



### We aim to enable seniors to age well in familiar environments.

PCS has a total of 8 senior services available islandwide which extends support to seniors living in the community.









"During calls and visitations, I always hope to leave seniors happier than they were before.

As I listened to their stories, I was really humbled. They have been through so much, and they did not give up even through the most challenging times.

I am grateful for the chance to get to know them and become a part of their present stories, and I hope more people can bring happiness to the seniors in our community."

Scan here for more volunteer stories!



### HELP CAN



### **BEFRIEND A SENIOR!**

Be a positive influence! Support frail and isolated seniors who may be feeling lonely.



### **HELP DELIVER MEALS**

Enable older persons to continue to live in the community despite their frailty. Help bring meals to those who are home-bound!



### **FACILITATE ACTIVITIES**

Lead our seniors in exercises, crafts, music, games, or anything creative you can think of!



### JIO SENIORS TO COME

There are Active Ageing Centres for seniors islandwide, but many are unaware! Go door-to-door and spread the news!

# OFFRIEND A SENIOR

Be a positive influence! Support frail and isolated seniors who may be feeling lonely.

### Suitable for...

- First timers!
- Individuals
- Organisations/Groups

### Frequency

At least once a month

### **Duration**

30-45 minutes

### **Commitment period**

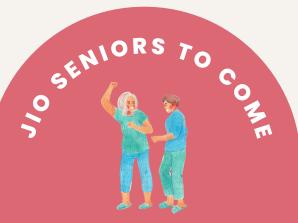
At least 6 months

### Minimum age

Preferably 18 or above

### Additional points to note:

- Training provided!
- Befriending is done through calls and/or home visits.
- Our befriending teams work in pairs.



There are Active Ageing Centres for seniors islandwide, but many are unaware! Go door-to-door and spread the news!

### Suitable for...

- First timers!
- Individuals
- Organisations/Groups
- Families

### **Frequency**

One-time / Ad-hoc / Flexible

### **Duration**

2-4 hours

### Minimum age

Preferably 16 or above

### Additional points to note:

• Briefing and materials provided!

## CILITATE ACTUALES

Lead our seniors in exercises, crafts, music, games, or anything creative you can think of!

### Suitable for...

- Individuals
- Organisations/Groups

### **Frequency**

At least once a fortnight

### **Duration**

45-60 minutes

### **Commitment period**

At least 4 sessions

### Minimum age

Preferably 18 or above

### Location

**PCS Active Ageing Centres** 

### Additional points to note:

• Materials provided!



Enable older persons to continue to live in the community despite their frailty. Help bring meals to those who are home-bound!

### Suitable for...

- First timers!
- Individuals
- Organisations/Groups
- Families

### Frequency

Ad-hoc / Flexible

### **Duration**

3-4 hours

### **Commitment period**

At least 6 sessions

### Minimum age

Preferably 16 or above.

### Location

Central and south-west areas

### **Additional points to note:**

• Briefing provided!

### IT'S TIME TO TAKE **ACTION!**

Scan here to start volunteering!



forms.office.com/r/rlYpergteZ

For enquiries:

willing-hands@pcs.org.sg



## A GEING CENTRES

### **Esther Active Ageing Centre**

Blk 61 Strathmore Ave, #01-02 Singapore 141061

### **Evergreen Circle Active Ageing Centre**

Blk 827A Tampines St 81, #02-350 Singapore 521827

### **Hannah Active Ageing Centre**

Blk 21 Toh Yi Drive, #02-601 Singapore 590021

### **Martha Active Ageing Centre**

Blk 364 Upper Serangoon Road, #01-01 Singapore 530364

### **Sarah Active Ageing Centre**

Blk 105 Jalan Bukit Merah, #02-1912 Singapore 160105

### **Operating Hours**

Monday - Friday: 9.00am - 5.30pm Saturday: 9.00am - 12.30pm