

WHAT WE

DO



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.

COME JOIN THE TEAM

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

Scan here to start volunteering!



forms.office.com/r/r1YpergteZ

For enquiries:

 willing-hands@pcs.org.sg

LET'S

GO

HELP

&

GIVE!

MEET
CALEB

A

BEFRIENDER



"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!



HOW YOU CAN HELP



BEFRIEND A SENIOR!

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



FACILITATE ACTIVITIES

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



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!



JIO SENIORS TO COME

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

BEFRIEND 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.

JOIN SENIORS TO COME



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!

FACILITATE ACTIVITIES



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!

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!

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!

COME JOIN THE TEAM

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ACTIVE AGEING 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