



SINGAPORE NATIONAL STROKE ASSOCIATION (SNSA)

SUPPORTING THE SINGAPORE STROKE COMMUNITY FOR 25 YEARS



HISTORY AND AFFILIATION

- Formed in 1996
- Member of National Council of Social Service (NCSS)
- Institution of Public Character (IPC)
- Member of World Stroke Organisation (WSO)
- Member of Asia – Pacific Stroke Organisation (APSO)





OUR 3 MISSIONS

- Supporting stroke survivors and their caregivers/ families
- Raising stroke awareness and providing education among stroke survivors
- Being an advocate for the stroke community in Singapore



CORE “SUPPORT” PROGRAMS

Befriending
Services



Social
Integration
Outings



Stroke Caregiver
Support Group
(CSG)



LIFE after stroke
programme



Stroke
clubs



Stroke Self-
Management
Workshops

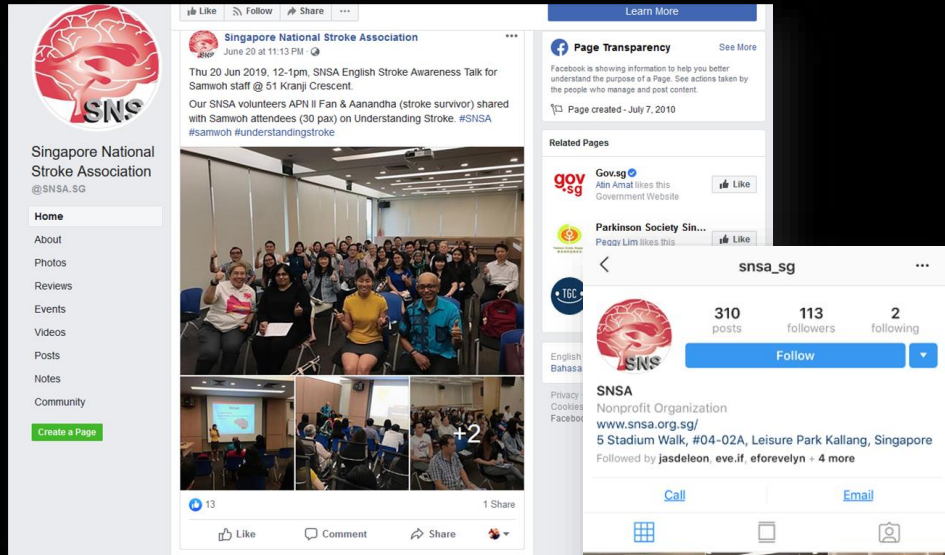


ACTIVITIES, SERVICES AND PROGRAMMES





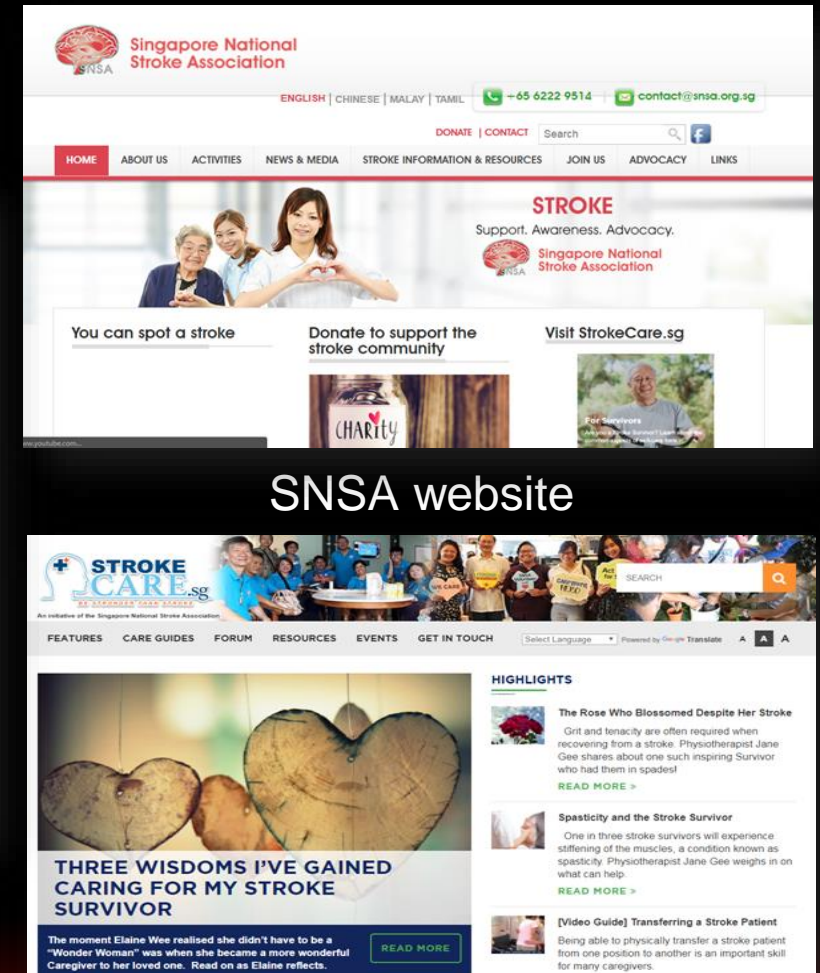
CORE “EDUCATION /AWARENESS” SERVICES



SNSA Facebook & Instagram
snsa.sg



Stroke Watch newsletter
www.snsa.org.sg



Strokecare.sg portal



EDUCATION AND AWARENESS



Education collateral material



Awareness Events- booth



Public talks





CORE “ADVOCACY” PROGRAMES



Stepping Out for Stroke 2018



Media engagement on



&



Purple parade





ADVOCACY



A Stroke of Jazz,
with President Halimah Yacob



Spotlight on stroke event



World Stroke Day 2018,
Up Again After Stroke



THE PANDEMIC DISRUPTION

- Ceased face to face programmes - end January 2020
- Took 2-3 months for SNSA to transit to our first virtual event – April 2020
- Took another 2-3 months to introduce exercise sessions via Zoom
- In October 2020, first virtual walkathon and World Stroke Campaign dance chain
- Now, a variety of different programmes online





VIRTUAL SOCIAL ACTIVITIES

Breakfast With Poch

**5 June 2021, Saturday
10am to 11am**

A get-together session (via Zoom) with new breakfast places, sharing and latest news with stroke survivors, caregivers & volunteers - a place to gather and get to know one another.



Registration is required
Virtual via Zoom



GAMES NIGHT WITH SNSA

**FRIDAY 30 JULY 2021
8 PM - 9 PM**

**VIRTUAL VIA ZOOM
REGISTRATION IS REQUIRED**



PRESENTED BY EVERLYN WAI AND HOE PANG

Join us for a game of Pictionary, Wheel of Fortune and Etc.
Attractive prizes to be won!



Let's Bake Together

Learn to create our own bakes with Kelvin's step-by-step guidance in this 2-hours virtual class as we bake together.

Join us as a demo session if you prefer to just observe!



KELVIN LEONG

Stroke Survivor & Founder of Ohbaker

**Monday 14 June 2021
2 pm - 4 pm**

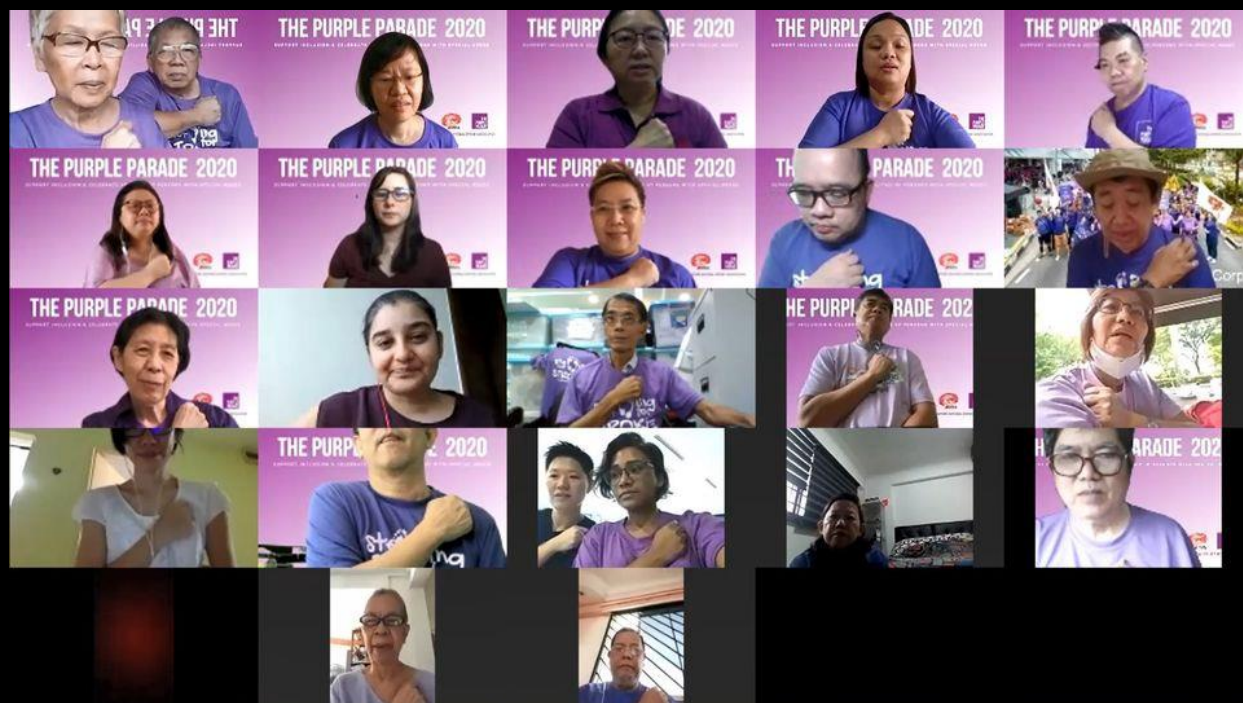
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VIRTUAL AWARENESS & FUNDRAISING PROGRAMMES





RESUMING WITH SAFE DISTANCING





CHALLENGES

- Participation by members
- Digital divide
- New skills required for volunteers
- Reduction in volunteer numbers
- New SOPs/protocols for SSO
- Now, a variety of different programmes online
- Donation and fund raising



THE FUTURE: GAPS TO ADDRESS

- Physical activity for stroke survivors with mobility limitations
- Guidelines for engaging those with aphasia in group activities
- Digital divide
- Volunteer management, training and engagement
- Collaborations with international SSOs



Singapore National Stroke Association

THANK YOU

