



## CHAIRMAN'S MESSAGE



Dear Friends in St John Singapore,

As we come to the end of 2021, I reflect on the many challenges we had to face over the past 12 months, and I heave a sigh of great relief. The organization has cleared several hurdles and surpassed the expectations of many during this period. This has clearly been possible with Blessings from God, as well as good teamwork on the ground.

One of the biggest hurdles we crossed was in the middle of the year, when we submitted our application for renewal of the IPC status. Prior to the application, we did a lot of groundwork to improve our processes, governance and compliance. We also did training for Volunteers (such as briefings and dialogue sessions). Staff were sent on training. After many exchanges of correspondence with our Sector Administrator, our answers to rigorous questions passed the tests, and our IPC status was renewed for 3 years (till 30th June 2024).

We are also glad to report that we passed accreditation exercises for the following:

- Bizsafe Level 4 on 8 March 2021
- ISO 29993 Surveillance Audit on 29 Oct 2021
- SFA Recertification on End Dec 2021

Our Dementia Centre was inspected on 18th November 2021 and we continue to gradually increase our activities with the highest standards of safe management measures in place.

We have intentions to widen our outreach to the local communities, especially the seniors and to include the migrant workers.

In this final newsletter issue of 2021, we highlight several important events that have taken place throughout the year, including the Brigade Chief Commissioner's Change of Command Ceremony and the good work that our volunteers have been doing despite the COVID-19 pandemic.

On behalf of National St John Council of Singapore, I wish everyone success in all your endeavours. Season's Greetings to all. Pro Fide and Pro Utilitate Hominum.

**Dr Sayampanathan S R E, PBM, KStJ**  
**Chairman, National St John Council of Singapore**

## CONGRATULATORY MESSAGE



Congratulations to Ms Nancy Sim Hong Suan, OStJ, Honorary Treasurer of the St John Fellowship Management Committee for being conferred the Public Service Medal, Pingat Bakti Masyarakat (PBM) by Her Excellency, Mdm Halimah Yacob, President of the Republic of Singapore this National Day for rendering commendable public service in Singapore.

# BRIGADE CHIEF COMMISSIONER'S CHANGE OF COMMAND CEREMONY



Outgoing Chief Commissioner, Prof Christopher Goh giving his farewell speech to the Brigade

On 13 March 2021, a Change of Command Ceremony was held at the National Headquarters in line with the COVID-19 Safe Management Measures, where Dr Nelson Chua, CStJ took over command of the St John Brigade from Professor Christopher Goh, CStJ.

Prof Christopher Goh completed his term of office on 12 November 2020. In his farewell address, Prof Goh paid tribute to the officers, members and cadets from all walks of life whom he had led over the past eight years. He cited three areas which made him proud as Chief Commissioner. Firstly, our cadets had ensured a high standard of First Aid and Home Nursing, winning the Lee Kong Chian Challenge Trophy during the Singapore-Malaysia First Aid Competition. Secondly, the precise, disciplined drills and smart turnout from our officers and cadets on parade won praise from our foreign guests during the Priory Inauguration, Grand Council Meeting and Brigade General Inspections. Thirdly, the Brigade had risen to the challenges brought on by COVID-19. First Aid training for our cadets was conducted via Home Based Learning, and this was subsequently extended to Home Nursing and implemented for the Officer and NCO courses. This helped to maintain a sense of normalcy in the lives of our volunteers and cadets, and continued to engage them virtually and innovatively. Prof Goh also recognized volunteers from the St John Response Unit, who partnered with our counterparts from St John Malaysia to support the transport of pregnant women back to Malaysia during their Movement Control Order.



Advisor to the NSJC, Prof Low Cheng Hock introducing the new Chief Commissioner

Prof Goh paid tribute to the hard work put in by the Transformation Committee who came together over a few years to study how the Brigade could continue to remain relevant to serve the community through the various projects, continuing to train future generations of cadets in First Aid, and fly the Singapore flag high beyond our shores.

Prof Low Cheng Hock, KStJ, Advisor to the National St John Council then introduced the incoming Chief Commissioner, Dr Nelson Chua, CStJ, who had been with St John since 1992. He had served with distinction as a Senior Consultant Anaesthesiologist at Tan Tock Seng Hospital, and also the



Chief Commissioner, Dr Nelson Chua giving his introductory speech to the Brigade

Singapore Armed Forces Medical Corps, attaining the rank of Lieutenant-Colonel (NS). For his contributions, he was awarded the Commendation Medal (Military), the Long Service Medal in the National Day Awards as well as the Officer of the Order of St John.

The Brigade expresses its heartfelt gratitude to Prof Christopher Goh for his leadership of the Brigade, and welcomes Dr Nelson Chua as our new Chief Commissioner.

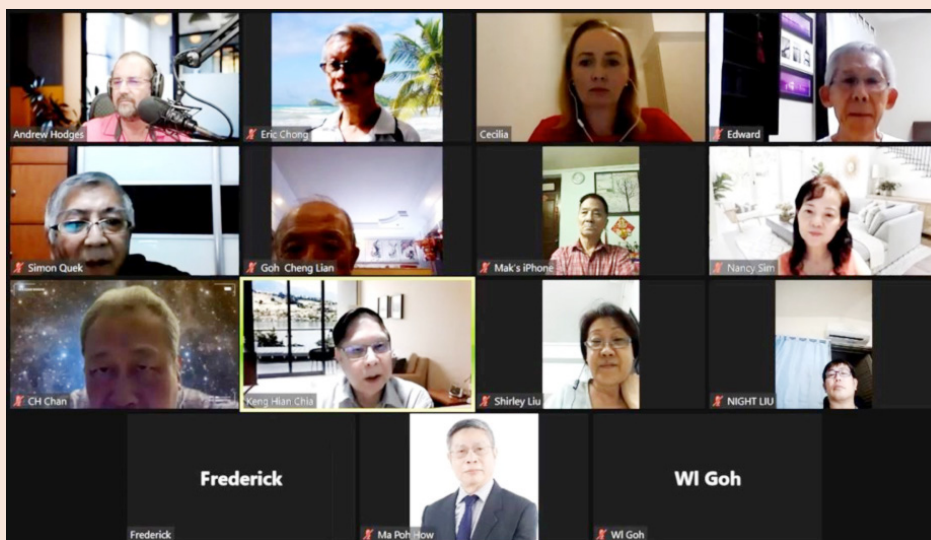
**Mr Matthew Chua**  
**Head, Brigade Administration, St John Brigade Singapore**



Prof Christopher Goh handing the Brigade Colour to Dr Nelson Chua, with Dr S R E Sayampanathan and Mr Tian Mong Ching observing the ceremony



# HAPPENINGS AT ST JOHN FELLOWSHIP



Virtual Sharing Session for St John Fellowship Members

The St John Fellowship conducted its first virtual talk on Physiotherapy and Dementia Care for its members on 16 September 2021 to raise awareness around, educate, encourage support of and demystify dementia. The talk delivered by Ms Cecilia Cramer, BAppSc(Physiotherapy) was held in conjunction with the World Alzheimer's Month in September. Cecilia has 26 years of experience as a Physiotherapist in Australia. She is a member of the St John Fellowship Management Committee and a volunteer Physiotherapist with the St John Singapore Dementia Centre.

The talk was attended by 13 Fellowship Management Committee members together with its advisor, Mr Ma Poh How.

**Mr Eric Chong**  
**Honorary Secretary, St John Fellowship Management Committee**

## Session Content

- **Dementia** - overview, types, signs and symptoms
- Alzheimer's disease, Vascular dementia, Lewy Body disease
- Phases of dementia
- Statistics in Singapore
- Risk reduction - heart health, body health and brain health
- **Physiotherapy** - role in dementia care
- Exercise benefits, types
- Fall prevention
- **St John Dementia Centre - Activities and purpose**
- Strategies to help



UMBRELLA term used to describe a collection of symptoms that are caused by disorders affecting the brain. It is not one specific disease.

**There are over 100 diseases that may cause dementia Alzheimer's being the most common**

## Most common forms of Dementia

- **Alzheimer's disease** (up to 50-70% of all people with dementia)
- **Vascular dementia** (second most common cause of dementia 15-20% higher in Singapore)
- **Dementia with Lewy Bodies**
- **FTLD** Fronto-Temporal Lobar degeneration
- **Huntington's Disease**
- **Alcohol related dementia**

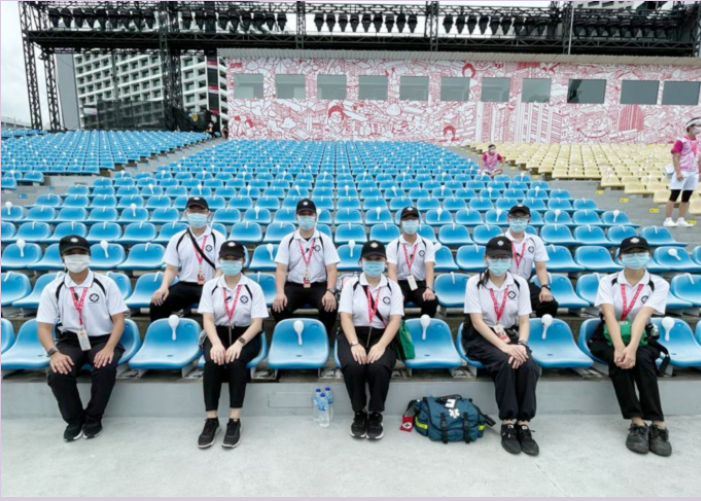


## Singapore statistics



- About 1 in 10 of the 60 years+ population suffer from dementia
- 82,000 Singaporeans with dementia in 2018 and is projected to increase to 152,000 by 2030<sup>1</sup>
- Almost half (45.5%) of dementia cases in Singapore are Vascular dementia whereas world wide it represents about 20%
- It is estimated that dementia will cost the economy between 5-6 billion dollars by 2030<sup>2</sup>

# PUBLIC DUTIES IN THE TIME OF COVID-19



SJS first aid team at the NDP rehearsal

Public duties have been a space for volunteering and contribution, where St John members apply their first aid skills in service to the public. Many passionate and enthusiastic volunteers have leveraged on public duties as an opportunity for learning and bonding with like-minded individuals. Once a mainstay of St John Singapore (SJS), public duties have slowed with the dearth of events conducted with live audiences in Singapore. Across the year, we have provided medical, first aid and emergency ambulance services to only a few major events. This is in large part due to the rapidly escalating severity of community COVID-19 cases, leading to frequent cancellation, postponement and downsizing of events.

The St John Responder Unit (SJRU) is the operational arm of the St John Singapore in organizing and performing public duties. When SJRU started the planning cycle for first aid coverage of the National Day Parade (NDP), the nationwide vaccination exercise had just begun. In response to the Singapore Armed Force's call for volunteers to assist in the first aid coverage of NDP, many volunteers across the Brigade came forward, but were unable to, due to not having completed their vaccination regime. Furthermore, as the Delta wave continued to rise, volunteers who were able to participate in the NDP public duty also had to undergo pre-event testing at the designated sites by the SAF as part of measures to ensure a safe event.



SJS first aiders with partners from the Singapore Red Cross and SAF Medical Corps at NDP

Following NDP 2021, lessons learnt from the NDP experience were applied to the Istana Open House, held during Deepavali. As Antigen Rapid Test (ART) kits were made more accessible to the public, SJRU continued this practice of self-testing by having our volunteers perform their own ART self-test at home before reporting for public duty. Self-testing allows our volunteers to practice first aid safely during public duty.

## ADAPTATION TO NEW MEASURES

With new challenges, opportunities for innovation arise. Throughout the course of this pandemic year, there was a need to constantly reflect and innovate how SJRU can continue our service to humanity, without compromising on the safety and quality of care we deliver. Such rapid adaptation could not have been possible without the open-mindedness of our volunteers, and their willingness to serve despite sudden changes and constant uncertainty. We evolve with the changing circumstances, to provide the best pre-hospital care possible. While Singapore is adapting to the new normal, so are we in ensuring public duties remain a safe space for our volunteers to contribute to the community.

**Mr Tan Kit Loong, Christopher**  
Deputy Head, Operations, St John Responder Unit



SJS first aider donning goggles and surgical mask as part of PPE and maintaining a spotter position overlooking the crowd during NDP



SJS first aid team at the Istana Open House



# SUPPORTING OUR MIGRANT WORKER COMMUNITY

Across six Sundays in August and September 2021, St John Brigade East District volunteers conducted virtual lessons to equip the migrant worker community with first aid and healthcare knowledge. This is the second year of partnership with ItsRainingRaincoats (IRR), an initiative that aims to improve the lives of migrant workers in Singapore.

Our volunteers taught the lessons in English, and they were translated to Bengali & Tamil with the help of translators. The first aid topics were chosen to be relatable to the potential hazards the migrant workers may face at their workplace. Beyond learning to recognize and treat basic wounds and bleedings, the migrant workers learnt about heat injuries and head and spinal injuries. Although done virtually, the volunteers included translated slides and interactive quizzes to keep our audience engaged. More than 50 migrant workers joined and benefited from each session.

Through these sessions, our volunteers also had the opportunity to interact and understand the challenges faced by migrant

ST JOHN SINGAPORE (EAST DISTRICT) X ITSRAININGRAINCOATS

## FIRST AID LESSONS

**WHEN:**

**SESSION 1: 1 AUG 2021 (SUN)**  
Heat Injuries

**SESSION 2: 8 AUG 2021 (SUN)**  
Burns and Wound Care

**SESSION 3: 15 AUG 2021 (SUN)**  
Heart Attack and Stroke

**SESSION 4: 22 AUG 2021 (SUN)**  
Severe Bleeding

**SESSION 5: 29 AUG 2021 (SUN)**  
Head and Spinal Injury

**SESSION 6: 5 SEPT 2021 (SUN)**  
Poisoning, Bites and Stings

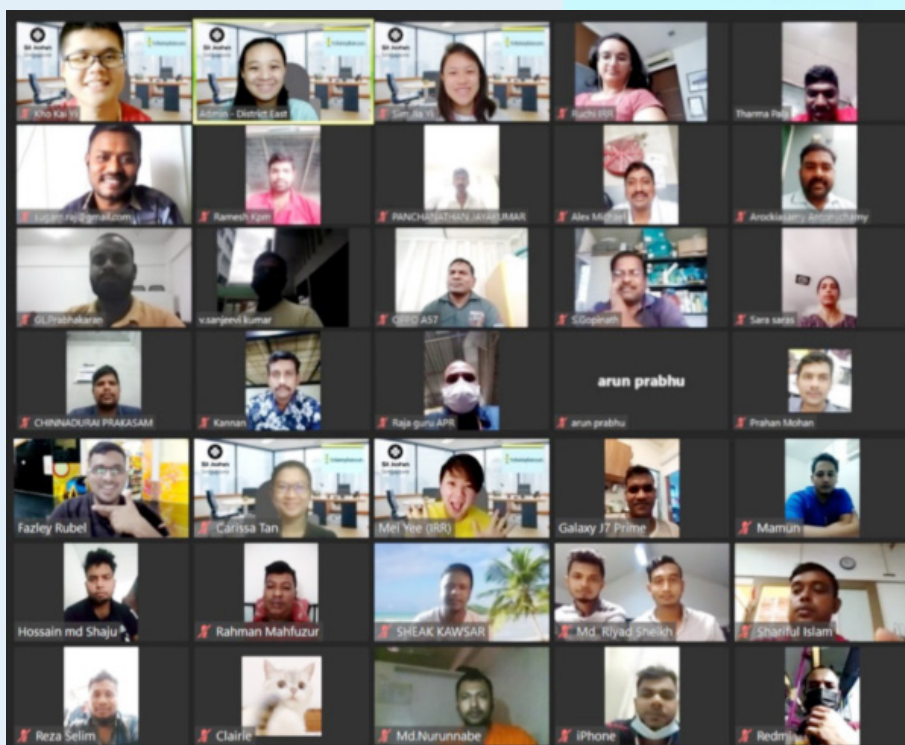
**TIME:**  
9: 50AM - 10:45AM

**WHERE:**  
ZOOM

**HOW TO JOIN:**  
Join our WhatsApp group by clicking the link in the caption!

**BACK BY POPULAR DEMAND!**  
Lessons will be conducted in English AND Bengali/Tamil!

ItsRainingRaincoats St John Singapore



workers amid the pandemic. The team was led by Lynn Sze and Carmen Koh, who drove the initial partnership and guided the volunteers to deliver the successful sessions. Special thanks to IRR for their immense support too!

**Ms Angelina Koh**  
Head, Community Engagement, East District, St John Brigade Singapore



# ST JOHN VOLUNTEERS HELP RAISE AWARENESS ON FALL PREVENTION IN SENIORS



Volunteers conducting door-to-door visits to engage and educate residents of Chua Chu Kang

The St John Brigade's Northwest and North Districts successfully executed "Project Happy Feet", a campaign to raise awareness on fall prevention in the Chua Chu Kang estate, from January to April 2021. Specifically, the campaign focused on the various types of hazards that causes falls, as well as educating seniors in our community on the measures they can take to reduce the risk of falling. Officers from the two districts conducted monthly outreach sessions at the Chua Chu Kang Community Club. They engaged residents by sharing basic fall prevention tips, and teaching simple exercises for elderly residents to strengthen their muscles.

On 17 April 2021, the campaign culminated with door-to-door visits across six residential blocks in Chua Chu Kang. In partnership with the Chua Chu Kang Youth Network, and also joined by volunteers from Southwest District, our officers reached out to more than five hundred households to educate on fall prevention, as well as to encourage residents to register for Covid-19 vaccination. The event was graced by Minister Gan Kim Yong, Member of Parliament for Chua Chu Kang GRC, who acknowledged the team's work and encouraged them to return to Chua Chu Kang to conduct future education on related health and safety topics.



Minister Gan Kim Yong speaking with volunteers during Project Happy Feet



Volunteers educating seniors on fall prevention strategies

In addition to receiving good feedback on the campaign from residents and stakeholders alike, our volunteers also found the experience enriching. "Although the project was originally organised as a requirement under our Officer Training Course, Project Happy Feet has allowed me to have a deeper understanding of the problems faced by residents in our community and has given me the opportunity to work with a team to help tackle these issues" shared Corps SO(6) Caleb Steven, one of the officers who took part in the project. Corps SO(6) Tan Ying Xin, 19, echoed his sentiments. "As a Nursing Student, I think community health is of vital importance to our elderly, so I was proud to have played

a small role in helping to educate residents about fall prevention," she said.

Project Happy Feet achieved a smooth and successful completion, accomplishing its objectives of increasing awareness on the importance of fall prevention, as well as motivating residents to take actionable change to create a safe and accident-free environment at home.

**Mr Eng Yu Fan**  
**District Superintendent (Operations), Northwest District,**  
**St John Brigade Singapore**

# ST JOHN

newsletter

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