

SINGAPORE NATIONAL STROKE ASSOCIATION (SNSA)

Annual Report for Year Ended 31 December 2018

SNSA was registered under the Societies Act in December 1996. It was granted Charity Status in November 1998.

Unique Entity Number (UEN):

S96SS0196G

Registered Address:

5 Stadium Walk, #04-02A, Leisure Park Kallang, Singapore 397673.

EXECUTIVE COMMITTEE:

No.	Designation	Name	Date of Appointment
1	President	Amos Wee	18-Mar-17
2	Vice President	Escanan Eugene Jayme	18-Mar-17
3	Secretary	Ng Wai May	18-Mar-17
4	Assistant Secretary	Siti Rohaida Bte Rahmat	18-Mar-17
5	Treasurer	Tan Wan Jiun	18-Mar-17
6	Assistant Treasurer	Supriya Sen	18-Mar-17
7	Committee Member	Dr Deidre Anne De Silva	18-Mar-17
8	Committee Member	Dr Ramani N V	18-Mar-17
9	Committee Member	Dr William Chan	18-Mar-17
10	Committee Member	Shamala Thilarajah	18-Mar-17
11	Committee Member	Yin Chin Khong, Ann	18-Mar-17
12	Co-opted Committee Member	Ann Tan Beng Choo	18-Mar-17
13	Co-opted Committee Member	Anthony Chee Beng Kim	18-Mar-17
14	Co-opted Committee Member	Giri Naveen (Resigned on Aug 2018)	18-Mar-17
15	Co-opted Committee Member	Lee Lay Beng	18-Mar-17
16	Co-opted Committee Member	Michael Yap Eng Thong	18-Mar-17
17	Co-opted Committee Member	Nur Hafizah Bte Mohd Amin	18-Mar-17
18	Co-opted Committee Member	Tan Chia Nee	18-Mar-17
19	Co-opted Committee Member	Leong Lye Leng Elaine (Left Exco in Apr 2018)	06-Nov-17
20	Co-opted Committee Member	Lim Chuan Poo Philip (Resigned Jan 2018)	06-Nov-17

Banker : DBS
Auditor : Helmi Talib & Co

SNSA is an approved Institution of Public Character (IPC) status. SNSA is a member of the National Council for Social Service (NCSS), the World

Stroke Organisation (WSO) and the Asia Pacific Stroke Organisation (APSO).

OBJECTIVES

The objects of the Charity are as follows:

SNSA's objective is to encourage and facilitate post-stroke adjustment, support, research & other activities relating to the prevention, diagnosis, causes & treatment of stroke.

To achieve the above objective, the SNSA may:-

1. Establish & operate projects & activities to provide support for post-stroke adjustment & to co-operate with all relevant public & private groups, bodies or agencies in providing such services;
2. Build up community support for stroke victims & carers;
3. Establish a stroke resource centre to gather, compile & disseminate information regarding the causes, prevention, research programmes, support groups bodies or agencies & available aids for stroke & post stroke adjustment & to establish general public education programmes within these fields;
4. Solicit, raise, receive, hold and apply funds gifts bequests and endowments or proceeds thereof, to the purposes described in these objects, to conduct fund-raising activities, and to raise money by any other lawful means to achieve the object;
5. Invest the funds of the Society not immediately required in such manner as may from time to time be determined by the Committee in furtherance of the purpose and object of this Society;
6. In furtherance of the above object, the Society may generally do what may be required to give effect and carry out the object of this Society.

The committee has summarized our missions as **support, awareness and advocacy**.

- 1) To support stroke survivors and their families.
- 2) To raise public awareness of stroke and provide education on stroke.
- 3) To be an advocate for stroke survivors to maintain their rights and dignity

POLICIES

Funding Sources

The Charity is financially supported by donations from members of SNSA, members of the public, corporations, government and other grants.

Memberships

The Charity is open to the public for participation in its charitable activities, services and programmes conducted in pursuing of the objects of the Charity.

REVIEW OF YEAR 2018

A) ACTIVITIES, SERVICES AND PROGRAMMES

Supporting Stroke Survivors and Their Families

Befriending Services - Our befriending services ran at 6 hospitals. 1581 stroke patients were befriended in 2018. The hospitals are Ang Mo Kio - Thye Hua Kwan Hospital, Tan Tock Seng Hospital, Khoo Teck Puat Hospital, Bright Vision Hospital, St Luke's Hospital & Yishun Community Hospital. Our volunteers befriend patients, provide a listening ear, support and encouragement. They also provide stroke patients with information on SNSA programmes and give them our collateral materials. We have also given out various small token gifts to stroke patients befriended as a source of encouragement such as toiletry bags.

Stroke Clubs - There were 9 programmes for stroke clubs in 2018 (with 5 new programmes).

- **Music Therapy:** Programme with 4 sessions.
- **Lawn Bowl:** Programme with 6 sessions at the Singapore Sports Hub
- **Art Therapy:** Part 1 programme – 4 sessions & Part 2 programme – 4 sessions
- **Mindfulness:** Programme – 4 sessions
- **Seated Tai Chi:** New programme – 8 sessions at the Sports Hub Library.
- **Table Tennis:** New programme – 11 sessions over 4 months at OCBC Arena with sponsored 2 table-tennis tables by Singapore Sports Hub.
- **Chit Chat Café:** New programme – pilot in Nov 2018 for stroke survivors with aphasia, Every 4th Saturday of the month.
- **Art Therapy – Doodle Experience:** One-off New session. Presented 2 doodle art pieces to GOH President Halimah Yacob at “A Stroke of Jazz” and GOH Mr Lim Teck Yin (CEO Sport SG) at “Stepping Out For Stroke”.
- **Training for Walks by Physiotherapists:** New programme – 4 sessions at 100 Plus Promenade.

Stroke Self-Management Workshops.

- SNSA sponsored 11 self-management workshops (6 sessions each) were held in 2018 (doubled compared to 2017 after training by HK Trainers) with total of 75 participants:
 - 3 x Module 1 by TTSH Rehab
 - 1 x Module 2 (new) by TTSH Rehab
 - 1 x Module 1 by SNSA
 - 2 x Module 1 by SACH
 - 1 x Module 1 by NTFH & JCH
 - 1 x Module 1 by SLH
 - 1 x Module 1 by CGH
 - 1 x Module 1 by ABLE

LIFE after stroke programme

- **Serangoon NTUC Health Silver Circle**, was held on every first Saturday of the month sessions were held in 2018. Each session with about 20-30 stroke survivors as well as many caregivers and family members.
- **Yishun Wellness Kampung**, was held on every third Saturday of the month sessions were held in 2018. Each session is attended by 10 -15 stroke survivors as well as many caregivers and family members.

Social Integration Outings

There were 6 social integration outings in 2018.

- February 2018: Carnival @ The Meadow
- March 2018: Tanjong Rhu evening stroll
- June 2018: Singapore Botanic Gardens evening stroll
- July 2018: Singapore Garden Festival @ GBTB
- September 2018: ST Run @ Singapore Sports Hub
- October 2018: Purple Parade

Stroke Survivor Support Group and Stroke Caregiver Support Group

These groups have met at least 6 times in 2018. The Stroke Survivor and Caregiver Support Group had also made 4 house calls in 2018 through special requests via calls and emails.

Attending to public queries

SNSA receives queries from members of the public including questions about stroke care and where to get help. These are through the telephone, email and via our website. Each query is answered promptly by our operations support team with advice from our expert volunteers.

B) EDUCATION AND AWARENESS

Strokecare.sg portal

This online portal was in operation since October 2016 and it serves as a one-stop online resource for survivors and caregivers to learn more about their post-stroke journey towards holistic rehabilitation. In addition to caregiving and self-care guides, there are stories about fellow survivors and caregivers that will inspire them to live a lifestyle conducive to their healing, videos on caregiving tips and forums for discussions.

Stroke Watch newsletter

There were 3 issues of Strokewatch in 2018. 1500-2000 copies of each issue were printed. These were mailed to new members, distributed at hospitals and public institutions, and given out at SNSA and other public events.

SNSA website

Our website has various articles on stroke and care after stroke, inspiring stories, information of resources for stroke survivors including a free online e-book, links to various websites and listings of SNSA events and programmes. It is linked to the Health Xchange stroke microsite.

SNSA brochures

In 2018, SNSA reprinted 2 versions of the brochures – one more comprehensive and another which is briefer. Both versions have been translated into Mandarin and Malay. These brochures are distributed to various healthcare institutions and are given out at SNSA events.

SNSA facebook & Instagram

SNSA maintains a Facebook & Instagram with regular posts.

Education collateral material

SNSA continues to develop, print and distribute material with information on stroke risk reduction, stroke symptom recognition with FAST as well as the burden and consequences on stroke. These are given out to healthcare institutions, and to members of the public at various events.

Other awareness events

SNSA participated in many other awareness events including forums, talks and having booths at carnivals.

Stroke Awareness Talks in 2018

– 18, conducted by SNSA

- 1) CDAC Ang Mo Kio – talks in Mandarin
- 2) CDAC Punggol – talks in Mandarin
- 3) CDAC Yew Tee – talks in Mandarin
- 4) CDAC Bukit Panjang – talks in Mandarin
- 5) Calvary Community Care – talks in Mandarin
- 6) Punggol CC – talks in Mandarin
- 7) Sitecore staff – talks in English
- 8) Symrise staff – talks in English
- 9) SATA staff – talks in English
- 10) Ashram Halfway House – talks in Tamil
- 11) Seagate Staff (1) – talks in English
- 12) Seagate Staff (2) – talks in English
- 13) Pro Invest Members – talks in English
- 14) Seagate Staff (3) – talks in English

- 15) Kaplan Staff – talks in English
- 16) Seagate Staff (4) – talks in English
- 17) NNI Lunchtime sharing – talk in English
- 18) MICRON Staff – talks in English

SNSA Stroke Awareness Booth in 2018

– 7 booths where SNSA participated in events.

- 1) Speech Therapy Day @ Tan Tock Seng Hospital
- 2) Live Healthy, Stay Happy II @ AMK Central Stage
- 3) Neuroscience Nursing Seminar @ Civil Service Club
- 4) 17th Singapore International Stroke Conference @ The Academia (2 days)
- 5) Public Health Service @ Canopy of J-Link (2 days)
- 6) ITE (collaboration with HDB) @ Rivervale Plaza
- 7) Up Again After Stroke (collaboration with S3 & SS!) @ Toa Payoh HDB Hub Atrium (2 days)

C) ADVOCACY

Spotlight on Stroke – Media Event by Bayer

On 13th March 2018, SNSA collaborated with Bayer together with 50 regional media at Carlton Hotel. Stroke can happen to anyone and impacts everyone: survivors, family, friends and communities. Our SNSA stroke survivors Anthony Quek and Amos Wee shared their stroke journeys.

The Art of Storytelling by Simone Heng (in collaboration with the Co and SNSA) @ Duxton Road

SNSA was blessed to have Simone Heng chose SNSA as the charity to donate all the proceeds of the ticket and raffle sale from her talk on 10th July 2018, in tribute to Mummy Heng, who had a stroke. SNSA gave a stroke awareness talk to the same crowd.

Get-Together Nite by AMK Constituency Merchant Association @ AMK Central Stage

On 15th July 2018, SNSA shared the F,A,S,T message with more than 1,200 AMK heart landers at this event with the GOH Mr Yeo Guat Kwang, Assistant Director of NTUC Congress. Taiwanese Getai star Hao Hao was the host and he shared his father had a stroke when he was only seven. He shared the FAST message in Mandarin after the President of SNSA, Amos Wee shared the FAST message in English.

Media Coverage

SNSA was featured in:

- Radio interviews by Capital 95.8 Mandarin Radio (Janelle Yeo) on stroke awareness in 21 October 2018, and 96.3FM (John Ang) on 31 October 2018.
- Print media The Straitstimes, Home B1 on 17 Oct 2018 with the help of our Partner Rotary Club Of Garden City to create awareness of “Stepping Out For Stroke 2018”and again in the Straitstimes on 25 August 2018 in an article for “ST Run 2018”.
- Lianhe Zaobao 10 Apr 2018 (interview with Dr Ramani & Mr Amos Wee) and 13 Nov 2018 (interview with Ms Janelle Yeo)
- Berita Harian, 20 June 2018 (interview with Mr Rosli Hadi)
- Such media coverage informs the public about stroke which is key to our advocacy mission.

Media & Print Coverage on Chit Chat Cafe

SNSA, together with Evelyn Khoo (speech therapist), launched a new pilot support group on 24 November 2018 for stroke survivors with aphasia – a language disorder. This is a monthly session, every 4th Saturday of the month. This programme was featured:

- On 25th December 2018 – The Straits Times
- On 26th December 2018 – Shin Min

- On 11th January 2019 – on Capital FM95.8

Such media & print coverage informs the public about stroke which is key to our advocacy mission.

SNSA communication card

SNSA produced a communication card in collaboration with speech therapists. This card is being distributed for free to stroke patients with communications difficulties due to stroke deficits to help them seek help.

Annual walkathon “Stepping Out for Stroke 2018”

Stepping out for Stroke walk in October 2018 – SNSA in collaboration with Yio Chu Kang Community Sports Club, Presbyterian High School and Rotary Club of Garden City.

It was graced by GOH Mr Lim Teck Yin, CEO of Sport Singapore. These events were opportunities to spread the stroke and promote advocating for stroke survivors and their families. The event was attended by more than 600 YCK residents and PHS students.

World Stroke Organisation Stroke survivors’ bill of rights

SNSA will continue to promote the World Stroke Organisation’s bill of rights for stroke survivors.

World Stroke Organisation

SNSA was featured as a case study of a model Stroke Support Organisation (SSO) for the WSO website.

D) ORGANISATIONAL LEVEL

Staffing

As at 31.12.2018, there were 3 full-time staff (Admin Manager, Program Manager and Admin Executive) and 3 part-time staff (Senior Manager, Communications Executive and Program Facilitator) employed by the Charity.

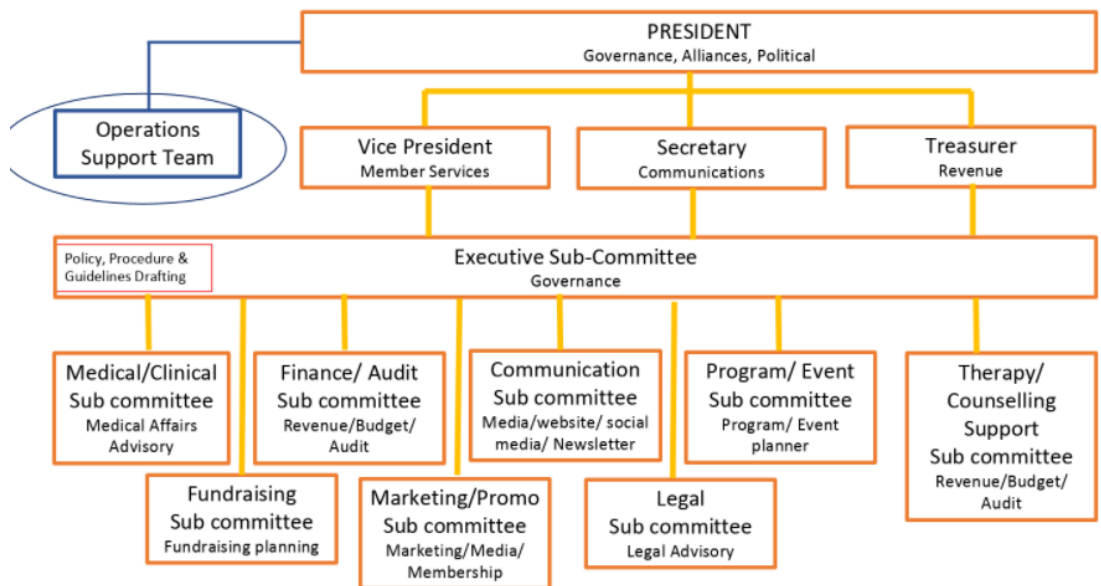
Office

SNSA Office has been at our current premises at Leisure Park Kallang since September 2016. This office rental is under the Community Sports and Facilities Scheme (CSFS) by the National Council of Social Services (NCSS). The lease is for 5 years with a subsidized rental rate guaranteed over this period.

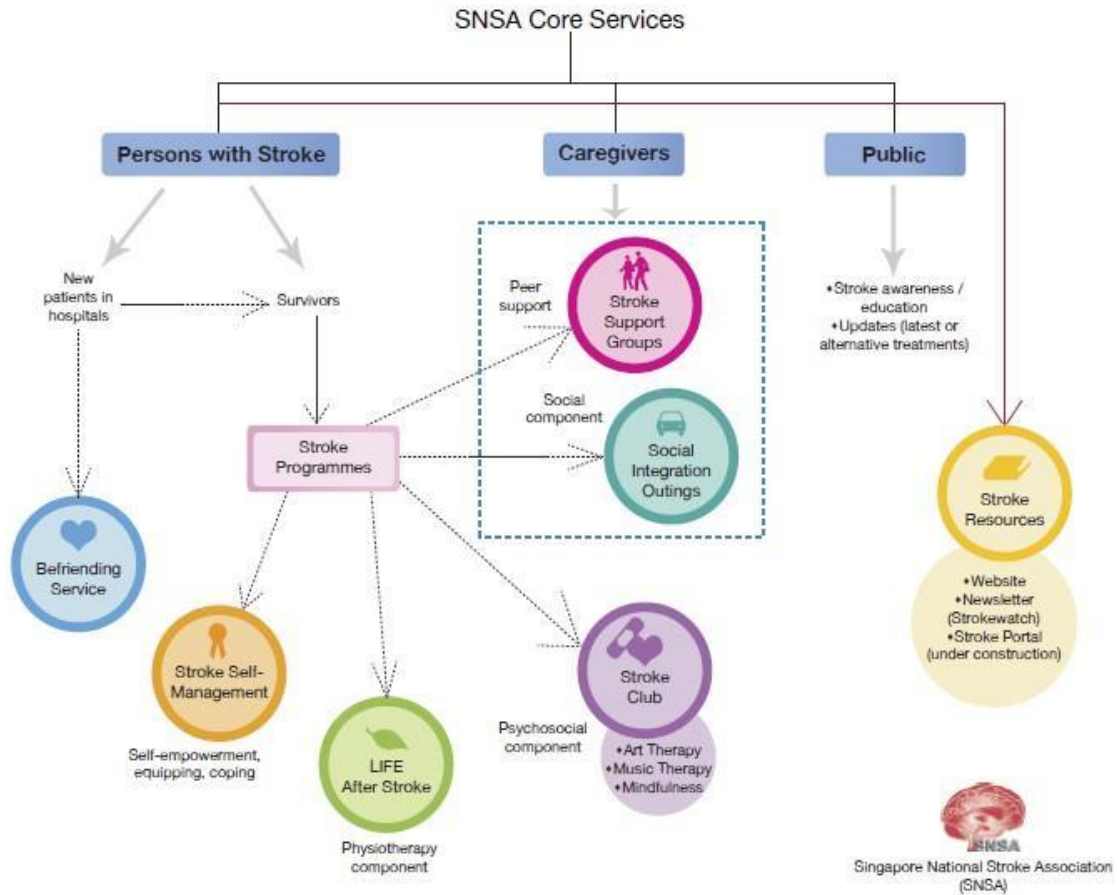
Volunteer appreciation

SNSA has an ongoing programme to acknowledge, thank and support our volunteers. We held a volunteers appreciation night jointly organised with the Yio Chu Kang Community Sports Club at Yio Chu Kang Community Club on 16 December 2018.

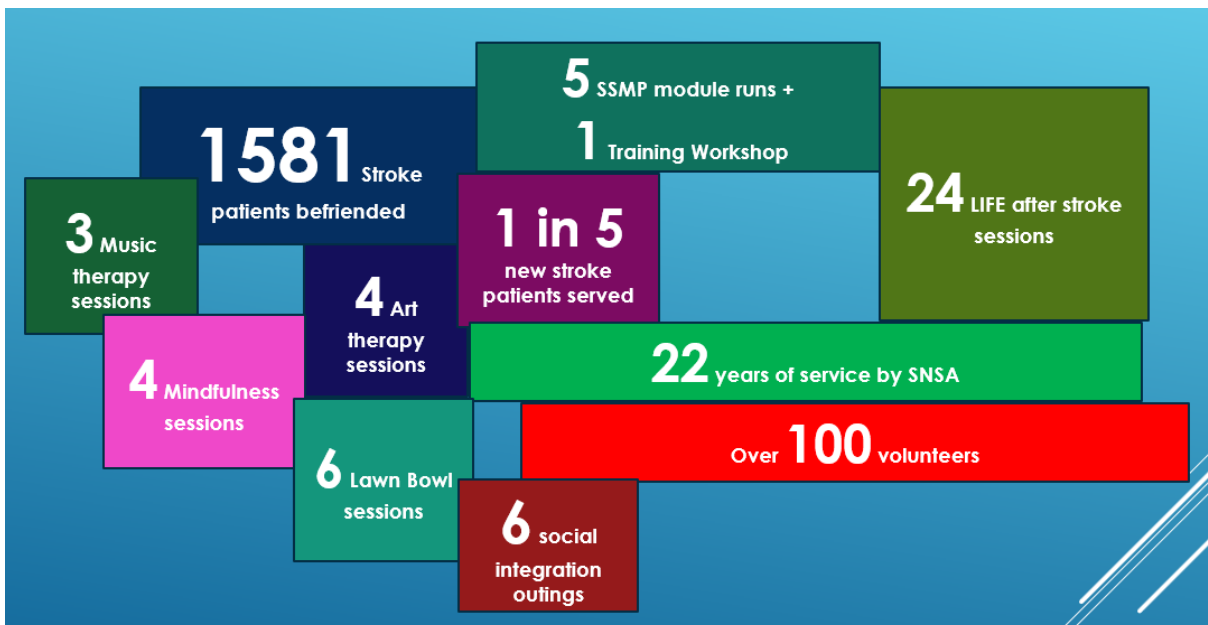
Review of SNSA Organisation



E) SCOPE OF SNSA SERVICES AND PROGRAMMES



BENEFICIARIES OF SNSA SERVICES IN 2018 BY NUMBERS



F) FUNDRAISING EVENTS AND INITIATIVES IN 2018

A Stroke of Jazz 2018

The charity concert held at Esplanade Recital Studio on 16 July 2018 with 245 sold out seats and 100 booklets raffle tickets sold out. GOH was President of Singapore Mdm Halimah Yacob.

Stepping out for Stroke 2018

The walkathon was held on 28 October 2018.

Membership fees

These amounted to \$4,785 in 2018.

Recurring donations

SNSA has set up a system for recurring donations on a monthly basis.

Legacy donations

SNSA received 1 donation in memory of people who passed away.

Temporary Employment Credit grant

SNSA received the grant in the amount of \$1,488 for 2018.

Total income for 2018 amounted to \$366,472, an increase from \$286,482 in 2017. Our expenditure was \$258,203. Thus, there was a surplus for 2018 of \$108,269.

GRANTS APPLIED FOR IN 2017/2018 WHICH ARE PENDING APPROVAL OR FOR WHICH FUNDS HAVE NOT BEEN TRANSFERRED

No.	AGENCY	NAME OF GRANT	TITLE OF PROJECT	DURATION	AMOUNT	STATUS
1	Ministry of Culture, Community and Youth	Our Singapore Fund	Befriending Services	1 year	Up to \$15,600 or up to 60% of expenditure	Approved
2	National Council of Social Services	Shared Services Grant	Accounting Services	2 Years	capped at \$7091.43	Approved
3	National Council of Social Services	Care and Share Grant	Care and Share Grant	5 Years	\$238,686.48 (portion disbursed)	Approved
4	JC Trust Ltd	JC Trust Grant	Stroke clubs, SSMP, integration programmes	1 Year	\$58,000	Approved

5	Community Chest	Pledge Forward	Grant from Fund Raising by the Social Co.	One-off	\$4,714	Approved
6	Tote Board	Tote Board Contribution	Stepping out of Stroke 2018	One-off	Pending Approval	Pending Approval

G) REVIEW OF FINANCIAL STATE AND EXPLANATION OF MAJOR FINANCIAL TRANSACTIONS

As at 31.12.2018, the Charity had funds amounting to \$340,886. SNSA has been strategic in instituting a number of changes to its operations and fund-raising activities with the goal of improving long term sustainability of the organization and growth of our services in the coming years.

Government funding for rental of premises was \$ 34,526 in 2018.

The expenses of SNSA in 2018 have been focused at providing services to a growing pool of beneficiaries and developing new programmes to serve the various needs of the stroke community in Singapore.

H) MEMBERSHIP

SNSA's membership as of 31 Dec 2018 was 694; 179 Ordinary members, 449 Life members, 61 Associate members and 5 Corporate members. This is an increase from membership as at 31 Dec 2017 which was 605; 167 Ordinary members, 417 Life members, 19 Associate members and 2 Corporate members. SINCE 31 DECEMBER 2017, THERE WERE NO NEW CHANGES IN POLICIES FOR SNSA.

I) EXPLANATION OF THE PURPOSES FOR WHICH THE CHARITY'S ASSETS ARE HELD

The Computers, laptops and IT equipment are for the purpose of administrative work of SNSA. The projector is for the purpose of meetings and presentations at the SNSA office. The exhibition display set is for the purpose of displays at forums, talks and other events.

J) DISCLOSURE OF POLICY RELATING TO THE MANAGEMENT AND AVOIDANCE OF CONFLICTS OF INTEREST

All members of the SNSA executive committee sign to acknowledge that they have no conflicts of interest. These documents are filed in the SNSA office.

K) FUTURE PLANS AND COMMITMENTS FOR 2019

A new committee was elected into office at the March 2017 AGM. The current committee has made plans for our service and programmes for 2019 as well as tentative plans for events for SNSA in 2019.

Services and Programmes

- **Befriending**

SNSA will continue its good work with the befriending service at 6 hospitals across Singapore. We will continue to recruit, train and retain our befriender volunteers.

- **LIFE after stroke**

There will be monthly sessions at Serangoon for 2019 in collaboration with NTUC Health Silver Circle. SNSA is planning to change the venue 2nd Life programme at Woodlands and start a 3rd Life programme at Sengkang Community Hospital in 2019/20.

- **Stroke Clubs**

Table Tennis sessions are planned from February to May 2019. Music therapy is planned for sessions in June 2019, SNSA Stroke Self-Management Programme in July 2019, Mindfulness programme in August and Art Therapy in September 2019.

- **Social Integration Outings**

SNSA is planning 4-5 outings for 2019. Details are being worked out.

- **Self-management workshops**

8 workshops of 6 sessions each are tentatively being planned for 2019. These will be held at St Luke's Hospital, Tan Tock Seng Hospital, SNSA, St Andrew's Community Hospital, Changi General Hospital. Details are being worked out.

- **Stroke support group and caregiver support group**

These groups will continue to meet periodically.

- **Walks in the Park**

SNSA will continue to organize walks in parks which will be led by volunteer physiotherapists. These walks aim to encourage stroke survivors to exercise while providing safety and guidance with trained therapists in attendance.

Awareness and Education initiatives

- **Strokecare.sg portal**

This portal will continue to service as a one-stop platform for the stroke community with new articles, videos and features being added on an ongoing basis.

- **Strokewatch**

There will be 3 issues of our newsletter in 2019.

- **Website and facebook**

SNSA will maintain its website and facebook with periodic updates and posts.

- **Stroke talks**

SNSA aims to hold a series of talks for the stroke community in 2019.

- **Talks and participation in forums/ booths/ health screening**

SNSA has been invited to participate in talks, forums, health screening and other health-related events and will continue to partner with collaborators to raise awareness of stroke.

Events

- **Volunteer Appreciation**

SNSA will hold an annual volunteer appreciation event towards the end of 2019.

- **Fundraising event in October 2019**

SNSA will organize and hold an event in October 2019 in conjunction with world stroke month to raise awareness of stroke and to raise funds for our association.

Advisory boards

SNSA plans to form advisory councils to advise the executive committee on our governance structure and our financial and fund-raising strategy in the mid to long-term.