PRESBYTERIAN Community Services
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Inspiring tomorrow's community today

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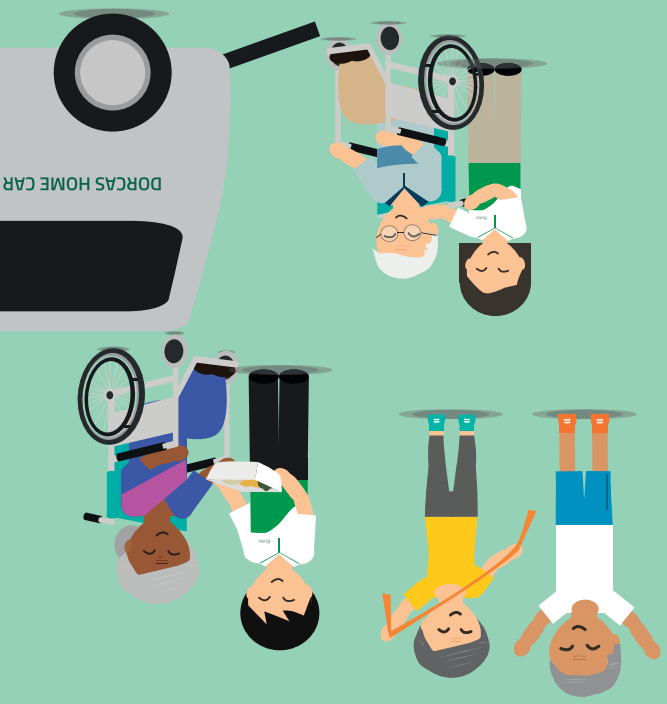
Presbyterian Community Services

Presbyterian Community Services (PCS) is a social service agency providing dedicated care to the needy for more than 45 years. We have a wide range of services such as infant care, childcare, special needs, special needs school, residential home for teenage girls, youth-at-risk programme, eldercare services, emergency relief scheme and other services to meet the multi-generational needs of the population.

PCS is registered as a charitable body under the Charities Act (Cap. 37, 2007 Rev Ed.) ("Charities Act") and a Full Member of the National Council of Social Service since 1985. PCS is also a foundation member of St Luke's Hospital.

For more information about our services, please visit our website at www.pcs.org.sg



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This National Day, meet Mr Song.

Hidden behind his mask is a lovely smile, but he was not always like this. Turn the page to read his story.

Renewed Zest For Life!

'Suicides in Singapore reach 8-year high in pandemic-hit 2020, with elderly suicides highest since 1991' – this article by TODAY identified social isolation as a key contributing factor to a worrying trend.

Mr Song (not his real name) injured his left leg severely in a car accident back in 1982. Although he received surgery and continued working, his leg began to act up about 10 years ago. This affected his mobility and daily activities like getting his meals.

The pain he experienced daily also kept him from wanting to interact with others. By the time he got acquainted with PCS Martha Seniors Activity Centre (SAC), Mr Song had become quite the loner.

The staff of PCS Martha SAC made it their immediate priority to apply to the Agency for Integrated Care (AIC) for meals to be delivered to his doorstep daily. Staff and volunteers began to follow up with him regularly. When they learnt of his interest in gardening, they got him some seeds and tools to get him started.

Today, at 64, Mr Song is much happier and more optimistic than before. "Previously, when we called him, he would ask if we were calling just to check if he was "still breathing"," says Amy Le, Community Support Executive at PCS Martha SAC. "But in recent conversations, he has really opened up and even jokes with us." He has gotten closer to staff and appreciates the friendships he has formed.

Mr Song now visits the centre a few times a week for his newspaper reading, has started participating in more activities organised by the centre, and makes sure to water his potted plant (which he thoughtfully put in a sunlit spot) daily.

重燃生命意志

根据TODAY发表的一篇文章，2020年自杀率创下8年来新高，年长者的自杀率更达到了1991年的最高点。社会孤立是导致此社会隐忧的关键因素。

1982年，宋先生（化名）的左腿在一场车祸中严重受伤，尽管他接受了手术并继续工作，但是他的腿在大约10年前开始恶化，造成行动不便，连日常活动，如饮食的安排都成问题。日复一日的痛苦经历使他远离人群。当他初次来到长老会社区服务属下的马大乐龄活动中心时俨然成为一位孤独者。

长老会社区服务马大乐龄活动中心员工立即向护联中心 (AIC) 提出申请每日餐饮配送服务，解决当务之急。员工和志工也经常跟进宋先生的情况。当他们得知宋先生喜爱园艺后就为他添置种子和工具让他开始种植。

如今，64岁的宋先生比以前更加快乐和乐观。马大乐龄活动中心主管，李施芳说道："以往，我们打电话给他时，他会问我们是否是为了确保他'还在呼吸'。但是现在他可以敞开心扉和我们畅谈，甚至还会和我们开玩笑。"

他与员工们的关系日益密切，情谊也与日俱增。宋先生每周都会到中心看报几次，并开始参加中心的多项活动，除外，他悉心地将盆栽放在阳光下，每日灌溉。

PCS Seniors Activity Centres (just like in Mr Song's story) organise activities to help elderly age-in-place, monitor their well-being, and offer social work intervention where needed. Your donation will go a long way in helping us to support our clients of all ages in the community.

(Please complete all fields in **BLOCK LETTERS**)

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please tick ☑ where applicable

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