



CHARITY
GALA DINNER
2023

5 MAY 2023



PROGRAMME BOOKLET

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PROGRAMME

7:00PM

S3 Charity Gala Dinner 2023 Commences

Opening Address by Ms Chang Hwee Nee
Chairman, Stroke Support Station

Remarks by Mr Ong Ye Kung
Minister for Health

Dinner Service

Performances:

"Watch Us Soar" by Danny Koh & Dance Ensemble

Fashion Show by adaptive fashion label, Werable

Musical Interlude - Mac & the Pizzicato Quintet

Music Performance by S3's Wellness Group

Performance by Tenor, Zhuang Jie

Violin Performance by Travis Wong (in honour of Mrs Teo)

Finale Performance by Joanna Dong

Honouring Mrs Teo Poh Yim

Appreciation Awards

10:10PM

End of Programme

GUEST-OF-HONOUR
AND SPECIAL GUESTS



Mr Ong Ye Kung
Minister for Health
Guest-of-Honour



Mr Teo Chee Hean
Senior Minister and
Coordinating Minister for National Security



Mr Chee Hong Tat
Senior Minister of State for
Finance and Transport



Ms Sun Xueling
Minister of State for
Social & Family Development
and Home Affairs



Mr Melvin Yong
Member of Parliament,
Radin Mas SMC

MESSAGE FROM THE CHAIRMAN



Ms Chang Hwee Nee

Chairman

Stroke Support Station (S3)

It is with great pleasure and excitement that I welcome you all to our long awaited fundraising gala. After five long years, we are finally able to come together again and forge ahead with renewed vigour and a sense of purpose.

The pandemic did not stop us from providing thousands of sessions of therapy and wellness to our survivors. It did not stop us from being there with our caregivers. To see many of our survivors reach their rehabilitation goals, benefit emotionally and psychosocially and strive towards independence and community integration moves me. The realisation that our founder, Mrs Teo's vision and tireless efforts has continued to thrive fills me with deep emotion.

As we move forward, it is imperative that we continue to explore new avenues of growth and development. This is especially as stroke incidences continue to rise. S3 is determined to break new grounds for stroke care and embrace new social strategies that align with population health. I urge you to continue partnering with us to create a positive difference in the lives of stroke survivors and their families.

I would also like to thank Mr Ong Ye Kung, Minister for Health and our Guest-of-Honour, SM Teo Chee Hean, SMS Chee Hong Tat, MOS Sun Xueling, MP Melvin Yong, donors, volunteers, partners, S3 members and caregivers for celebrating with S3 tonight. I am truly grateful for your unwavering support and generosity. Please continue to accompany us on this journey.

MESSAGE FROM THE FUNDRAISING AND COMMUNICATIONS COMMITTEE



Mrs Janet Chong



Dr Michael Lim



Mr Yang Tse Pin

Rehabilitation, care, and support offer the possibility of a meaningful recovery and can make a significant difference in the lives of stroke survivors. However, we recognise that the expenses associated with post-stroke treatment may present a challenge for some, hindering their access to the help that they need.

At S3, we provide stroke survivors the opportunity to receive the care that they deserve by subsidising the fees of our services. We are committed to making quality rehabilitation accessible to all, regardless of their background or circumstances.

As we work with our hospital partners to receive recently referred stroke survivors, our objective is to act promptly in aiding their recuperation during the critical post-stroke period, where time is of the essence. However, we recognise that the expenses associated with therapy, combined with diminished work prospects, can lead to feelings of despair, inertia and inability to move forward.

Your donations would be directed towards funding for not only our rehab and wellness services, but also outreach efforts in stroke prevention to the wider community and continued support for stroke survivors and their families.

The Fundraising and Communications Committee would like to thank you for coming to our gala dinner and joining us tonight as we raise funds to support the recovery journey of our stroke survivors. We hope to seek your continued interest and support for our cause in the years to come.

MESSAGE FROM THE EXECUTIVE DIRECTOR



Ms Ng Rei Na

Executive Director

Stroke Support Station (S3)

I am honoured to serve as the Executive Director of S3 and to be part of the community of stroke survivors, caregivers, donors, volunteers and partners that have made it possible for us to fulfil our mission of providing resources and support to those affected by stroke.

S3 has been one of the earliest adopters of technology-driven rehabilitative equipment in the community care sector. This has resulted in more than 700 stroke survivors since 2019, receiving quality and affordable rehabilitation after their discharge from the acute care.

In our next chapter of growth, we aim to address the 'cliff effect' that stroke survivors experience when the rehabilitation journey comes to an end. We are learning from stroke organisations beyond the shores of Singapore, and will be curating a series of programmes that helps stroke survivors rediscover their identity after a stroke. We are also looking at redefining the role of family members from care-givers to care-partners, and creating models that work in Singapore's context. Lastly, S3 is also studying how environments can be modified so as to enable stroke survivors to be as independent as possible.

We dream big, but we also know that we can make it happen. With the right resources and partners, we can make life after a stroke meaningful and fulfilling. These plans would not have been possible without all of you present here tonight. I express my heartfelt gratitude for your generous support and S3's ambition to provide our members the holistic recovery and care that they deserve.

To our stroke survivors and families, we are humbled by your perseverance and commitment for always doing your best in all that you do. S3 will continue to do our best for you, too.



ABOUT STROKE SUPPORT STATION (S3)

Established in 2015, S3 is the first and only stroke-focused community rehabilitation and wellness agency dedicated to meeting the needs of post-stroke survivors and their caregivers across Singapore. With S3, post-discharge survivors of stroke are able to receive care continuum through rehabilitation that integrates advanced rehabilitative technologies with conventional therapy as well as our signature S3 Wellness programme supporting cognitive and psychosocial development in order to maximise recovery potential, independence and reintegration.

S3 continues to work with partners to rally stroke survivors, their families, volunteers and partners to raise awareness of stroke prevention in the wider community.

OUR COMMITMENT

RECOVERY

To maintain our position as the leading community-based rehabilitation and wellness centre for post-stroke recovery, S3 is continuously seeking new ways of enhancing the recovery journey for stroke survivors through tech-advanced and innovative programmes, support services, education and training.



PREVENTION & OUTREACH

To tackle rising stroke cases, S3 is reaching out to various communities to educate the public about stroke. We have been conducting stroke awareness and prevention talks at various Active Ageing Centres (AACs) and to corporate office workers across Singapore. We will also be reaching out to isolated seniors and stroke survivors in our community.

SUPPORT

We understand that caregivers have a unique set of challenges alongside those of a stroke survivor in the process of post-stroke recovery. S3 has thus embarked on a Family Care Programme / Caregiver Support Programme that provides case management, counselling, referral assistance, caregiver training and support for the psychosocial and affective needs of caregivers.



Rehabit uses 3d-printing technology to create customisable products for easier, self-guided therapy when at home.



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REHABIT

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today

REHABILITATION AT S3

WALK-ON@S3

S3 has been leading in the use of advanced and innovative technology to enhance the rehabilitation journey and complement current therapy practices. Our Walk-on@S3 programme uses high technology and intelligent robotics for lower limb rehab to help stroke survivors improve strength, balance, and endurance.

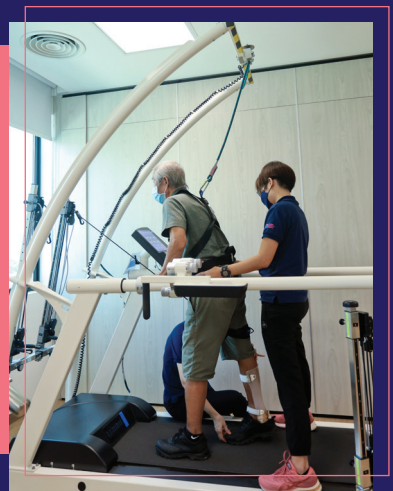


AlterG Anti-Gravity Treadmill

The AlterG uses NASA Differential Air Pressure (DAP) technology and data analytics to allow users with lower extremity impairments to train and strengthen their limbs safely. The unweighting technology allows for balance and endurance training through challenging standing exercises, walking or even running.

Robowalk Expander Treadmill

The Robowalk is a computer-assisted treadmill system providing gait correction training for users with adjustable cables that can be set to match the needs of each individual.





Exoskeleton

S3's Exoskeleton Programme includes the use of a high-tech and wearable robotic machine that helps to train users' standing and walking abilities with precise, real-time data analytics and feedback. Stroke survivors can find out the number of steps completed in a session to track their progress, which can improve their confidence and spur motivation.

Upper Limb Therapy

Sessions focus on upper limb exercises such as stretching, strengthening and coordination activities aimed at improving or maintaining movement and function of the shoulders, elbows, wrists and hands. Activities are also done as a group which promotes bonding and social engagement among stroke survivors.



Cognitive Therapy

Cognitive activities such as word and number games, matching and association mental practices enhance different mental processes such as memory, identification and decision-making.

S3 WELLNESS PROGRAMMES

Our signature Wellness Programmes complement therapy programmes to maximise the full recovery potential of our stroke survivors. Wellness Programmes target both physical and psychosocial wellness through a variety of sessions that are fun, engaging, and specially designed to suit the needs of stroke survivors. S3 also runs virtual Wellness Programmes to allow more members to improve their overall well-being from the comfort of their homes.



Smart Lightings in S3 Wellness Room

Our recently renovated Wellness Room, located at our Enabling Village centre, is equipped with smart Philips Hue lightings donated by Signify Singapore. Featuring a wide selection of colours, scenes and effects, the lightings enhances participants' focus and experience of Wellness Programmes.

IMPROVING PHYSICAL FITNESS



Seated Tai Chi

Improving flexibility, stamina, and quality of sleep with adapted tai chi.

Kickboxing

The ultimate total body workout for cardiovascular and strength training, adapted for stroke survivors.



ENHANCING PSYCHOSOCIAL WELLNESS



Neurologic Music Therapy

Promoting social engagement, improving brain stimulation and reducing stress with music.

Art Therapy

Allowing a safe space for stroke survivors to express themselves in creative, non-verbal ways.



Movement Therapy

Supporting physical, mental and emotional wellbeing through dance, music and breathwork.

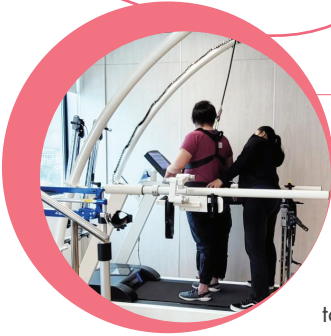
...AND MORE!



Animal-Assisted Learning

A collaboration and pilot programme with EQUAL-ARK Singapore to explore rehabilitation of stroke survivors with animals.

STROKE SURVIVORS



Carina Tan

Stroke Survivor, 37 years old

Life took a sharp turn for Carina when she had a hemorrhagic stroke in 2022. She felt that she had lost her independence and confidence due to the effects of the stroke, and had to leave her job as a result. She was also hesitant to leave home at first as she found it difficult to reintegrate back into everyday life and society.

However, Carina was determined to turn things around for herself. She registered with S3 in August 2022 to receive tech-advanced rehabilitation, conventional physiotherapy and occupational therapy to regain her strength and confidence. With hard work and resilience, Carina has improved tremendously in her recovery journey; she can now walk independently, has returned to working with her previous company, and even drives to work!



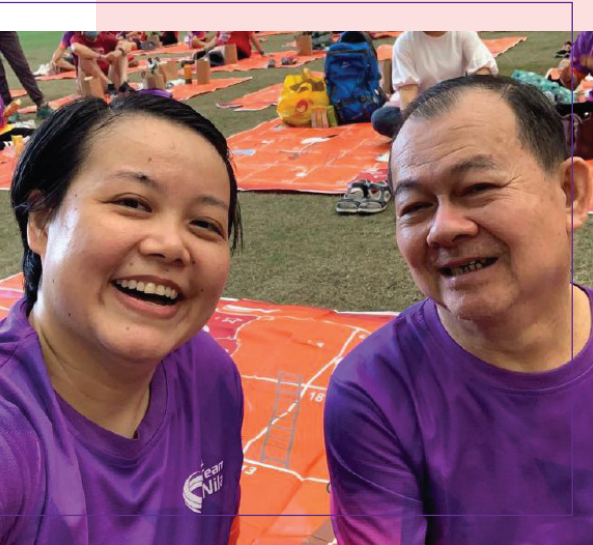
Mohamad Kamsani

Stroke Survivor, 38 years old

His stroke had happened only in December 2022, but Mohamad knew that he had to recover as best as he could for the sake of his one-year-old son. His family was quick to seek post-stroke rehabilitation and care at S3, where he sought for conventional physiotherapy, occupational therapy and speech therapy to work steadily towards recovery.

Thus far, Mohamad has been progressively improving in his physical mobility and strength, and has also been excelling in meeting his recovery goals for speech and language, such as improved reading speed and accuracy. Motivated by his dear son, Mohamad is gearing up to return to work as soon as possible so that he can continue supporting the family.





Liew Huay Ling

Freelance Fitness Instructor & Tutor,
42 years old

through to pave a way towards her father's recovery journey.

When she discovered S3's first and newly-opened centre within Enabling Village in 2016, she wasted no time to register her father as an S3 Member. With consistent rehabilitation and opportunities to interact with other stroke survivors, Huay Ling was immensely proud that her father quickly improved both physically and emotionally; he is confident now to go out on his own to regularly attend S3 Wellness sessions and meet friends!

When her father had a stroke in 2015, Huay Ling not only took up the role of his main caregiver, but also decided that the best way to support him was to leave her then full-time job.

Although her income took a hit, this sacrifice made it easier for Huay Ling to better juggle between her freelance work and her father's scheduled appointments, transporting him between home and the rehab centre, and providing emotional support for her father who exhibited signs of depression in his first year after the stroke. It took some time and resilience to adjust to these new changes and responsibilities, but Huay Ling powered

Huay Ling hopes that other caregivers remember to care for themselves as well, and find their own ways of de-stressing.

"What one needs is to believe in yourself, and believe in the person you're caring for," she said, "and always look for help if you really need it."

VOLUNTEER



Annamalai Letchumi

Retiree,
69 years old

For Letchumi, volunteering has become more than just a way to keep herself busy after retirement. Besides spending her time productively to help S3 run wellness programmes and events for stroke survivors, she also feels that she is contributing back to the society, which makes her feel good.

Letchumi also finds joy in meeting both new and familiar faces every week at S3 where she is able to bond with other volunteers, participants and staff during programmes.

"I don't feel like a stranger here," she says with a big smile. "I feel like we've become part of the S3 family. They (the staff) talk to us like friends."

She is also happy that she can participate and follow the session's activities alongside stroke survivors as well, which helps in keeping herself physically and mentally active. Letchumi is grateful to be part of S3's volunteer team.

"When you do something with your heart, you won't look for a reward."

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Models from Stroke Support Station
From left: Catherine Lee, Thng Wen Yi and Zhang Miao Yi

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COLLABORATIONS WITH YOUNG INNOVATORS

Because stroke can affect one's abilities to perform Activities of Daily Living, we believe that supporting stroke survivors should go beyond centre-based care to help them relearn and regain independence in everyday life. S3 has thus begun to collaborate with two young social innovators on projects that modify the home environment to enable stroke survivors to be as independent as they can at home.

Claudia Poh *Founder of Werable*

Claudia is a fashion designer who founded Werable, an inclusive fashion brand specially curated for people with disabilities. A portmanteau of the words 'We Are Able', Werable creates stylish, functional and easy-to-wear clothing that empower the individual. S3 has worked with Claudia on a few projects thus far that have allowed some of our stroke survivors to regain their confidence with fashionable apparel that gives them a sense of agency and identity.



John Tay *Founder of Rehabit*

John is a design engineer whose father got a stroke in 2021. Inspired by the everyday challenges faced by his father after the stroke, John set up Rehabit, a social enterprise that produces assistive and rehabilitative products that allow stroke survivors to continue their rehab activities at home, without the need of a therapist. S3 is working with John to explore ways to introduce Rehabit into the living environment of stroke survivors to facilitate the recovery journey at home.



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**Thank you for all
your support, care
and love towards
our stroke survivors.
We hope for your
continued support
for S3 in the years to
come.**

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Opening Hours: Mon-Fri, 9:00am - 5:00pm



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