

Volunteer Schedule November to December

Weekly	Activity	Time	Group
Monday	On Piano – Ms Ng Bie Tin	4.00pm – 5.00pm	Sapphire (Musicians)
Tuesday	Hair-cutting	8.30am – 10.30am	Sunstone
Wednesday	Library Volunteers	10.00am – 12 noon	Sapphire
Thursday	Patients' Outing On Piano – Ms Yuko Arai	8.30am – 12 noon 9.00am – 10.00am	Emerald Sapphire (Musicians)
Friday	Happy Hour On Piano – Mr Patrick Foo	4.15pm – 5.15pm 5.00pm – 6.00pm	Sapphire Sapphire (Musicians)
Saturday	Gardening On Piano – Mr Lin Xu Zheng Dr Lai Kok Fung	10.00am – 1.00pm 3.00pm – 4.00pm 4.00pm – 5.30pm	Topaz Sunshine Sapphire (Musicians)
	Massaging Patients	4.00pm – 6.00pm	Opal
Sunday	On Violin – Ms Samyukta Balsubramani On Piano – Mr Kelvin Hwang	11.00am – 12 noon 5.30pm – 6.30pm	Sapphire (Musicians)

Monthly	Activity	Time	Group
Monday			
13 Nov & 11 Dec	Pet-Assisted Therapy	2.30pm – 3.30pm	Ruby
Wednesday			
15 Nov & 20 Dec	Soup for Patients	12 noon – 1.30pm	Pearlie's Angels
Saturday			
4 Nov & 2 Dec	Birthdays	3.00pm – 5.00pm	Diamond
4 Nov & 2 Dec	Ukulele performance for patients by Moulmein CCC	3.00pm – 4.00pm	Aquamarine
4 & 18 Nov 2, 16 & 30 Dec	On Piano – Ms Mikaela Low	10.30am – 11.30am	Sapphire (Musicians)
11 & 25 Nov 9 & 23 Dec	Popular evergreen songs for patients	11.00am – 12.00noon	Charis Amethyst
11 & 25 Nov 9 & 23 Dec	Saturday Afternoon Sing-Along	3.00pm – 5.00pm	Blue Sapphire
25 Nov & 23 Dec	Pet-Assisted Therapy	10.00am – 11.00am	Ruby
Sunday			
12 & 19 Nov 10 & 17 Dec	Kopi & Roti Session	10.00am – 12 noon	SOKA

Training Courses	Date	Time	Venue
<i>Courses are conducted in English</i>			
Basic Palliative Care Part 2 – Session 1	4 Nov	9.00pm – 4.30pm	Resource Room
Basic Palliative Care Part 2 – Session 2	11 Nov	9.00am – 4.30pm	Resource Room

For more information on DPH programmes, please contact:
Tok Shou Wee at Tel: 6500 7265 / HP: 9048 9174 or email shouwee_tok@doverpark.org.sg

Chitchat



DOVER PARK HOSPICE
Every Moment Matters

Newsletter for Dover Park Hospice Volunteers • Thank you for Volunteering

Nov – Dec 2017

A STERLING AFFAIR

Dover Park Hospice held its annual gala fundraiser on 27 August 2017 at the Ritz Carlton Millenia Singapore. The event was themed 'A Sterling Affair' and President Tony Tan and Mrs Mary Tan graced the event with their presence. The evening was a great success as we managed to raise \$1,050,000. Dover Park Hospice's very own DPH GEMS Showchoir also performed at the event to some 600 distinguished guests and donors.



CREATING MOMENTS
THAT MATTER



DPH 25TH ANNIVERSARY ROADSHOW @ BISHAN COMMUNITY CLUB

Thank you to all volunteers who helped out at the event! Here are some photos taken on site!



Passion for training

Sister Halijah Binte Jantan, Nurse Educator, is a familiar face to volunteers, especially new volunteers. Currently, she trains new volunteers in the Basic Nursing Information module of the Basic Palliative Care Training for Volunteers. Read on to find out more about her!

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What are some of the challenges in engaging volunteers during training and how do you overcome them?

☞ Language barrier

Some volunteers are non-locals and I need to introduce them the commonly-used terms such as patient's pyjamas we usually refer to it as 'baju'.

☞ Patient-Volunteer relationship

They need to acknowledge that some patients need their personal space e.g. do not rearrange patients' personal belongings even a tissue box. They need to be sensitive, as some patients do not like to be touched by people whom they are not familiar with.

☞ Culture

Some volunteers are culturally sensitive e.g. cannot attend to patients of opposite gender. I would encourage them to join activities that do not have patient contact e.g. gardening.

☞ Emotional Impact

Some volunteers may have emotional impact on the death of some patients. I encourage them to stay away from volunteering temporarily, until they are more composed and ready to volunteer again to prevent burn out. I do give them tips on self-care.

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Any words of advice for prospective volunteers or those who are about to embark on their volunteer journeys with us?

☞ Sincerity

Be there for the patients. You are there to listen to them, walk through their journey together with them without any personal agenda.

☞ Respect Patients

Do not enforce your personal values and/or principles of life or influence patients' thoughts.



Patients at this stage are vulnerable. Do not try to influence their decision. Should there be any problems or issues, please refer to the volunteer programme manager or the staff nurse in-charge.

☞ Be Yourself and Make a Difference

Enjoy your volunteering journey. Stay positive and give suggestions to improve the volunteer's relationship with patients, family members and staff. Every day is a learning day and patients are our teachers. Thank them for being part of your volunteering journey.

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What is the most memorable encounter you have had when conducting training for others?

☞ Power of Narrative

When sharing my personal experience as a cancer patient, some of the volunteers shed tears. Some recall their experience looking after their demised loved ones and the challenges they faced. Moving on, they want to walk the journey with the patients and families as they were once in their shoes.

☞ Group Activities

During training, they will have a session of team building. They need to work as a team to solve some situations. They need to think out of the box and come up with some quick decisions.

Seeing their teamwork and efforts pay off with healthy competition within the team really touched my heart. So was their enthusiasm in making the training a successful and fruitful learning journey.

☞ Feeding Fish Therapy

At end of the training, the volunteers had the opportunity to feed the koi in our koi pond. They were amazed at how feeding the fishes could bring such joy to them. The colourful fishes symbolise the multi-culture aspect of Singapore. The koi continue to stay together even when there's no more food. They hope they will continue to volunteer as a team and like the koi; they possess the hunger for knowledge to keep them abreast and updated to enhance their volunteer work.