

SINGAPORE NATIONAL STROKE ASSOCIATION (SNSA)

Annual Report for Year Ended 31 December 2019

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:

Designation	Name	Occupation	Appointment Date	Attendance #	Previous Appointment
President	Dr Ng Wai May	Nurse, NNI	16 Mar-19	4/4	Secretary (18 Mar- 17)
Vice President	Michelle Siew	Retired	16Mar- 19	4/4	---
Secretary	Dr Shamala Thilarajah	Principal Physiotherapist, SGH	16Mar- 19	3/4	Committee Member (18 Mar- 17)
Assistant Secretary	Sheryn Lin	Businesswoman	16 Mar-19	3/4	---
Treasurer	Tan Beng Choo	Retired	16 Mar 19	4/4	Co-opt Member (18 Mar- 17)
Assistant Treasurer	Dr Deidre Anne De Silva	Doctor, SGH	16 Mar-19	2/4	Committee Member (18 Mar- 17)
Committee Member	Dr Ramani N V	Doctor, Raffles Hospital	16 Mar- 19	2/4	(18 Mar- 17)
Committee Member	Dr Kaavya Narasimhalu	Doctor, SGH	16 Mar-19	3/4	---
Committee Member	Aanandha Sharurajah	Businessman	16Mar-19	4/4	---
Committee Member	Ang John	Security Officer	16 Mar-19	3/4	---
Committee Member	Eugene Jayme Escana	Self -employed	16 Mar-19	4/4	Vice President (18 Mar- 17)

EXCO Meetings (April to Dec 2019)

Banker: DBS Bank

Auditor: Helmi Talib & Co

SNSA COMMITTEES AND TERMS OF REFERENCE

1	Management Committee	<p>Dr Ng Wai May (President)</p> <p>Michelle Siew (Vice President)</p> <p>Dr Shamala (Secretary)</p> <p>Sheryn Lin (Asst. Secretary)</p> <p>Ann Tan (Treasurer)</p> <p>Dr Deidre (Asst. Treasurer)</p>	<p>Chairs all the General and Committee Meetings, and represents the SNSA in its dealings with outside partners</p> <p>Assists the President and deputise for her in her absence.</p> <p>Keeps all records, except financial of the Society and shall be responsible for their correctness. Keeps all Minutes of all General and Committee Meetings Maintains an up dated registry of Members</p> <p>Assist the Secretary and deputise for her in her absence</p> <p>Keeps all funds and collects and disburse all moneys on behalf of SNSA Keeps an account of all monetary transactions</p> <p>Assist the Treasurer and deputise for her in her absence</p>
2	Medical Committee	<p>Dr Ramani (<u>Chair</u>) <u>Members</u> Dr Deidre Dr Shamala Dr Kaavya Dr Ng Wai May</p>	<p>Advise EXCO on all medical matters, and especially on those related to Stroke.</p> <p>Manage and reply (where appropriate) to all medical matters raised by the public</p> <p>Provides up-dates on developments related to Stroke</p>
3	Programs and Events	<p>Dr Deidre (<u>Chair</u>) <u>Members</u> Dr Ng Wai May Dr Shamala Dr Kaavya Eugene</p>	<p>Formulate Policy and provides Strategic Direction for SNSA Programs</p> <p>Review all Programs to ensure it complies with SNSA's Mission</p> <p>Provides oversight on the conduct of Programs</p> <p>Plan new programs</p>
4	Fund Raising	<p>Sheryn Lin (<u>Chair</u>) <u>Members</u> Ann Tan Aanandha John Ang</p>	<p>Provides Strategic Direction and guidance on Fund Raising</p> <p>Establish network of Corporate Sponsors and sustain Corporate relationships</p> <p>Provide Oversight on all Fund- Raising Activities</p>
5	Finance	<p>Ann Tan (<u>Chair</u>) <u>Members</u> Dr Deidre Dr Ng Wai May Michelle Siew</p>	<p>Provides Policy direction on utilisation of SNSA funds</p> <p>Provides Guidance and Compliance on all Financial and Compliance requirements</p>
6	HR	<p>Michelle Siew (<u>Chair</u>) <u>Members</u> Dr Ng Wai May Dr Deidre</p>	<p>Provides Policy Direction on all HR matters</p> <p>Advise on current HR trends</p> <p>Provides direction and approval of recruitment, staff compensation and benefits</p>
7	Befriending Committee	<p>Michelle (Chair) Eugene</p>	<p>Provides Policy Direction on Befriending Services to Stroke Patients in Hospitals</p> <p>Reviews impact of service</p> <p>Provides guidance to volunteers for befriending services</p>

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 mission 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 2019

1. Staffing

As at 31.12.2019, there are 4 full time Program and Administrative staff employed by the Charity. None of the staff earn more than \$100,000 per annum.

2. Programs, Events and Activities

- **Befriending Services** – At 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. 1336 stroke patients were befriended in 2019.

Stroke Clubs

- **Music Therapy:** 4 sessions with 36 stroke survivors and 12 care givers
- **Art Therapy:** 4 sessions with 24 stroke survivors and 20 care givers
- **Mindfulness:** 4 sessions with 36 stroke survivors and 12 caregivers
- **Table Tennis:** 9 sessions with 120 participants and 80 caregivers
- **Move with Words:** 5 sessions with 78 participants and 69 care givers
- **Evening Strolls:** Tanjong Rhu and Botanic Gardens with 55 stroke survivors and 58 caregivers
- **Stroke Self-Management Program:** 6 Sessions each at CGH, SLH, YCH, AMKTHK, SNSA and SPD
- **LIFE after Stroke program (LAS):** 12 sessions at Serangoon and 6 sessions at Sengkang. 330 stroke survivors and 239 care givers benefitted from LAS

Events and Activities

- **National Stroke Association of Malaysia (NASAM) Games:** 13 participants (EXCO, stroke survivors, care givers and volunteers represented SNSA)
- **Zumba:** 13 Stroke survivors and 4 care givers at Zumba
- **ST Run @ Sports Hub :** 10 stroke survivors, 7 physiotherapists and 5 volunteers
- **October 2019: Purple Parade :** 28 stroke survivors, care givers and volunteers with 50 Youth Corps Singapore volunteers
- **Tea Dance @ We Work, Funan:** 134 participants

Befriending Training @ SNSA



Music Therapy @ SNSA



Art Therapy @ SNSA



Mindfulness @ SNSA



Table Tennis @ OCBC Arena



Move with Words @ Singapore Pools Building



Evening Stroll @ Botanic Gardens



SSMP



LAS @ Serangoon NTUC Health Silver Circle



LAS @ Sengkang Community Hospital



EXCO and members represented SNSA at the NASAM Games



Zumba @Sports Hub Library



ST Run @ Sports Hub



October 2019: Purple Parade



Stroke Survivor Support Group (SSG) and Stroke Caregiver Support (SCG) Group: 6 sessions each for SSG and SCG. 124 stroke survivors and 44 care givers participated in the 2 groups

Stroke Survivor Support Group (SSG)



Stroke Caregiver Support Group (SCG)



3. 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 2 issues of Stroke Watch in 2019. 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 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.

4. Other Events

Talks

- Stroke Awareness Talks @ Keat Hong CC, Sam Woh, Interpol, KTPH, Prudential, Medtronic
- Collaboration with National Library Board and Stroke Services Improvement: 13 talks
 - 3 @ Central Library

- 3 @ Jurong Library
- 3 @ Tampines Library
- 3 @ Woodlands Library
- 1 @ Yishun Library

Stroke Awareness Events

- Booth @Chua Chu Kang Bus interchange
- Booth @Toa Payoh CC
- Shared Awareness @Alexandra Hospital and Sengkang Hospital
- NNI Brain Awareness Event at HDB Hub
- SPAN Partners-In-Care@ National Heart Centre

Talk @ Sam Woh



SNSA Booth Rotary Family Day @Toa Payoh CC



NNI Brain Awareness Event @HDB Hub



Talk @ Tampines Library



SPAN Partners-In-Care@ National Heart Centre Forum



5. Media Highlights

- Body SOS Carnival Interview with MediaCorp @ Suntec
- ST Article “Young and Fit but hit by a Stroke at 46”
- “Be with You” Video Gold Award
- Radio Interviews on Capital FM 95.8 and FM 96.3 on Stroke Awareness
- ST Run 2019

Capital FM 95.8



ST Run 2019

Over 13,000 enjoy clear skies at ST Run

The seventh edition of The Straits Times Run yesterday saw more than 13,000 runners soaking in the sights around the Kallang waterfront. The skies were clear as Minister for Culture, Community and Youth Grace Fu flagged off participants in the 2.5km race (right) at the Singapore Sports Hub at 7.45am. The other race categories were the 10km and 18.4km. Participants also got to enjoy the festival of fun and games after finishing their races inside the National Stadium. ST PHOTO: SONJANAM DEETOR

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FUND RAISING EVENTS AND ACTIVITY

1. Annual Walkathon “Stepping Out for Stroke 2019”

- SOFS 2019 was organised in collaboration with Central Singapore CDC and Catholic High School. Ms. Denise Phua (Mayor, Central Singapore CDC) was the GOH. Some 800 participants from Central CDC, Corporate Partners and members of the public participated in this event. A new feature of SOFS were cyclists from Bike Aid Singapore partnering cyclists from SGH, TTSH, SGH and CGH to raise awareness on Stroke by cycling from the respective hospitals to the event venue at Catholic High School. We had the largest turnout to date for SOFS 2019.



2. Recycling Project

- SNSA has partnered a Recycling Company to raise funds by collecting and selling used clothing, toys and newspapers from HDB estates.

3. Charity Draw Tickets 2020.

- SNSA raised funds through the sale of Charity Draw Tickets from 14 Oct 2019 to 13 Jan 2020. Singapore Pools facilitated the sale of the Charity Draw Tickets at all its Branches and retail outlets. Proceeds of these sales will fund SNSA's on-going programs.

REVIEW OF FINANCIAL STATE AND EXPLANATION OF MAJOR FINANCIAL TRANSACTIONS

- The Charity has a surplus of \$328,457. \$300,000 was placed in a one- year Fixed Deposit.

REVIEW AND CHANGES IN POLICY

Amendment of Constitution

- The Constitution has been amended in June 2019 with approval from the Ministry of Health and the Registrar of Societies.

Reserves Policy

- The Charity has an investment policy of reserves of 2 times its annual expenditure. Surplus funds are invested in Fixed Deposits.

EXPLANATION OF THE PURPOSES FOR WHICH THE CHARITIES ASSETS ARE HELD.

- Funds raised are to provide free programs for the benefit of stroke survivors and care givers and to meet the annual operating expenditure.

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

- All members of the SNSA Executive Committee and staff sign an annual conflict of interest declaration.

Principal Funding Sources (Grants)

Agency	Grant	Amount 2019 \$
MOH	Rental Subvention	25,000
JC Trust	Stroke Clubs, SSMP, Integration Programs	116,000
Care and Share	Funding of Programs and Operating Expenditure	23,868 (final 10%)
NCSS	Charities Capability	57,671
MCCY	Befriending	3,289
Tote Board	Top up for Fund Raising Events	15,475

FUTURE PLANS AND COMMITMENTS FOR 2020

1. Programs and Events

We have categorized our Programs into 3 focus areas to facilitate members participation in our Programs. Members had also indicated in a survey that they want more social interactions. The new programs for 2020 are highlighted below.

EDUCATE: To conduct programs that are targeted at improving knowledge of stroke survivors in managing their condition.

The main components of these programmes are the Stroke-Self Management Programme (SSMP) and L.I.F.E after Stroke. We plan to conduct 3 modules of 6 sessions each quarter. L.I.F.E after Stroke runs on 2 Saturday mornings at Serangoon Silver Circle NTUC and Sengkang Hospital. We are opening a new site at St Luke's Hospital in the third quarter of 2020.

Programmes for 2020 based on our survey are Mindfulness (4 sessions), Stroke of Love-sexual intimacy after stroke (4 sessions), Befriender training in providing support for stroke survivors experiencing low moods.

EXERCISE: To conduct activities that are targeted at improving physical activity of stroke survivors.

We are collaborating with Sports Hub (confirmed) and the Singapore Disability Sports Council (pending confirmation) to host the SNSA Stroke Games in December 2020. This is inspired by the NASAM Stroke Games in Malaysia that we participated in 2019. In the lead up to this event at the end of the year we will form 3 teams and organise 12 training sessions with adaptive sports trainers (lawn bowls, track/relay, table tennis).

For those not who are not keen on sports we will continue with our evening strolls programme every quarter at different park locations.

ENGAGE: To conduct activities that are targeted at improving social connections and building relationships between stroke survivors and caregivers.

Consists of structured programmes facilitated by qualified music and speech therapists as well as a psychologist. These sessions are conducted in small groups of 8-12 persons to facilitate a therapeutic space for self-exploration and healing, with the aim of enhancing coping and the well-being of stroke survivors. This includes Music Therapy (4 sessions), Move with Words-conversation program for stroke survivors with Aphasia (one/month).

A new addition this year is the SNSA Social Night which is an initiative dedicated for young stroke survivors to have a safe inclusive space to meet and bond. This is a collaboration with the National Gallery and will be trialled in the second half of the year. We are also introducing a 'Day Out at the Movies' as part of the Engage programme.

In addition to these social activities we also will continue with our existing Stroke Support Group (SSG) & Caregivers Support Group (CSG) who will hold bi-monthly meetings and engage trained professionals where needed.



Stroke Healthcare Advocates Professionals & Experts in Singapore
Singapore National Stroke Association (SNSA)

2. SHAPES

Background:

There is currently no organization representing stroke healthcare professionals in Singapore. This is unlike many other countries such as the American Stroke Association in the US, Thai Stroke Society and Indian Stroke Association.

Why the need?

There is no platform for discussion, peer education or advocacy for stroke outside individual institutions. Thus, often doctors who are outside the public health system are not included. Stroke nursing and allied health professionals are also often excluded. As the number and diversity of stroke patients increases there is a growing need to provide a platform for education and to provide learning and development opportunities for younger stroke professionals, as well as for a professional body to be a voice of stroke professionals in Singapore.

Why a section under SNSA?

The Singapore National Stroke Association is a member of the World Stroke Organisation (WSO). Thus the professional body will be linked automatically with WSO. This will allow for discussions with regards to the world stroke congress as well as utilization of

WSO resources such as the World Stroke Academy.

The Mission of SHAPES is to:

- promote teaching of stroke care and management to healthcare professionals***
- create opportunities for learning and development among young healthcare professionals in training***
- advocate for stroke in Singapore as the voice of stroke healthcare professionals in Singapore***
- to contribute to SNSA's efforts for supporting stroke survivors and their families in Singapore***

3. FAST HEROES Educational Program in Schools

- Boehringer Ingelheim Singapore Pte Ltd is sponsoring SNSA to raise Stroke Awareness in Singapore. The Heroes Program aims to educate children and their families to recognise the three main stroke symptoms (**F**ace Drooping, **A**rm Weakness, **S**peech Difficulty, **T**ime to call 995), and to call Singapore emergency number (995) in the event a stroke is suspected.

4. Fund Raising

Stepping Out for Stroke, Recycling and Cycling Events

- Stepping Out for Stroke will be held in October 2020. SNSA also plans to raise fund through another Recycling Project, and a Cycling Fund Raising in August,

5. Office Space

- Our lease expires in Sept 2021, SNSA is sourcing for larger premises to provide for expansion, meeting and storage rooms and training rooms for our programs.

ACKNOWLEDGEMENTS

- *We thank the following Organisations and all volunteers for their support in 2019:*

*Ministry of Health
SingHealth
National Council of Social Services
Tote Board
Singapore Pools Pte Ltd
Central Singapore CDC
Catholic High School
Singapore General Hospital
Tan Tock Seng Hospital
National Neuroscience Institute
Khoo Teck Puat Hospital
Changi General Hospital
Sengkang General Hospital
Ang Mo Kio - Thye Hua Kwan Hospital
St Luke's Community Hospital
Yishun Community Hospital
Bright Vision Hospital
Singapore Physiotherapists Association
Stroke Services Improvement
JC Trust
Rotary Club Garden City
Boehringer Ingelheim Singapore Pte Ltd*

Lee Foundation

Kwan Im Thong Hood Cho Temple

The Purple Parade Pte Ltd

Singapore Rope, Hardware and Paint Merchants Association

Tan Chin Tuan Foundation

Singapore Press Holdings

DS Lee Foundation

Ektronics

NTUC Fairprice Foundation

Atos Wellness Pte Ltd

Bike Aid Singapore