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# Enabling Services Hub



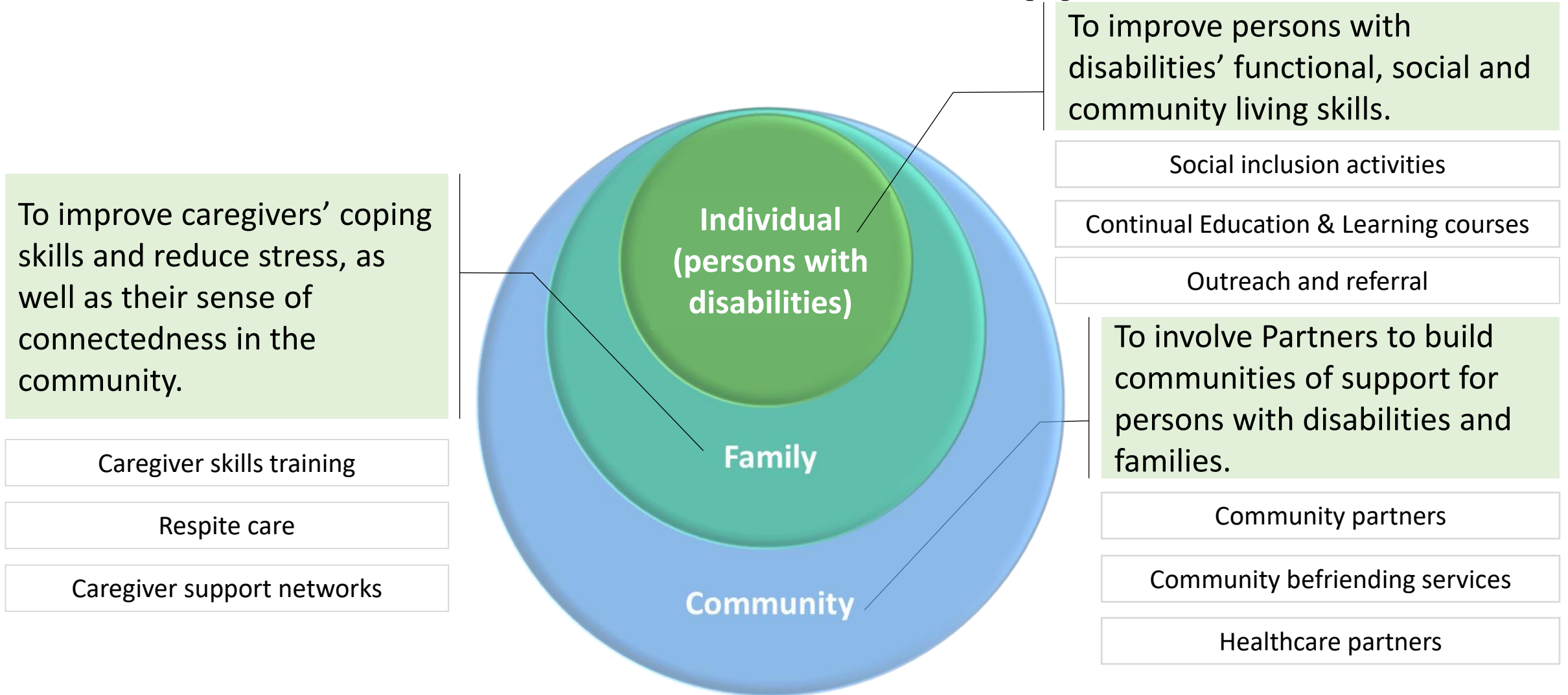
## **Future-Ready Society Conference: Placed-Based Approaches – Localities for Local Action**

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23 October 2023

# Objectives of Enabling Services Hubs (ESHs)



# A Hub that Provides All-Rounded Support



# Community Activities

- ESH@Tampines, set up in partnership with SPD, was launched on 14 August.
- SPD has been trialling activities in the Tampines and Bedok communities since May 2023, with the focus on social inclusion activities. Full spectrum of activities started since the ESH Launch.
- SPD works closely with community. Eg: HPB fitness sessions, where ESH clients are invited to join the residents (persons without disabilities) in their workouts.
- Activities will fulfil minimally one of the key areas identified from the Daily Living Skills Framework

Key Areas	Self Care	Health	Home Living	Community Living	Leisure	Digital Literacy
Key Skills	Skills for personal grooming, good personal hygiene, modesty	Skills for better physical and mental health; such as eating healthy food, exercise, sexual health	Skills to better support one to live at home, including domestic chores, such as cooking, learning about AT devices for home living	Skills for community living, such as social and communication skills, commuting, road safety, financial literacy and management, wayfinding	Skills necessary for leisure, such as hobbies and sport, relationships, social interactions, making friends	Skills necessary for the digital future, including use of digital devices, social media and networks, digital awareness and safety
Focus Areas	Personal grooming  Personal hygiene	Healthy living  Accessing health care facilities  Mental well-being	Laundry  Housekeeping  Meal planning & preparation  Grocery shopping & choosing food	Social & communication Skills  Financial literacy / management  Commuting in community  Navigating in community	Participating in leisure activities  Awareness of available leisure activities	Use of social media  Awareness of cybersecurity  Performing online transactions  Accessing e-services

# Working with partners to organise inclusive activities in the community

## Inclusive Activities in the Community

- Forms bulk of the ESH's community activities
- Activities conducted with the involvement of persons without disabilities (as participants, volunteers etc.)
- Focused on improving their general functional and social skills, and sense of well-being and inclusion

## Continual Education and Learning Activities

- Focused on skill retention and building capabilities for persons with disabilities and caregivers
- Best delivered in specialised settings for persons with disabilities and caregivers

### Examples of Community Partners



Brisk Walking



Volunteering at National Library Board



Visit to National Gallery Singapore



Art & Craft



Health Promotion Board



NATIONAL GALLERY SINGAPORE



SG Cares



NLB



ART:DIS  
ARTS & DISABILITY SINGAPORE



ActiveSG



Money Management



Food Preparation



Digital Literacy



Kopi Talks

# ESH Featured on CNA



From CNA 14 August 2023 "Enabling Services Hub opens in Tampines to support people with disabilities, caregivers"

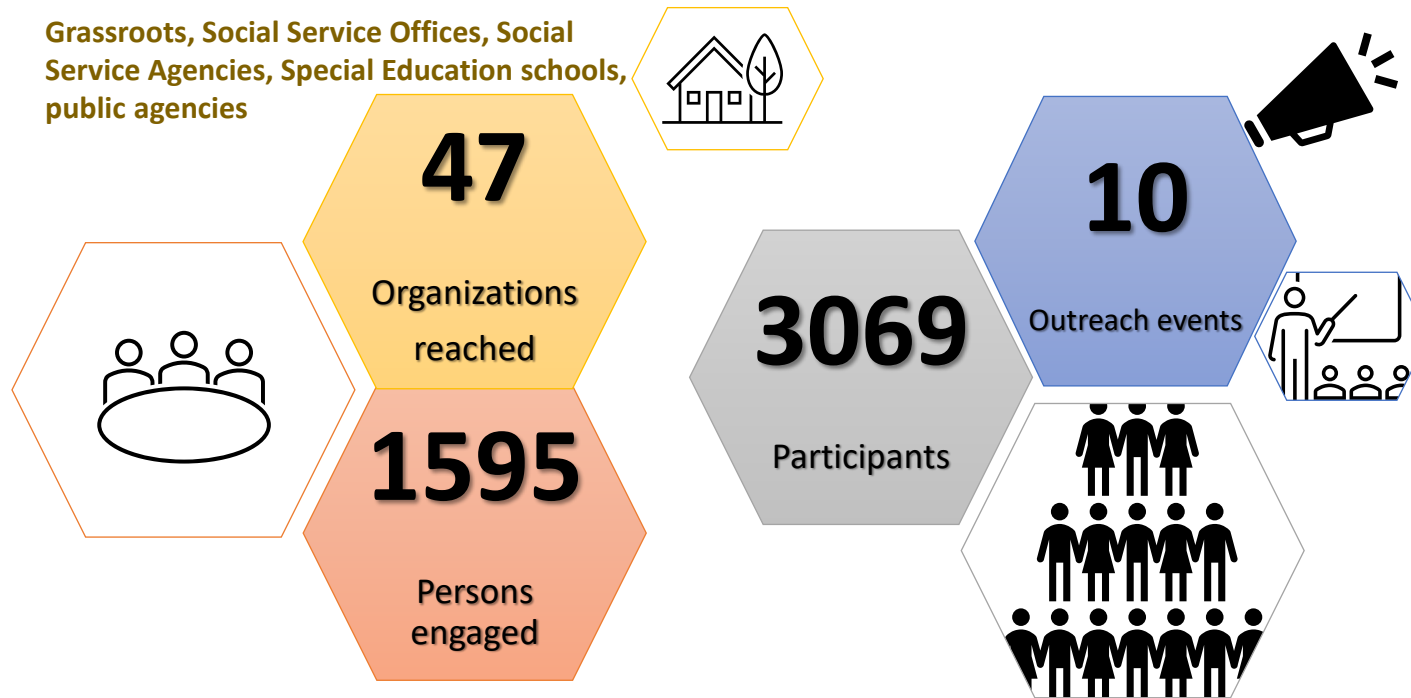
# Community Engagement

- Since late 2022, SPD has made various efforts to establish its presence in Tampines & Bedok for referrals.
- To continue to connect with the community to build support for persons with disabilities and families.

## Partnerships & Engagement

October 2022 – September 2023

Grassroots, Social Service Offices, Social Service Agencies, Special Education schools, public agencies

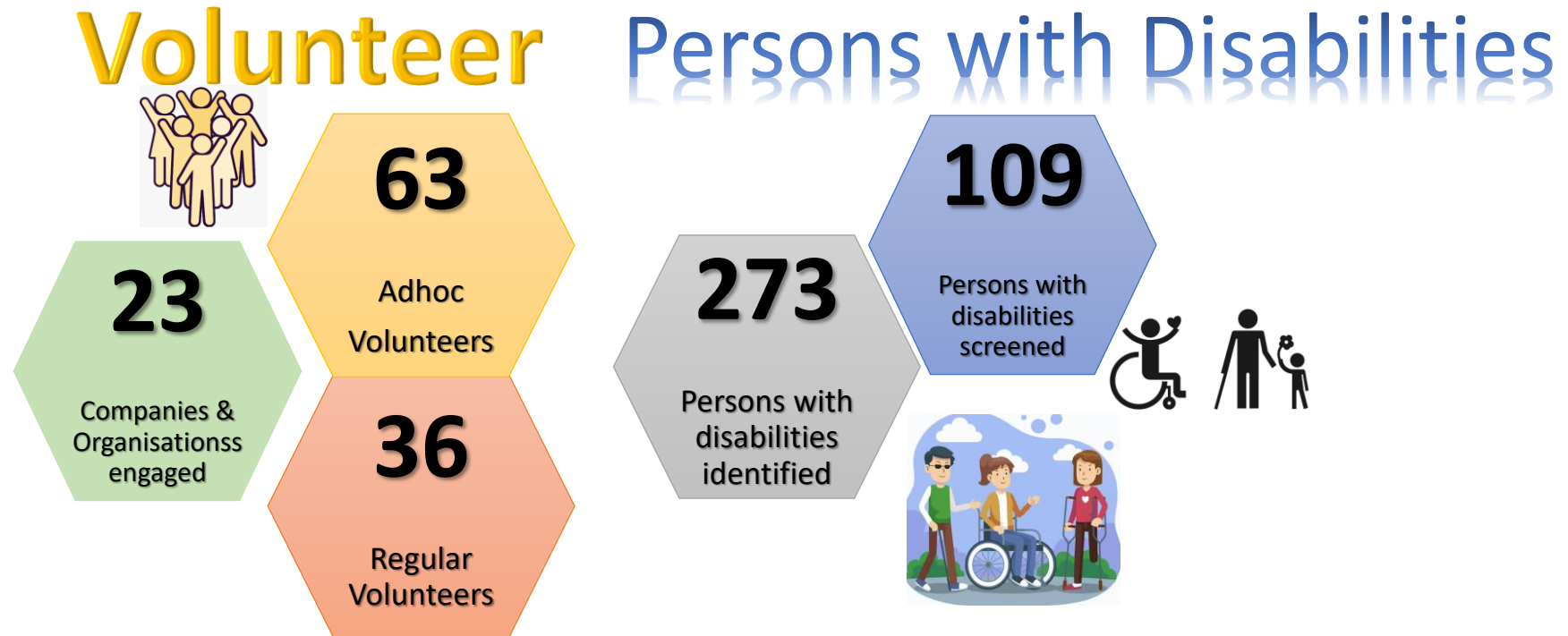


# Volunteer Engagement & Outreach

- Volunteer Engagement - ESH recruits, trains and develops volunteers and residents to support our clients and families.
- Persons with Disabilities Outreach - SPD has knocked on 2,100 doors since its outreach efforts commenced in Mar 2023.

## Volunteer & Persons with Disabilities Outreach

March 2022 – September 2023





# Sample – Activity Calendar in October

ENABLING SERVICES HUB ACTIVITIES / EVENTS – October 2023						
Time	Mon	Tue	Wed	Thu	Fri	
	2	3	4	5	6	
Morning	Bokwa Heartbeat@Bedok Atrium 9.30am to 10.30am	Seated Volleyball TWCC Auditorium 10am to 12 noon KpopX Fitness TWCC Basketball Court 11am to 12 noon	Jalan Jalan Bedok Reservoir 9am to 11am	Care for our world Activity Room 7 9am to 11am	Resistance Bands Exercise Heartbeat @ Bedok Atrium 9.30am to 10.30am	Money Management(IFL) TWCC Activity Room 7 10am to -11.30am
Afternoon		Pilates Our Tampines Hub 4pm to 5pm		Volunteer @NLB	Gaming Heartbeat @ Bedok 2pm to 4pm	
	9	10	11	12	13	
Morning	Bokwa As above	Seated Volleyball As above KpopX Fitness As above	Low Impact Aerobics TWCC Basketball Court 11am to 12noon	Care for our world As above	Resistance Bands Exercise As above	
Afternoon		Karaoke TWCC Activity room 2pm to 4pm	Cooking Mama TWCC Community Kitchen 2pm to 4pm	Volunteer @NLB	Gaming As above	
	16	17	18	19	20	
Morning	Bokwa As above	Seated Volleyball As above KpopX Fitness As above	Jalan Jalan As above	Care for our world As above	Resistance Bands Exercise As above	Money Management(IFL) TWCC Activity Room 7 10am to -11.30am
Afternoon		Pilates As above		Volunteer @NLB	Gaming As above	
	23	24	25	26	27	
Morning	Bokwa As above	Seated Volleyball As above KpopX Fitness As above	Low Impact Aerobics As above	Care for our world As above	Resistance Bands Exercise As above	
Afternoon		Karaoke As above	Cooking Mama As above	Weave a Coaster 1 Maude Rd 3pm to 4.30pm	Reci me 1 Maude Rd 3pm to 4.30pm	
	30	31				
Morning	Bokwa As above	Seated Volleyball As above KpopX Fitness As above				
Afternoon		Pilates				

# Caregiver Respite Calendar in October



## CAREGIVER RESPITE SERVICES

Supporting our caregivers  
through drop-in programme

### CRITERIA:

- Registered Enabling Service Hub (ESH) clients

**Caregivers can register their family member with disability who are:**

- Between 19 and 60 years old
- Singapore Citizen or PR
- Residents of Tampines and Bedok towns
- Currently not enrolled in any disability programme or service

### TIME SLOT:

**Monday, Tuesday, Thursday and Friday slots at Tampines West CC:**

- 9am-12pm
- 12pm-3pm
- 3pm-6pm

**Wednesday timeslot:**

- 12pm-3pm
- 3pm-6pm
- 6pm-9pm

**Please contact ESH 1 week in advance to check for availability.**

Not just a volunteer,  
but a friend who  
makes the impact  
on their lives.

Volunteer at the  
ESH@Tampines  
to help improve the  
quality of life of persons  
with disabilities.

# Thank You



### Who will you help at the Hub?



Persons with disabilities who are:

- between 19 and 60 years old,
- residents of Tampines and Bedok towns.

### Volunteer opportunities



#### Befriending

Visit persons with disabilities and their caregivers to keep them socially engaged.



#### Community outreach

Survey, engage and provide information about ESH@Tampines to households in the vicinity.



#### Skills-based

Share your skills and talents with the community at ESH@Tampines' events.

### Contact us

Volunteer with **ESH@Tampines** and make a difference in the lives of persons with disabilities



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[www.enablingguide.sg/esh](http://www.enablingguide.sg/esh)

ESH@Tampines is set up by SG Enable in partnership with SPD