

S/N	Volunteer Host Organisation (VHO)	Name of Programme	Description	Contact Info
14	RSVP Singapore	Episodic Volunteering Programme	Try out short term volunteering opportunities such as organising activities for residents in senior centres, packing festive gift bags for beneficiaries and more!	Contact: 6259 0802 Email: general@rsvp.org.sg
		Enriching Lives of Seniors Programme (ELSP)	Befriend and connect with seniors to reduce social isolation and promote active ageing. You can make a difference to their physical and mental well-being.	Contact: 6259 0802 Email: general@rsvp.org.sg
		Every Mind Matters Programme (EMMP)	Make a difference in the lives of persons with special and mental health care needs. You get to engage beneficiaries in enhancing social skills, improve motor skills and re-integrate into society.	Contact: 6259 0802 Email: general@rsvp.org.sg
		Mentoring Programme	If you have passion for children and want to provide social and emotional support to at-risk students, come and join the Mentoring Programme.	Contact: 6259 0802 Email: general@rsvp.org.sg
15	SingHealth Polyclinics	Helping Hands Programme	Join us as volunteers to enhance our patients' experience at SingHealth Polyclinics and build meaningful partnership with the community. You can make a difference!	Email: SHP.HelpingHands@singhealth.com.sg
16	Singapore National Eye Centre	SNEC Visioneer Programme	Join us as a Visioneer to help enhance patient experience in SNEC!	Contact: 6322 5542 / 6322 4541 Email: volunteer@snecc.com.sg
17	Social Health Growth Ltd	Mobile Literacy and Elderly Dance Programme	Join us as a volunteer to engage elderly in the community through dances and use of digital tools! Training will be provided.	Contact: 9021 5428 Email: alson.boo@socialhealthgrowth.org
18	St Luke's ElderCare Ltd	Befriending and Events Programme	Join our family of volunteers who come from all walks of life and serve with purpose and passion at our senior care centres, nursing home and active ageing hub located islandwide.	Contact: 6717 2777 Email: volunteer@slec.org.sg
19	Toa Payoh West-Thomson Citizens' Consultative Committee	Meeting Point @ 128	Join us to lead and advocate a healthy lifestyle through various elderly-friendly activities as well as befriending and volunteerism at Blk 128 Lorong 1 Toa Payoh.	Contact: 6353 0577 / 6353 4487 Email: Kenny_Tan@pa.gov.sg

# VOLUNTEER OPPORTUNITIES FOR SENIORS



"For it is giving that we receive."

- Francis of Assisi



**Be A Volunteer Today!**

Visit [www.c3a.org.sg/volunteerism](http://www.c3a.org.sg/volunteerism) for more information.

Supported by:



# VOLUNTEER OPPORTUNITIES

If you have some spare time, why not consider volunteering? Volunteering allows you to share your experience, knowledge and skills and a chance to give back to society. In doing so, it brings about a sense of fulfilment and meaning to your silver years. Explore the various volunteer opportunities provided by various community and healthcare organisations!



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1	Blossom Seeds Limited	Blossom Kaki	For those who want to bring joy to seniors or try something new, join as a Blossom Kaki to support a compassionate community where everyone blossoms! Training is provided.	Contact: 9835 0464 Email: volunteer@blossomseeds.sg
2	Christian Outreach to the Handicapped (COH)	VICTOR - Visual Art-Drama Connecting Our Resident	Join the VICTOR programme to provide support and assist COH residents in the creation of art and drama. This programme aims to improve the beneficiaries' motor skills, develop their creativity skills and eventually be able to create an artwork independently.	Contact: 6787 3200 Email: admin@coh.org.sg
3	Cornerstone Community Services	SuperSenior @ Cornerstone Senior Centre	Join us today as a Super Senior! You will enrich your life through volunteering and impacting the lives of other seniors.	Contact: 6988 6967 Email: senior@cornerstoneservices.org.sg
4	Cycling Without Age Singapore Ltd	Strengthening Generations	Become a longevity ambassador with Cycling Without Age Singapore to enhance your health and well-being while giving back to community as you bring people with limited mobility for scenic trishaw rides outdoors.	Contact: 8189 9434 Email: info@cyclingwithoutage.sg
5	En Community Services Society	Healing through Art and Music Intervention for the Differently Abled (HAMIDA)	Join us as a caregiver coaching volunteer to support caregivers of special needs through art & music therapeutic activities, befriending and coaching. Training will be provided.	Contact: 6788 6625 / 8870 0447 Email: tle@ecss.org.sg
		Silver Friends Community	Be part of the Silver Friends Community to spread care and love to the ones we adore, and make a difference in the community.	Contact: 6788 6625 / 8870 0447 Email: tle@ecss.org.sg
6	HCSA Community Services	Giving a Future and a Hope	Play a part in supporting beneficiaries in their integration back to the community through cooking and gardening activities.	Contact: 6326 0458 Email: esther_cheng@hcsa.org.sg

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7	Kampung Senang Charity and Education Foundation	Silver Mobility Aiders	Join us to empower yourself with the life skill of manual wheelchair servicing, befriend and serve the less privileged and low-income wheelchairs users.	Contact: 6261 2338 (Mon to Fri, 10am - 4pm) Email: wellness@kampungsenang.org
8	Khoo Teck Puat Hospital	Share a Pot	Serve nutritious soup and conduct simple exercises at one of our various partner centres to keep seniors strong and active!	Contact: 6555 8000 Email: shareapot@ktph.com.sg
		Sunshine Buddy	Be a Buddy to befriend and assist patients and their next-of-kin during their stay at the hospital.	Contact: 6602 3018 Email: PE@ktph.com.sg
		Stimulating Activity for Elderly with Cognitive Frailty (SAFE)	Join us and make a difference to cognitively frail patients with dementia and/or delirium in the general and non-geriatric wards to help them get well and ready to go home or back to community care. Training will be provided.	Contact: 6602 3018 Email: PE@ktph.com.sg
9	Kwong Wai Shiu Hospital	Kopitiam Diaries	Every week, mingle with KWSH residents to brew coffee, interact and sing old melodies.	Contact: 6422 1291 Email: soongk@kwsh.org.sg
10	Lakeside Family Services	Lakeside Kaki Kampong Volunteers	Be empowered to take charge of your life and well-being through healthy activities and trainings. Volunteer with us to make a positive impact in the lives of other seniors!	Contact: 6817 4187 Email: kkseniors@lakeside.org.sg
11	Montfort Care	Community Catalyst Programme	Join us to be ambassadors in improving the lives of others while creating a positive perception of ageing in the society!	Contact: 6445 0300 Email: contact@yah.org.sg
12	O'Joy Limited	iCPF - Integrated Management of Community Mental Health Intervention Team Aide, Para-Counsellor and Health Oriented Ageing Facilitator	Join us in building communities where you can make new friends, participate in activities, acquire helping skills and feel fulfilled.	Contact: 6749 0190 Email: yingying@ojoy.org
13	Project Smile Limited	Smile Seniors	Join us as a facilitator to offer care and social support to seniors through exercises and fun activities like arts and crafts and games!	Contact: 9382 9176 Email: manager@sgprojectsmile.org

