



Volunteer

Brighten Someone's Day!



“ There can be no greater gift than that of giving one’s time and energy to help others without expecting anything in return. ”

- Nelson Mandela

**Partner with us as a
volunteer to engage,
empower and enrich the
lives of seniors in our
community.**



Impact Lives as a Volunteer

If you've been looking for a way to contribute, and love being with older folks as much as we do, why not volunteer with us?

We welcome all who wish to bring joy and warmth to our seniors.

Share Your Support for Our Seniors

We love our volunteers!

By sharing your time, skills and knowledge, you can make the lives of seniors better by brightening their day, and encouraging them to retain their passion for life.



Volunteer Roles at A Glance

Befriender



A great option for individuals who intend to volunteer on a regular basis.



Extend a helping hand to vulnerable seniors and provide emotional support and companionship.

Activity Coordinator



If you enjoy organising activities or have a specialised skill or interest, this is for you.



Facilitate activities like karaoke, arts and crafts and exercise sessions to encourage seniors to stay healthy and active.

We will match volunteering requests to suitable beneficiaries and reserve the right to decline volunteering requests in the event of unforeseeable circumstances or if there is a mismatch of objectives.

Outing Coordinator



Delight seniors by planning and executing social outings and events for them.



You will be tasked with keeping seniors safe and engaged, as well as facilitating or providing transport for them from their homes or centres.

Medical Escort



Accompany seniors for their medical appointments and help to explain medication instructions.

**Training will be provided for this role.*

Hairdresser



Use your hairdressing skills to help seniors look and feel good about themselves.

How Do I Start?

1. Choose a programme or a volunteer role that appeals to you
2. Sign up through our website, email or hotline



T: 6590 4414

E: volunteer@ntuhealth.sg

W: ntuhealth.sg/volunteer

“ *I am very happy to be a volunteer with NTUC Health. I find great satisfaction in using my hairdressing skills to give back to the community, especially when I see the smiles on the seniors' faces.* ”

- Ms Linda Chin,
Volunteer Hairdresser

About NTUC Health

NTUC Health Co-operative Limited (NTUC Health) is an NTUC social enterprise that provides a comprehensive and integrated suite of quality and affordable health and eldercare services to meet the growing needs of families and their dependents. Building on close to three decades of experience and expertise, NTUC Health is among the largest providers of active ageing, senior day care, nursing home and home personal care services in Singapore. We also serve vulnerable seniors in selected areas in Singapore through Community Case Management Services (CCMS), CREST mental health support, and a sheltered senior group home. In addition, we run a family medicine clinic.

Our purpose is to achieve 'health for life'; enabling healthy and fulfilling years by being a trusted partner of seniors and their families in our community.



SERVICES

Senior Day Care | Home Care
Nursing Home | Active Ageing and Senior Fitness
Rehabilitation and Physiotherapy | Family Medicine

COMMUNITY SUPPORT

CCMS (Community Case Management Services)
CREST (Community Resource, Engagement and Support Team)
Henderson Home

NTUC HEALTH CO-OPERATIVE LIMITED

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