

Volunteer Opportunities

义工需求



ST. ANDREW'S MISSION HOSPITAL
圣安德烈烈教会医院

| 中心 | 义工需求 | 时间 | 简介 | 其他辅助需求 | 义务期间/次数 | 附注 | 联络方法 |
|--|--|---|---|-----------------------------------|------------------------------------|------------------------------------|---|
| 新加坡圣公会社区服务与圣安德烈烈教会医院 | | | | | | | |
| 新加坡圣公会社区服务与圣安德烈烈教会医院 | 售旗日 | 29/10/2011 9am-1pm, 1-4pm 或 9am-4pm | 为属下的机构售旗筹款 | - | 一次性 | 15岁或以上 | 电话: 6586 1069 电邮: info@sacs.org.sg |
| 新加坡圣公会社区服务 | | | | | | | |
| 四美关怀中心 | 恩友 (日间服务) | 周一至周五 10am-5pm | - 向精神病患者伸出友谊之手 - 为进行小型食物企业这方面的计划提供意见 | - | 每周一次, 或至少每个月一次 | - | 电话: 6781 8113 电邮: enquiry@sacssc.org.sg |
| | 恩友 (YES Club) | | - 协办课题讲座 - 如教导工作技能, 健康饮食或其他有趣的课题 - 带领游戏和体育活动 | - | | - | |
| | 恩友 (Joysprings) | | - 协办烹饪兴趣和互动活动 - 带领游戏和体育活动 | - | | - | |
| | 临床服务 | | 提供资讯科技(IT)与行政上的辅助 | - | 每周一次 | 必须有资讯科技(IT)的知识 | |
| | 复健服务 | | 协助带领复健计划和庇护工厂 | - | 每周一次, 持续至少三个月 | - | |
| | 新旧百货 | 周一至周六 8am-8pm (勿洛), 10am-4:30pm (四美), 11am-7pm (巴西立) | 协助管理新旧百货店面 | - | | | 要有耐心和关爱心 |
| | 庇护工厂 | 周一至周五 9:30am-4:30pm | 1. 物品设计师: 设计有市场需求的物品, 让会员可以制造以及销售 2. 助手: 帮忙一起制造物品, 也从中与会员交谈, 建立友谊。 | - | 每周一次, 甚至每天 | | 1. 善于设计手物品 2. 要有耐心和关爱心 |
| MOSES (Members Owned Social Enterprise & Services) | 每当我们举行筹款义卖会 | 协助售卖会员们所制造的物品 | - | 特定 | | 愿意在公共场所售卖我们的产品 | |
| 后港关怀中心 | 恩友 (日间节目) | 周一至周五, 9 am to 5 pm | 协助社区重返计划 (Community Re-integration Programme)或康乐活动 (Wellness Programme) - 比如体育和游戏活动, 美术课, 户外郊游等。 | - | 每周一次 (持续至少三个月) | 我们将提供训练, 帮助义工们了解如何与精神病患者相处 | 电话: 6386 9338 电邮: hcc@sacshcc.org.sg |
| | 恩友 (精神康复会所) | 周一至周五, 9 am to 5 pm | 为不同的单位提供扶助: - 行政部: 教导实习生处理行政工作 - 厨房: 食材处理, 烹饪或烘烤糕点 - 教育部: 带领电脑班 - 内务管理部: 打扫或粉刷中心 - 就业支援部: 协助会员寻找就业机会 | - | | | |
| | 监督服务 | 周一至周五, 9 am to 5 pm | 协助辅导疗程 | - | 每月至少四小时 | 必须是注册专业辅导员, 或是专科心理学家 | |
| 社区康复援助服务 | 恩友 (家庭探访) | - | 与精神病患者建立友谊; 与个案管理员合作。 | - | 至少每个月一次 | 我们将提供训练, 帮助义工们了解如何与精神病患者相处 | 电话: 6562 4881 电邮: crss@sacscrs.org.sg 联络人: June Tay |
| | 恩友 (日间活动) | - | 带领课题讲座, 以及为顾客策划出外活动或节目。 | - | 课题讲员 - 每周一次; 策划活动 - 一个月一次或三个月一次 | | |
| 淡马锡关怀就业支援服务 | - | - | - | 提供就业机会给我们的顾客 | - | 请致电查询更多详情 | 电话: 6567 1713 电邮: esa@sacscrs.org.sg |
| 新加坡圣公会社区服务家庭关怀中心 | 补习老师 | - | 为中心的孩子补习功课, 还有为他们安排学校假期活动。 | - | - | 请致电查询更多详情 | 电话: 1800-346 4939 电邮: admin@sacsfcc.org.sg |
| 平安乐龄活动中心 | 恩友 | - | 与乐龄人士建立友谊, 为他们安排节目, 带给他们喜乐、鼓励和温暖。 | 祷告和经济上的支持 | - | 请致电查询更多详情 | 电话: 6392 0460 电邮: cm@pcnl.org |
| CITY社区服务 | 在“友谊会”里提供扶持 | - | 与二年级到六年级的小学生建立友谊, 一起参与户外或室内活动。 | 一个学期里, 您也可以提供一次或两次的教导孩子一个简单的生活技能。 | 午间时分三小时, 每周一次, 持续一个学期或半年。 | 我们的“友谊会”分别在新加坡的东、西、中、南、和盛港一共16个地点。 | 电邮: vivienchen@citycomm.org.sg 联络人: Vivien Chen |
| | 进行CIP的学生 | 周一至周五 | 为小学生提供补习 | - | 每周两小时, 持续一个学期 | - | 电邮: pataw@citycomm.org.sg 联络人: Pat Aw |
| | 学生关怀中心的义工 | 周一至周五 | 阅读给孩子, 监督他们作功课, 负责孩子的用餐时间。 | 每个学期为孩子预备一次特别的聚餐 | 每周一次 | 位于宏茂桥和义顺 | |
| | 为20个学生提供一项企业社会责任计划活动 (Corporate Social Responsibility - CSR Programme) | - | 资助或策划一项企业社会责任计划活动 (Corporate Social Responsibility - CSR Programme) - 如一日游, 科学学习活动等。 | - | - | - | 电邮: philipquek@citycomm.org.sg 联络人: Phillip Quek or 电邮: pataw@citycomm.org.sg 联络人: Pat Aw |
| | 当职业讲座的讲员 | - | 分享您的职业, 让学生了解您的行业, 启发他们的兴趣。 | - | 每年一次或两次 | - | |
| | 协助举办学校户外营 | 日期有待宣布 | 1. 参与学生的游戏活动 2. 分配食物 3. 带领小组讨论 | 提供后勤或急救支援 | 一年共有 4-5 次户外营 | - | |
| | 协助体育课 | - | 教导学生玩一项体育运动, 如巧固球, 足球, 地板球等。 | - | 特定或每周一次 | - | 电邮: philipquek@citycomm.org.sg 联络人: Phillip Quek |
| 圣安德烈烈教会医院 | | | | | | | |
| 圣安德烈烈社区医院 | 探访住院者 (团队) | 周一至周五 2.30pm 起 | 团队可以一起来医院探访住院者 - 与他们聊天还有提供小型娱乐节目, 如: - 歌唱表演 - 魔术表演 - 手工分享 | - | 一次性 | 适合团队 | 电话: 6586 1057 电邮: deborah_chua@sach.org.sg 联络人: Deborah Chua |
| | 团队表演 | | 您的团队可以在节日日期为住院者提供舞台表演。我们的节日庆祝会包括: - 农历新年 - 中秋节 - 其他医院的庆祝聚会, 如双亲节等 (请致电查询更多详情) | - | 一次性 | 适合团队 | |
| | 圣诞报佳音 | 11&12月份: 周一至周五 2pm 起 | 在病房或医院其他场地报佳音 (取定于) | - | 一次性 | - | |
| | 恩友 | 周一至周五 | 我们欢迎有意人士来与我们的住院者交朋友, 谈天。恩友可能在以下的部门服务: - 日间康复中心 - 消闲活动时间 - 收养关怀 | - | 每周一次, 持续至少六个星期。(投入牧养关怀的义务期间必须是一年) | 取定于部门需要 | |
| 圣安德烈烈自闭症中心 | 课堂助导 | - | 辅助老师们制造良好受教的环境, 还有扶持有需要的个别关怀的学生。 | - | - | 请致电查询更多详情 | 电话: 6517 3800 电邮: enquiry@saac.org.sg |
| | 助导 (美术、艺术和体育活动) | - | 协助策划和带领适合学生和成年顾客的美术、艺术和体育活动。 | - | - | | |
| | 社区郊游的陪伴 | - | 陪伴学生和成年顾客出外郊游。 | - | - | | |
| | 制造视觉辅助教材 | - | 帮忙制造视觉辅助教材 - 视觉辅助教材是帮助自闭症患者沟通的重要工具。 | - | - | | |
| | 图书管理员 | - | 在图书馆里帮忙行政工作, 如把书本编入目录, 打标记等。 | - | - | | |
| | 策划大型节目 | - | 策划大型节目, 如音乐会、嘉年华会、演唱会、座谈会等。 | - | - | | |
| | 提供专业服务 | - | 您的专业经验可以扶持中心的服务, 包括: - 公共关系 - 人力资源管理 - 人力资源 - 资讯科技 - 财务管理 - 摄影或摄像 | - | 特定 | | |
| | 筹款和代言 | - | 我们需要您参与我们各种筹款活动, 还有鼓励您身边的亲友也一起支持我们的服务。 | - | - | | |

* 在某些中心和部门, 义工必定要有英文语言能力。请联络个别的中心查询更多详情。

| SERVICE | VOLUNTEER OPPORTUNITY | DATE / TIME | VOLUNTEER DESCRIPTION: | OTHER HELP | FREQUENCY/ COMMITMENT | PREREQUISITE/ REMARKS: | VOLUNTEER CONTACT |
|---|---|---|---|--|---|---|--|
| JOINT SERVICES - SINGAPORE ANGLICAN COMMUNITY SERVICES & ST. ANDREW'S MISSION HOSPITAL | | | | | | | |
| Singapore Anglican Community Services & St. Andrew's Mission Hospital | Flag Day Fundraising | 29 Oct, Sat, 9am-1pm or 1-4pm | To sell flags to raise funds for the services of Singapore Anglican Community Services and St. Andrew's Mission Hospital | - | One-off (morning, afternoon, or full day duty) | 15 years old and above | Tel: 6586 1069 Email: info@sacs.org.sg Contact person: Wayne Jansen |
| SINGAPORE ANGLICAN COMMUNITY SERVICES | | | | | | | |
| Simei Care Centre | Befriender (Day Services) | Monday - Friday, 10am - 5pm | - Befriend clients recovering from mental illness - Give inputs for setting up small scale social enterprise in food business. | - | Once a week (preferably), otherwise, at least once a month | - | Tel: 6781 8113 Email: enquiry@sacsscc.org.sg |
| | Befriender (YES Club) | | - Conduct group sessions and workshops on topics such as employment related skills, healthy diet or other inspiring topics - Coordinate games and sports | - | | - | |
| | Befriender (Joysprings) | | - Conduct cooking, baking and interaction sessions - Coordinate games and sports. | - | | - | |
| | Clinical Services | | To operate IT and admin support. | - | Once a week | IT Knowledge | |
| | Rehab Services | | Conduct various rehab programs and Sheltered Workshop. | - | Once a week, for a minimum period of 3 months | - | |
| | SOSN Thrift Shop | Monday - Saturday, 8am - 8pm (Bedok), 10am - 4:30pm (Simei), 11am - 7pm (Pasir Ris) | To operation the SOSN Thrift shop | - | Once a week to daily, depending on volunteers' availability | Patience and care for members | |
| | Sheltered Workshop | Monday - Friday, 9:30am - 4:30pm | 1. Product Designer: design marketable handicraft products for members to produce 2. Workshop Helper: to help in production of handicraft items or assembly work; and befriending working members | - | Once a week to daily, depending on volunteers' availability | 1. Good in designing handicraft products; 2. Patience and care for members | |
| MOSES (Members Owned Social Enterprise & Services) | As and when there are events or street sales | Assist in selling products made by members. | - | Ad-hoc | Willing to sell our products in public places | | |
| Hougang Care Centre | Befriender (Day Programme) | Mon-Fri, 9 am to 5 pm | To conduct Community Re-integration Programme or Wellness Programme (e.g. exercise, gym, art & craft, painting, games, outings and etc.) | - | Flexible depending on the volunteer's availability - at least once per week, minimum 3 months commitment | Training on working with individuals with psychiatric disabilities will be provided. | Tel: 6386 9338 Email: hcc@sacshcc.org.sg Contact: Victor Gunawan |
| | Befriender (Clubhouse) | Mon-Fri, 9 am to 5 pm | Provide support in the various Clubhouse units: - Admin Unit: teach our interns how to go about administrative work - Food Service Unit: food preparation, cooking, baking cakes, making pastries - Education Unit: conduct computer classes - Housekeeping Unit: cleaning and painting - Employment Unit: help our clients to seek employment | - | | | |
| | Supervision Services | Mon-Fri, 9 am to 5 pm | Go through client consultation sessions together with staff | - | Flexible depending on the volunteer's availability - at least 4 hours per month | Must be a Registered Counselor or Psychologist | |
| Community Rehabilitation and Support Service (CRSS) | Befrienders (Home-visit) | - | To befriend individuals who have stabilised from their psychiatric illness, to work with case manager. | - | Flexible depending on the volunteer's availability - at least once per month | Training on working with individuals with psychiatric disabilities will be provided. | Tel: 6562 4881 Email: crss@sacscrss.org.sg Contact Person: June Tay |
| | Befrienders (Day programme) | - | At the CRSS centre (presently at Bt Batok East), the day programme welcomes individuals or groups to conduct classes on specific topics as well as to organize outings and events for the clients. | - | Flexible depending on the volunteer's availability - at least once per week for running classes. Once per month or once per quarter for organising outings and events | | |
| Temasek Cares Employment Support Services (TCESS) | - | - | - | Provision of employment opportunities for clients recovering from mental illness. | - | For further details, please call/email to find out. | Tel: 6567 1713 Email: ess@sacsess.org.sg |
| SACS Family Care Centre | Tutors | - | To tutor the children in their studies and school holidays' programmes. | - | - | For further details, please call/email to find out. | Tel: 1800-346 4939 Email: admin@sacsfcc.org.sg |
| PEACE-Connect Seniors Activity Centre | Befrienders | - | Give a part of yourself to befriend the seniors, e.g. organise events to bring joy, cheer and comfort to the seniors. | Prayers and financial support | - | For further details, please call/email to find out. | Tel : 6392 0460 Email : cm@pcnl.org |
| CITY Community Services | Serve at a Befrienders Club in a government primary school | - | Befriend children (age range from Pr 2 - Pr 6); play indoor or outdoor games, depending on volunteer's preference. | Optional items: provide special treats or snacks to children 1 or 2 times a term; help in a simple life skill. | 3 hours in the afternoon, once a week for 1 school term or 1 school year | 16 locations; in East, West, Central regions, Yishun and Sengkang to choose from. | Email: vivienchen@citycomm.org.sg Contact person: Vivien Chen |
| | Students requiring CIP hours | Weekdays for Befrienders Clubs or Student Care Centres | Help in tutoring primary school children. | - | 2 hours once a week for 1 school term | - | Email: pataw@citycomm.org.sg Contact Person: Pat Aw |
| | Volunteer at a Student Care Centre | Any day of your choice; - Mon- Friday | Reading to children; Supervising homework; Overseeing meal sessions. | Provide special treat once a term | Once a week | Located in Ang Mo Kio and Yishun | |
| | Provide a Corporate Social Responsibility (CSR) programme for 20 or more children | To be arranged | Sponsor and organise a CSR program - e.g. games day for children; sponsored outing or a science project | - | Ad- hoc | - | Email: phillipquek@citycomm.org.sg Contact Person: Phillip Quek or Email: pataw@citycomm.org.sg Contact Person: Pat Aw |
| | Be a speaker or presenter at our Career fair | To be arranged | To let primary school children have an idea about your profession or career; with some "hands on" activity. | - | Once or twice a year | - | |
| | Help in a school outdoor camp | Dates will be announced | Several different types of help required: 1. Active participation in games with children; 2. Help supervise meal times 3. Facilitate group discussions | Provide Logistics support; First aid | About 4-5 camps a year | - | |
| | Befriender for sports workshop | Please check with us | Play /teach sports - eg Tchoukball, soccer, floor ball. | - | Ad hoc or once a week | - | Email: phillipquek@citycomm.org.sg Contact Person: Phillip Quek |
| ST. ANDREW'S MISSION HOSPITAL | | | | | | | |
| St. Andrew's Community Hospital | Ward Visitations (For groups) | Monday - Friday 2.30pm onwards | Volunteer groups may come to SACH on a weekday afternoon to befriend patients and bring them cheer and encouragement through small-scale entertainment, e.g.: - Singing - Playing a single mobile musical instrument, e.g. guitar or flute - Magic tricks - Origami - Balloon sculpturing | - | One-off, also possible to discuss fixed intervals for groups to volunteer in this area | Groups only. | Tel: 6586 1057 Email: deborah_chua@sach.org.sg Contact person: Deborah Chua |
| | Group Performances | | Stage performances (e.g. skits, song & dance, talent show, etc) are needed for festive celebrations for patients such as: - Chinese New Year - Mid-Autumn Festival - Other SACH celebrations, e.g. Parents' Day (please call to enquire for date/ period of celebration) | - | One-off | Subject to the suitability of proposed activities and availability of our premises for performance. | |
| | Christmas Caroling | November-December: Mon-Fri, 2pm onwards. | Caroling at the wards and other public areas of the Hospital. | - | One-off | Subject to the availability of our premises | |
| | Befriending | Mon - Fri | Individuals may volunteer in befriending at SACH either at: - Day Rehabilitation Centre - Inpatient Therapy Areas - Diversional Therapy - Paediatric ward - Pastoral Care (Christian volunteers, with support from Vicars only) | - | Mandatory minimum commitment required: at least once a week for a period of 6 months (befriending under pastoral care requires a commitment period of 1 year) | Opportunities for volunteering may be subjected to the volunteers' availability and the hospital's need for volunteers in that specific area. | |
| | Administrative Help | Mon - Fri | Volunteers helping in administrative areas help handle many small tasks so that full-time staff may be able to focus efficiency on the bigger areas. | - | Once a week, for a minimum period of 3 months | | |
| St Andrew's Autism Centre | In-class support | - | Assist teachers to promote an environment conducive to teaching and learning and support students and adult clients needing individualised attention. | - | - | For further details, please call/email to find out. | Tel: 6517 3800 Email: enquiry@saac.org.sg |
| | Engaging Students in Expressive Arts & Sporting Activities | - | People with special skills and talent in art, music and dance are needed to contribute their expertise to enrich the Centre's programmes. Volunteers are also needed to assist with sports and recreational activities that help to increase the range of physical skills of students and adult clients. | - | - | | |
| | Accompanying on Community Outings | - | Volunteers will accompany students and adult clients on frequent outings and excursions that serve to inculcate community and safety awareness, teach appropriate behaviours in public and promote pro-social skills and independence. | - | - | | |
| | Making Visual Learning Aids | - | Assist to make visual learning aids which are an important means of assistive communication in autism. | - | - | | |
| | Assisting in Resource Cataloging | - | Assist with various administrative work related to library resource management such as cataloging, coding and ongoing maintenance. | - | - | | |
| | Assisting with Events Organisation | - | Volunteers with interests and special skills are needed to assist the team in planning camps, carnivals, concerts and seminars. | - | - | | |
| | Providing Expert Services | - | Professionals with expertise in public relations / communications, human resource, information technology, finance, photography / videography, etc are required to support the various administrative functions in the Centre on ad hoc basis. | - | Ad-hoc | | |
| | Fund-raising & Raising Autism Awareness | - | Fund-raising partners are needed to help in the various fund raising efforts and introduce SAAC's work to potential donors. | - | - | | |