, and board member and Audit Committee Chair of the Health Sciences Authority and Singapore Polytechnic. Mr Loh graduated from the National University of Singapore with Honors and is a Fellow member of the Institute of Singapore Chartered Accountants.

Dr Kelvin Phua Cheng Pau - *Director and Chairman of Programme & Services*



Dr Kelvin Phua is the acting Chief Executive Officer and Medical Director of the Ang Mo Kio Thye Hua Kwan Hospital and a member of the NHG Domain Specific Review Board and the National Geriatric Services Taskforce (MOH). He is experienced in managing clinical programmes in community hospital and passionate about the rehabilitation of geriatric patients. He also served as a member of the Medical Advisory Board of the Agency of Integrated Care (2012 - 2015). Dr Phua graduated with a M.B.B.S. and M.M.E.D. (Family Medicine) from the National University of Singapore and attained the M.C.F.P and F.C.F.P in 2011.

Mr Chew Teck Soon - *Director and Chair of Audit Committee*



Mr Chew Teck Soon is a retired audit partner of PricewaterhouseCoopers currently serving on the boards of social and non- social enterprises as a non-executive director. With nearly four decades of international auditing and accounting experience, he is experienced in business advising and management in areas of capital structures, strategies and risk, financial management and accounting, management training and corporate governance practice. He held several professional qualifications, which included Chartered Certified Accountant (ACCA) of the Association of Chartered Certified Accountants, UK, a Certified Information Systems Auditor of the EDP Auditors Association Inc, USA, and a Certified Public Accountant of the Institute of Certified Public Accountants, Singapore.

Ms Low Suat Kheam - *Director and Chair of Human Resource Committee*



Ms Low Suat Kheam spent six years as Vice-President for HR in Senoko Energy Pte Ltd, accumulating over 15 years' experience in human resource management. She has worked in a variety of roles, from communications to marketing and teaching, enabling her to appreciate the complexities of managing human capital and the challenges of managing human resource. She is the founder of her own consultancy company providing HR services to small and medium-sized enterprises. Ms Low graduated with a Bachelor of Arts from the National University of Singapore and a Master of Science in Business from Siviløkonomutdanning i Bodø, Norway.

Ms Foo Sew Yen, Janet - *Director*



Ms Foo Sew Yen, Janet has 40 years of experience in the tourism industry with a specialization in marketing and corporate event management for international clients. She founded her own events company servicing clients in the financial and information technology industries. An advocate of early parenthood, she is active on the board of I Love Children. She holds a Bachelor of Arts from Singapore Institute of Management.

Dr Tan Hwee Pink - *Director and Chair of Technology and Innovation Committee*



Dr Tan Hwee Pink is the current Associate Professor of Information Systems (Practice) at the Singapore Management University and the Academic Director of the SMU-TCS iCity Lab at SMU. He is responsible for leading a team of 10 technology and social science researchers to produce information on sustainable ageing-in-place, partnering with A*STAR, TCS, government agencies and Voluntary Welfare Organizations. He is also a senior member of the IEEE and an Area Editor of the Elsevier Journal of Computer Networks. Dr Tan graduated from the Technion, Israel Institute of Technology, Israel with a Ph.D.

Mr Yap Wai Ming - Director



Mr Yap Wai Ming is a member of the audit committee and a partner in Morgan Lewis. He has over 30 years of experience in advising corporate clients on mergers and acquisitions, project finance and equity and debt capital markets and has an interest in the gaming and leisure business sectors. He also serves on the boards of a number of charities in Singapore, namely Ren Ci Hospital, the SingHealth Foundation, and Tan Tock Seng Hospital Community Charity Fund. He graduated from the National University of Singapore with a LLB with Honors and was admitted as an advocate and solicitor of the Supreme Court of Singapore and High Court of Malaysia.

Board of Committees

Audit Committee

The Audit Committee is to provide oversight of financial reporting process, the audit process, the system of internal controls and compliance with laws and regulations.

The Audit Committee facilitate the internal and external audit of S3 including liaising with auditors and review audit plans and reports. It reviews processes, policies and principles relating to financial reporting and disclosure, internal financial controls and internal risk management system.

Mr Chew Teck Soon	<i>Chairperson</i>
Ms Lim Yong Wah Nee Lee Dorcas	<i>Member</i>
Mr Yap Wai Ming	<i>Member</i>

Finance Committee

The Finance Committee review policy and procedures and to ensure internal control systems are in place and complied with. It reviews and monitors budgets, reserves and investment as well as manage S3's capital assets.

Mr Max Loh	<i>Chairperson</i>
Mr Chan Yoke Kai	<i>Member</i>
Mr Steven Lwi	<i>Member</i>

Fund-Raising Committee

The Fundraising Committee is responsible for taking lead in fund-raising as well as overseeing the organization's overall fundraising initiatives and, in particular, the fundraising done by the board. It monitors fundraising efforts to be sure that ethical practices are in place, that donors are acknowledged appropriately, and that fundraising efforts are cost-effective.

Radm(Ret) Kwek Siew Jin	<i>Chairperson</i>
Mr Chan Yoke Kai	<i>Member</i>
Mrs Janet Yeo	<i>Member</i>
Ms Foo Sew Yen (Janet Chong)	<i>Member</i>

Human Resource Committee

Human Resource Committee functions include drafting and/or revising personnel policies for board approval, reviewing job descriptions, establishing a salary structure, and annual review staff salaries and staff benefits. It identifies appropriate training needs of staff and volunteers. It ensures effective channel of communication for staff and volunteers to give feedback and ensure grievances and conflict resolution procedures are in place.

Ms Low Suat Kheam	<i>Chairperson</i>
Mr Ling Ping Chih, Leonard	<i>Member</i>
Ms Melanie Chan	<i>Member</i>

Programme and Services Committee

The Programme and Services Committee monitor and assess outcomes of existing programmes, oversee new programme development and guide development of service delivery mechanisms. It ensures S3's operations and programmes are directed towards achieving its stated objectives.

Dr Kelvin Phua	<i>Chairperson</i>
Mrs Janet Yeo	<i>Member</i>
Ms Carolina Edna Png	<i>Member (Physiotherapist)</i>
Mr Nicholas Chan	<i>Member (Physiotherapist)</i>
Mrs Ruchira Gupta	<i>Member (Physiotherapist)</i>

Technology and Innovation Committee

The Technology and Innovation Committee provide the board with understanding of how assistive technology (AT) and information and communications technology (ICT) to be effectively utilised to improve the quality of lives of S3's beneficiaries, improve the efficiency and effectiveness of S3's daily activities, programmes, activities and services.

Dr Tan Hwee Pink	<i>Chairperson</i>
Mr Liang Huiguang	<i>Member</i>
Mr Lim Yun Cai	<i>Member</i>
Ms Tan Hwee Xian	<i>Member</i>
Mr Valera Alvin Cerdana	<i>Member</i>

Management Staff

Mr Donovan Lo	<i>Centre Director</i>
Ms Karen Poh	<i>Wellness Programme Manager</i>
Ms Sally Loke	<i>HR & Admin Manager</i>

Corporate Governance Statement

Roles and Responsibilities of Board of Directors

The Directors accept their roles without remuneration, and pledge not to accept personal favours or gifts from any interest groups, so as to maintain the integrity of serving for public trust and community good.

The Board has also disclosed any possible conflicts that may arise during the period under review and while holding their appointment as directors, they have not participated in any decision making or vote on matters affecting their own interest.

In compliance with the Code, we keep to the term limits for Treasurer not exceeding four consecutive years.

Four board meetings have been held in the Year 2015 with a quorum of at least one-third of the Board (three members).

The meetings are held on 9th March 2015, 19th August 2015, 17th December 2015 and 3rd March 2016.

Funding Sources

The Charity main source of financial support is donations from foundations, corporate and individual donors as well as government project grants. Members participating in the programme pays a nominal fee which is further subsidised if they are financially stretched.

Initial Startup Funding

S3's Charity Startup Breakfast Fund Raising Event - \$56,417

Donation Appeal - \$70,507

Government Grant

Tote Board Community Healthcare Fund (TBCHF) has approved a grant to support 80% of the operation cost for the REAL programme for 3 years starting 01 August 2015. The grant shall only be utilised in accordance with the purpose established by TBCHF.

Donations Pledged by Foundation

NTUC Fairprice Foundation - \$200,000

Tanoto Foundation - \$200,000

Reserves Policy

In accordance with the "Charity and Institutes of Public Character (IPC) Regulatory Guidelines" published by the Charity Council, a charity should establish a reserve policy to ensure that it is able to support its long-term financial needs, and publish an annual report of this policy. As this Charity is a new start up, there is no reserve available at the moment and the policy will be decided at a later date.

Restricted/Designated Funds

S3 FairPrice Foundation Mobility Assistance Subsidy

It includes 2 type of subsidies:

- Transport Subsidy: The transport subsidy helps to lighten the financial cost for financially stretched members to access S3. Approved applicants will be given subsidies to offset the payable programme fees.
- Mobility Assistive Technology Subsidy Governance of the Fund

The governance of the fund is handled by the S3 Fundraising Committee, chaired by Radm (Ret) Kwek Siew Jin (Director).

Administration and processes are endorsed by the Fund-raising and the Finance Committee Teams.

Code of Governance Compliance

Governance Evaluation Checklist for the period Feb 2015 to Mar 2016

S/No.	Code Description	Compliance
BOARD GOVERNANCE		
1	Are there Board members holding staff appointments?	Complied
2	If the governing instrument permits staff to become Board members, they should comprise not more than one-third of the Board.	Complied
3	Staff does not chair the Board.	Complied
4	There is a maximum term limit of four consecutive years for the Treasurer position (or equivalent, e.g. Finance Committee Chairman).	Complied
5	There are Board committees (or designated Board members) with documented terms of reference.	Complied
6	The Board meets regularly with a quorum of at least one-third or at least three members, whichever is greater (or as required by the governing instrument).	Complied
CONFLICT OF INTEREST		
7	There are documented procedures for Board members and staff to declare actual or potential conflicts of interest to the Board.	Complied
8	No Board member or staff is involved in setting his or her own remuneration.	Complied
9	Board members do not vote or participate in decision-making on matters where they have a conflict of interest.	Complied
STRATEGIC PLANNING		
10	The Board reviews and approves the vision and mission of the charity. They are documented and communicated to its members and the public.	Complied

HUMAN RESOURCE MANAGEMENT		
11	The Board approves documented human resource policies for staff.	Complied
FINANCIAL MANAGEMENT AND CONTROLS		
12	The Board ensures internal control systems for financial matters are in place with documented procedures.	Complied. RSM Ethos is engaged to do SOP documentation.
13	The Board ensures reviews on the charity's control processes, key programme and events.	Complied
14	The Board approves an annual budget for the charity's plans and regularly monitors its expenditure.	Complied
15	The charity discloses its reserves policy in the annual report.	Not applicable. New Charity, there no reserves.
16	Does the charity invest its reserves?	Not applicable.
17	The charity invests its reserves in accordance with an investment policy approved by the Board. It obtains advice from qualified professional advisors, if deemed necessary by the Board	Not applicable.
FUNDRAISING PRACTICES		
18	Donations collected are properly recorded and promptly deposited by the charity.	Complied
19	The charity makes available to its stakeholders an annual report that includes information on its programme, activities, audited financial statements, Board members and executive management.	Complied
PUBLIC IMAGE		
20	The charity accurately portrays its image to its members, donors and the public.	Complied

S3 Wellness Programmes

Stroke recovery is a phased journey that will involve full commitment from both caregivers and stroke survivors. There are a number of therapeutic methods that can reduce the disabilities that come with stroke and enhance the stroke survivor's quality of life.

S3's unique concept helps its S3 members achieve a better quality of life by providing both them and their caregivers a holistic platform to share experiences with others while learning core post-stroke management skills.



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

Total wellness programmes go beyond looking at physical health. While the most apparent impact of stroke might be mobility, there is a need to address the impact of stroke on their socioemotional and psychological needs.

S3's goal is to compliment and reinforce the rehabilitation programme S3 members have undergone in the day rehabilitation centres and reinforce the benefits of these programmes. The goals of S3 programmes are to assist in the continuation of member's recovery journey through the setting of personal goals and continue with accredited wellness programme audited by physiotherapist, occupational therapist and speech therapist, to achieve a good outcome. In addition, there are programmes that meet the psycho-social needs, stress reduction, music and dance, horticultural therapy, games station, use of technology for rehabilitation, education and monitoring of the stroke journey and mindfulness awareness programme to build mental resilience.



S3's programmes equip its members with the support that will enable them to rebuild their confidence, independence and re-integrate into society.

Physical Improvement/Maintenance Programme

As part of S3's fitness programme, S3 members can engage in maintenance exercises or use modified gym equipment to improve mobility, balance and strength.

Programmes are specially designed by physiotherapists and Original Strengths Instructors from Kaizen Fitness Institutes. It consists of a range of activities to help members gradually regain self-confidence and independence. It also incorporates music with the exercises to improve mood and social interaction. The exercises are infused with mindful awareness practice to encourage letting go of distractions and unrelated thoughts, and focus members' attention on their sensations, breath, and movement of the body to make the exercises more effective.



Sit-Fit Programme

Basic level exercises serve to build Strength, Balance and Stretch.

Body-Fit Programme

As members gain confidence, continuing to the Body-Fit Programme will help members to achieve higher levels of mobility within their capability. The exercises are designed to improve on what has been previously

learned and by adding new ones that will challenge members to achieve an improved level of fitness that provides progression over time where possible. Exercises that will continue to improve their lower limb strength and endurance, improves standing balance, posture and gait that will reduce the risk of falling.

Active-Fit Programme

Finally graduating to Active-Fit programme where a one-to-one exercise programme will be available for members and may be conducted in a gym. By this time, members can almost return to normal active social life. It is a range of gym exercises to encourage members to use more parts of their body.



With S3's Re-Learned Enjoy Active Living, (REAL) programme, it is possible to continue with a maintenance programme at S3 centre as well as at home for speedier recovery, especially during the first four to six months after a stroke event. Working towards a better quality of life through a

community based support system together with social-emotional support that rebuild confidence, social connectedness and independence.

Daily Living Activities

The S3 Daily Living Activities programme is developed by Occupational Therapists and aims to help S3 members reintegrate into the community. This programme helps survivors regain mastery of their life skills, both at home and in the community.

Objectives

- Improve on both upper limbs gross and fine motor functions
- Improve on balance
- Improve on tolerance and endurance
- Improve on cognitive skills
- Increase participation in social interaction and gain confidence with reintegration.



Show and Tell

S3's speech station, developed with the help of speech therapist, aims to improve speech impairment, facial laxity and difficulty in swallowing.

Objectives

- Strengthen and extend the range of motion of your jaw, cheeks, lips and tongue
- Swallowing
- Strengthen neck muscles
- Improve tongue control, strength and endurance for food and liquid manipulation
- Improve airway closure and prevent aspiration



Healing Garden

S3's Healing Garden, the horticultural programme has been known to help in the mental, emotional and social-support that members need to help them improve their feeling of well-being. The S3 horticultural programme was developed with the collaboration of National Parks Board.



Mental Wellness Programme

S3 Mental Wellness Programme provides socio-emotional and psychological support to the members. Activities are conducted in groups to increase social interactions and fosters peer support.

Social Events

S3 organises social events like outings and parties to improve social connectedness between its members, caregivers and volunteers.



Mindfulness

Mindfulness Awareness Practice sessions before, in between and after the sessions helps to build mental resilience for S3 members through relaxation techniques to reduce the stresses of daily living.

Evidence-based

S3 and NUHS works together in the collation of qualitative and quantitative data of stroke survivors and their caregivers. The data analytics helps S3 understand the real needs to allow creation of enhanced post-stroke survivor programmes and education workshops.

S3's evidence-based approach requires periodic monitoring of the stroke survivors' recovery journey through the use of validated surveys of stroke survivors' quality of life, the Hospital Anxiety Depression Scale (HADS), stroke survivor self-efficacy scale, social and emotional needs as well as post-stroke cognitive abilities.

Effectiveness of the S3 programmes will be measured in terms of the general well-being and quality of life of stroke survivors, with timely referrals for effective interventions when needed.

Enabling Environment

An enabling environment is essential to improve the quality of life for the stroke survivors and their caregivers.

S3 Wellness Centre

S3 is situated in the Enabling Village. The Enabling Village is a project at the intersection of architecture, lifestyle, technology and user experience design. Its programming and open spaces facilitate participation by visitors with disabilities; amenities, such as wheelchair-friendly washrooms, maximise use and freedom of movement. The Enabling Village is also a showcase of current assistive technologies and product/service design.



The Enabling Village providing a friendly and positive environment that allows stroke survivors to go about their daily living activities. This positive environment plays a part in enhancing their mental welfare.



S3 Wellness Centre provide a conducive environment for a R.E.A.L. Stroke Recovery Journey. It fosters a sense of belonging and increase communication among S3 members, caregivers and volunteers. There are opportunities to be spontaneous and try new ways of doing things. S3 members, caregivers and staff share responsibility for the enabling culture. Engagement and purposeful activity by S3 members, caregivers and staff is actively encouraged

and support is available for them. S3 members are welcoming and warm towards visitors and new members.

S3 Healing Garden

A Healing Garden is constructed with the generosity of donors. A concrete path is constructed to allow wheelchair access. A variety of flowery plants added beauty to the garden and attract different species of butterflies. It serves as a place for restoration of good health and wellness for contact with nature provides stress reduction, which in turn leads to improved health outcome



Individualised Volunteer Development Programme

Every volunteer is important to the operation and the execution of S3 programme. Volunteers will be equipped with the knowledge and skills required in order for them to perform their responsibilities.

They are welcomed with an introduction to S3, understanding its vision, mission, programme and culture. For volunteers helping out at the centre, they will go through an induction programme which equip them with the knowledge required to interact and to provide support to them.

Interested volunteers can upgrade their skills through learning to lead and execute the various programme and activities.

S3 – Partnership-based Approach

S3 adopts a partnership-based approach to accurately identify and address special challenges faced by post-stroke survivors reintegrate back into society, and works with partners and collaborators to maximise the impact of S3's programmes.

S3's partnership with National University Health System (NUHS)

S3 and NUHS work together in the collation of qualitative and quantitative data of stroke survivors and their caregivers. The data analytics helps S3 understand the real needs to allow creation of enhanced post-stroke survivor programmes and education workshops. NUHS benefits from this partnership by using the insight to formulate future strategies in developing a community based healthcare support system in Singapore.

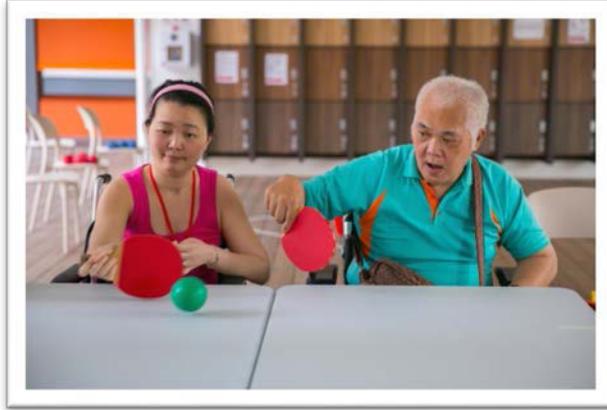
S3 evidence-based approach requires periodic monitoring of the stroke survivors' recovery journey through the use of validated surveys of stroke survivors' quality of life, the Hospital Anxiety Depression Scale (HADS), stroke survivor self-efficacy scale, social and emotional needs as well as post-stroke cognitive abilities.

Similarly, the caregivers' quality of life, their anxiety and mental health are followed through periodically, to better support them.

S3's collaborations with other supporters

Referrals from Community Hospitals and Rehabilitation Centres

St Luke's Hospital, Ang Mo Kio – Thye Hua Kwan Hospital, National University Health System and National Neuroscience Institute refer eligible discharged stroke survivors to S3 for them to receive post-stroke maintenance care.



Motivation through Sports

Singapore Disability Sports Council develop sports and games, based on the age and abilities of members, and provide sports equipment, trainers and guidance for recreational activities. Motivators (such as para-Olympians) are invited to share their experiences with stroke survivors.

Volunteer Attachment

Ang Mo Kio – Thye Hua Kwan Community Hospital gives S3 volunteers on-hand experience and exposure to working with stroke survivors.

Volunteer Leaders and Trainers

Community leaders and trainers contribute to the progress of stroke survivors

Community Outreach through Active Ageing Committees

The Radin Mas, Queenstown and Tanjong Pagar Active Ageing Committees will be reaching out to stroke survivors and their caregivers in the vicinity of the Enabling Village.

Return to Work Programme

Abilities Beyond Limitations and Expectations (ABLE) have a Return to Work programme, which S3 members could tap on for relevant job training and placement. S3 members uses Enabling Village Media Lab for training and job placements as well.



Future Plans

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

Physical Improvement/Maintenance Programme

Rhythmic & Music Programme

During rhythmic and music activities, members will participate in rhythmic body movement, auditory stimulation, playing musical instruments, singing with a leader guiding the group to achieve the following outcome:

- Create the feeling of community and belonging
- Increase social interaction and communication
- Improve emotional expression
- Reduce agitation, anxiety and mood swings
- Increase sensory stimulation
- Improve physical mobility
- Improve gross and fine motor skills
- Improve cognitive function including attention, short term memory, and ability to follow cues
- Improve mood
- Share pleasurable experiences in an atmosphere of mutually successful participation



Mood, Behaviour and Cognition Programme

S3 Cognition Programme

S3 collaborate with NUHS medical professionals to develop a series of cognition improvement programme to benefit members' memory, language and executive functioning.

Group Counselling Sessions

NUHS counsellors and S3 jointly develop a series of Group Counselling Sessions specially for S3's stroke members and caregivers.

Down the Memory Lane

A reminiscence therapy which involves discussing and sharing memories, reviewing and evaluating those memories, and re-capturing the emotions and feelings that are an integral part of those memories.



Mental Wellness Programme

Motivation Talks

S3 invites speakers to give motivation talks to its members. Speakers includes stroke survivors as well as guest speakers from Singapore Disability Sports Council.

Group Support and Counselling Programme

S3 is working with Psychologists and Psychiatrists from NUHS to develop training for volunteers to enable them to facilitate group support and counselling.

Education

Diet/Nutrition Talks for Stroke Survivors

After a stroke, members may find that need to make some changes to what they eat. They may have difficulty eating or drinking and may need to change the consistency of their food or drinks. S3 will organise talks to educate its members how to change the types of foods they eat to be lower in cholesterol and/or salt to reduce their chances of another stroke occurring.



Talks on life style modification for a healthier living

The best defences against recurrent stroke is good offense. S3 will organise talks to equip its members with information and tips for preventing another stroke. Be aware of their symptoms and risk factors. Managing their health will help reduce the risk of recurrent stroke.



Caregivers Programme

Caring for someone with stroke is often challenging for families and friends. Caregivers are concerned about their loved one but are often frustrated, angry, and fearful as they attempt to manage the care of the person's illness.

At S3, we focus on providing support for the patient, their families, caregivers, domestic helpers and the extended stroke community.

Mental Wellness Programme

S3 Mental Wellness Programme provides socio-emotional and psychological support to the caregivers.

Social Events

S3 organises social events like outings and parties to improve social connectedness between its members, caregivers and volunteers.

Caregivers-Patient Communication Workshop

S3 conduct workshop to bring new insights to communication with stroke survivors. It provides practical advice for caregivers, family members, colleagues and friends.

The workshop offers a wealth of tips about what to do and say. It focuses on identifying individual style of communication and how participants respond to stressful situations. The workshop will help participants see how biases, belief systems and assumptions can impact how one respond to a challenging behaviour and learn skills to have a positive approach to the situation and to life.



Motivation Talks

S3 invite speakers to give motivation talks and share their experiences with S3 members. Speakers includes allied health professionals as well as peer caregivers.

Group Support and Counselling Programme

S3 will be starting group support and counselling programme for caregivers to allow them to voice their challenges and share their concerns and experiences. It also aims to improve caregivers' self-esteem.

Mindfulness

S3 will conduct Mindful Awareness Practice sessions for caregivers to build mental resilience for S3 members through relaxation techniques which helps reduce the stresses of taking care of stroke survivors.

Education

S3 will organise workshops to educate caregivers with knowledge and information about stroke and taking care of stroke survivors. It includes topics like patient transfer techniques and home safety evaluations.

It also equips caregivers with coping skills and self-care knowledge.

Evidence-based

S3 and NUHS works together in the collation of qualitative and quantitative data of stroke survivors and their caregivers. The data analytics helps S3 understand the real needs to allow creation of programmes and education workshops to improve the quality of life for caregivers.

S3 Mindfulness Awareness Practice (S3 MAP)



S3 embrace Mindfulness practice into its culture. Staff learn to be more patient and leave judgement aside. They are able to relate compassionately to life and learn to direct their attention towards the present moment and focus on the members, caregivers and volunteers they are helping.

S3 plans to conduct regular S3 Mindfulness Awareness Practice session to allow participation from members, caregivers, volunteers, Enabling Village tenants, social workers, and staff from other

non-profit organisation to help them cope with the stressful work pace and lifestyle and improve their quality of life.

iEmpowerment Programme

Empowerment: the capacity of individuals, groups and/or communities to take control of their circumstances, exercise power and achieve their own goals, and the process by which, individually and collectively, they are able to help themselves and others to maximize the quality of their lives

iEmpowerment Programme forms a practical approach of resource-oriented intervention. It is a tool to increase the responsibilities of participants in the managing of their own quality of life. It equips the participants with knowledge and coping skills. It also encourages participation and sharing of their experiences and knowledge.



Active Living Workshop

Chronic Disease Self-Management Programme (CDSMP)

For many people, coping with a chronic health condition can be extremely trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, depression and anxiety about the future are common.

Living a Healthy Life with Chronic Conditions is a fun and practical course which can help people with chronic conditions overcome these daily challenges, and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. They are provided with information, strategies and techniques, so they will have the tools they need to help themselves.



S3 will be conducting a series of workshop for S3 members, caregivers and volunteers in the new financial year.





*Stroke Support Station Board of Directors; from left, are Dr Tan Hwee Pink, Mr Yap Wai Ming, Mr Chew Teck Soon, Ms Chew Poh Yim, Ms Janet Foo Sew Yen, Dr Kelvin Phua Cheng Pau, Radm (Ret) Kwek Siew Jin.
(Absent: Mr Max Loh Khum Whai and Ms Low Suat Kheam.)*

Thank you

Our sincere thanks to all donors, sponsors, volunteers and supporters.

We will not be able to provide all the assistance to our beneficiaries without your generosity and encouragement.

You have given us great encouragement to continue our efforts with renewed energy and faith. We will go the extra mile to do better and to help more people. We look forward to your continued support and partnership in growing with us.

Again, thanks so much for all you've done for us and our beneficiaries!

With appreciation and gratitude,
The Board of Directors, Stroke Support Station

Online Donation

www.giving.sg/Stroke-Support-Station

Cheque Donation

Kindly issue a crossed cheque payable to
"Stoke Support Station Ltd",
and mail it to

Stroke Support Station

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

Tax Deduction Information

As an approved Institution of a Public Character (IPC), donors are eligible to enjoy a 2.5 times the amount of outright donations when more than S\$50 is donated to Stroke Support Station.

Please provide your NRIC/FIN number or UEN number for businesses when you make donations to the IPCs in order to be given tax deductions on the donations.

IRAS will no longer accept claims for tax deduction based on donation receipts. Tax deductions for the donations will be automatically reflected in your tax assessments based on the information from the IPC.

Tax-deductible receipts will be issued only upon request