



Community Impact Opportunities

ROLE & DESCRIPTION	FREQUENCY	DURATION / NO. OF VOLUNTEERS	LOCATION
Medical Escort <ul style="list-style-type: none">- Support vulnerable seniors in attending their medical appointments.- Accompany them throughout the visit.<ul style="list-style-type: none">- Help collect and explain their medication if needed.- Ensure a safe journey by coordinating transport with driver.	Monthly	4 hours / 4 Volunteers	Sembawang
Befriender (Seniors) <ul style="list-style-type: none">- Be a friend to lonely and at-risk seniors.- Visit and check in on them regularly.<ul style="list-style-type: none">- Help them stay socially connected and engaged.- Assist with simple daily needs like grocery shopping, spring cleaning. etc	Monthly	4 hours / 4 Volunteers	Sembawang
Activity Facilitator (Seniors) <ul style="list-style-type: none">- Bring joy by leading fun and meaningful activities for seniors.- Encourage them to connect, learn, and stay active.- Help spark new interests and friendships.	Monthly	4 hours / 4 Volunteers	Sembawang
Medical Health Buddy <ul style="list-style-type: none">- Assist in taking attendance- Assist Senior to take blood pressure using Digital blood pressure monitor- No skill sets needed; training will be provided	Daily	4 hours / 4 Volunteers	Sembawang