



Community Impact Opportunities

ROLE & DESCRIPTION	FREQUENCY	DURATION / NO. OF VOLUNTEERS	LOCATION
Befrienders/ Buddies Help staff in conducting home visits to seniors living alone and in need of social support. Spot those in distress and escalate to centre staff for intervention e.g., signs of suicide, self-harm etc.	Monthly	Weekdays (1 hour) / 6 Volunteers <small>*Ability to speak Mandarin, Malay, Tamil and Chinese dialects is a plus; passion and patience in speaking with seniors is important.</small>	Yishun
Activity Helpers Coordinate with centre staff on logistical arrangements for some ad hoc active ageing programmes, e.g., outings, block parties, festive celebrations etc.	Monthly	Weekdays (4.5 hours) / 5 Volunteers	Yishun
Befriending Befriend and engage nursing home residents	Monthly	Weekdays and weekends (4.5 hours) / 5 Volunteers	Yishun
Outings Hosts (Seniors) Accompany and engage nursing home residents during outings to places of interest, e.g., Changi Airport. Ensure that our seniors' safety and well-being are taken care of too!	Every 2 Months	Weekdays and weekends (4.5 hours) / 20 Volunteers	Yishun
Music Entertainment Facilitators Do sing-along and karaoke sessions with seniors to engage them through music and movement!	Every 2 Months	Weekdays (4 hours) / 10 Volunteers	Yishun