Parkinson Society Singapore

PARKINSON News

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— sharing by
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SEPTEMBER 2025
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Feature

PSS Charity Walk-Run 2025: A Walk in the Park

Parkinson Society Singapore (PSS) welcomed participants back in person for its 2025 Charity Walk-Run on 5 July 2025! The event marked the return of our in-person walk-run event, a tradition that begun in 2006 to celebrate PSS's 10th anniversary. Following a virtual edition in 2022, we were excited to organise the physical event, with a fundraising target of $100,000. Every step and every dollar makes a difference to the Parkinson cause.

The event began with a speech by PSS President Prof Louis Tan, who highlighted the community's ongoing efforts to empower Parkinson Warriors (PWs) and support their journey. We then welcomed our guest of honour, Ms Elysa Chen, Adviser to Bishan-Toa Payoh GROs and a passionate advocate for the Parkinson community. In her uplifting speech, she expressed admiration for the resilience of our PWs and encouraged all present to continue championing the cause.

Together, Prof Tan and Ms Chen officially flagged off the walk-run after a warm-up session led by PSS Therapy Assistant Rica and physiotherapy students from the Singapore Institute of Technology. Energised and ready, participants, including PWs, caregivers, families, volunteers, and members of the public, set off on their walk-run and cheered one another on through the scenic park route.

Back at the event grounds, a series of interactive booths attracted enthusiastic participation.

- **Toss of Truth:** Participants knocked over cans to reveal fact-or-myth questions, helping to debunk common misconceptions about Parkinson.
- **Colours of Life:** A colourful art booth where children coloured Passion (our mascot) and mandalas, offering an age-appropriate introduction to Parkinson.
- **Neuro-Sort:** Participants sorted symptoms into "Motor" and "Non-Motor" categories, reinforcing that Parkinson involves more than just motor symptoms.
- **Mitten Mission:** Participants wore mittens to transfer items into a box, simulating the fine motor challenges faced by persons with Parkinson.
- **Steps of Hope:** With a weight strapped to one ankle, participants experienced the balance and mobility difficulties common among persons with Parkinson.
- **Fundraising Booth:** Visitors showed their support by learning more about Parkinson and purchasing our publications, contributing to our fundraising efforts.

PSS President Prof Louis Tan and guest of honour Ms Elysa Chen flagging off the event

Several curious parkgoers stopped by, making the event a broader platform for public education. Many also penned encouragement notes for the Parkinson community.

With its strong turnout and spirit of togetherness, the event was an inspiring reminder of the impact that compassion and collective action can make.

The journey doesn't end here! This event also marked the official flag-off to our next major event:

MOVE TO BEAT PARKINSON

20 September 2025, Saturday, Woodlands Health

Continue supporting the cause by joining us at Move to Beat Parkinson! There, we will present our 14th Parkinson Star Awards to two Parkinson Warriors and one caregiver for their strength and spirit, as well as recognise our top three fundraisers for their dedication and support.

You can also show your support by making a pledge at an amount of your choice to continue your virtual walk-run at a distance that suits you. Every step counts. Help us reach our $100,000 fundraising goal and make a lasting difference to the Parkinson community!

Participants enjoying nature and good company on the walk-run

Participants busting myths at Toss of Truth

Getting ready and energised for the main event

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Leaving a Living Legacy Symposium

Parkinson Society Singapore (PSS) had the privilege of participating in the Leaving a Living Legacy symposium on 17 May 2025. Organised by Silver Caregivers Co-operative Limited, the symposium addressed the growing need for proactive legacy planning in Singapore's ageing society.

PSS hosted a booth at the symposium, where we connected with attendees — families, caregivers, professionals, and students — and shared how our programmes and services support the Parkinson community. Many attendees were keen to learn more about how we help individuals and families navigate life with Parkinson, from care support to emotional well-being and community engagement.

The symposium also provided us with valuable learning opportunities. Speakers covered key topics such as advanced care planning, legacy planning, and having meaningful conversations about future care needs and values. These insights are especially relevant for the Parkinson community, where planning for the future can bring peace of mind to both individuals and their loved ones.

We are grateful for the chance to contribute to this important conversation and to learn alongside others who are passionate about intergenerational well-being and ageing with dignity.

PSS connecting with attendees

Keppel Club Community Charity Golf

PWs at the golf simulator

On 9 July 2025, Parkinson Society Singapore (PSS) had the pleasure to return to Keppel Club with our Parkinson Warriors (PWs) for their Community Charity Golf!

Although plans to try the driving range were cut short due to rain, our PWs' spirits were not dampened. The group enthusiastically took to the golf simulator, a first for many of them. What began as a backup plan quickly turned into a highlight, as participants were drawn into the immersive and engaging experience.

Laughter and cheers rippled through the room as our PWs surprised themselves with strong swings and unexpected accuracy. The simulator provided a safe, accessible, and exciting way for the group to enjoy the game, and many PWs discovered a new love for the sport. Their determination and adaptability remind us that there are no limits when the right spirit meets the right opportunity.

Rain or shine, it was a joyful, energising day that left everyone smiling. Thank you, Keppel Club, for the wonderful opportunity to collaborate and introduce golf to our PWs. We look forward to more meaningful collaborations that continue to empower and uplift the Parkinson community through movement and shared experiences.

Eating Well with Parkinson

A healthy, balanced diet is vital for everyone, especially for persons with Parkinson. Nutritious food supports brain health, boosts energy levels, and promotes overall well-being. Moreover, modifying diet can help manage common Parkinson symptoms such as constipation, delayed gastric emptying, and weight changes.

Here are some common questions and guidance on how food and nutrition can support living well with Parkinson:

What is the best diet for Parkinson?

While the general advice is to maintain as healthy a diet as possible, the Mediterranean and the Mediterranean-DASH Intervention for Neurodegenerative Delay diets are often recommended. These diets have been associated with potential neuroprotective benefits and may help slow cognitive decline. Both diets emphasise fruits (especially berries), vegetables, wholegrains, legumes, lean proteins like fish and chicken, and healthy oils such as olive oil. My Healthy Plate, designed by the Health Promotion Board, is also a useful guide.

How can diet help with common symptoms?

- **Constipation:** Eat more fibre-rich foods such as fruits, vegetables, and wholegrains, drink plenty of fluids, and stay physically active.
- **Bloating or reflux:** Eat smaller meals and avoid trigger foods such as caffeine, citrus fruits, alcohol, peppermint, and chocolate.
- **Unintended weight loss:** Choose high-energy, nutritious foods and consult a healthcare professional for tailored advice.
- **Bone thinning:** Include calcium-rich foods, get regular sunlight for vitamin D, and do weight-bearing exercises like walking.

How does food affect medication?

Levodopa, a key Parkinson medication, competes with protein for absorption. Taking it 30 minutes before or 60 minutes after eating protein can improve its effectiveness. A protein redistribution diet, where most protein is consumed later in the day, may also help with motor fluctuations. However, this should be done with guidance from a dietitian.

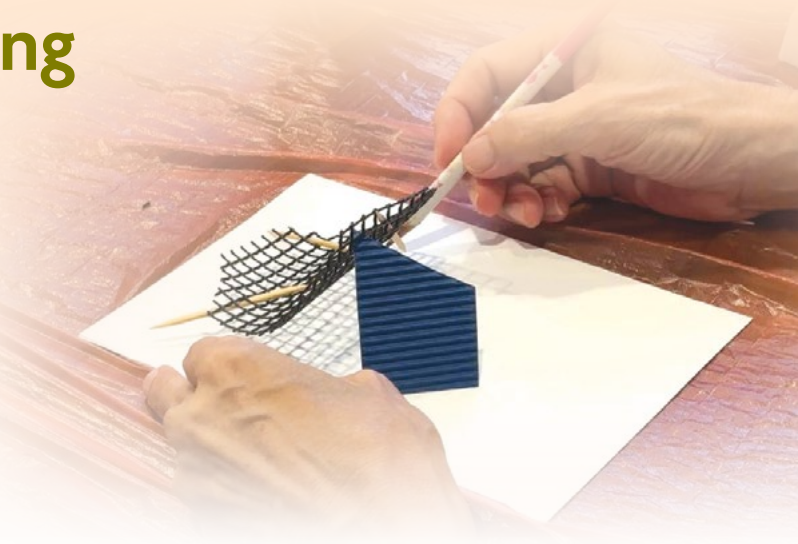
What about probiotics and supplements?

Although research into gut health and Parkinson is ongoing, the current recommendation is to focus on fibre and prebiotics before adding probiotics. Parkinson and its medications can also affect nutrient levels, such as vitamins B6, B12, and folate, but a well-balanced diet typically provides a sufficient amount. Consult your doctor about supplements if needed.

Diet alone cannot change everything, but it can support your body, complement your treatment, and offer a steady foundation for your well-being.

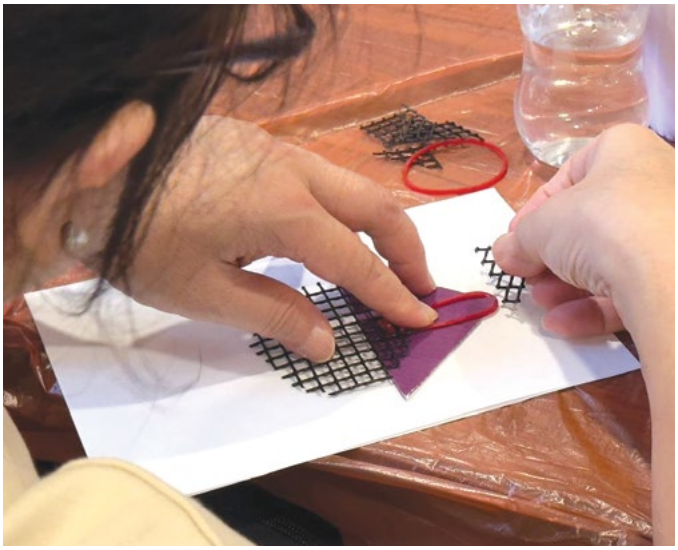
Creativity for Well-Being

By Mahyuddin Chan and Yap Rae Yi



Art can support emotional well-being, even if it involves only humble materials such as rubber bands, toothpicks, corrugated cardboard, door mesh, and coins. At a recent workshop held at Parkinson Society Singapore (PSS), participants explored the therapeutic potential of everyday objects through collagraphy, a form of printmaking that uses textured materials to create layered prints. Held on 27 June 2025, the session was facilitated by art therapists Yap Rae Yi and Mahyuddin Chan and inspired by local artist Uncle Thien, known for assembling found twigs into portraits (Our Grandfather Story, 2020).

The theme, "A Walk in the Park", prompted participants to reflect on personal memories, hopes, and daily musings. Some created scenes of playgrounds, landscapes, and self-portraits, while others constructed three-dimensional sculptures of places they had visited or wished to explore. The workshop highlighted how art can take many forms, and how the process of art-making is shaped by individual creativity than by specific materials or techniques.



Collagraphs by Parkinson Warriors and caregivers

Although the workshop was not a clinical therapy session, it was facilitated by trained art therapists and shaped by art therapy principles. Clinical art therapy typically involves individualised therapeutic goals, in-depth assessment, and ongoing therapeutic relationship (ANZACATA, 2024). In contrast, this workshop focused on art for wellness. It provided a supportive and inclusive space for participants to engage with art without requiring a diagnosis or treatment plan.

Attention was given to accessibility, safety, and emotional comfort. The facilitators paced the session gently and adapted it to the needs of persons with Parkinson. Participants were encouraged to work at their own pace and in their own way. The group was supported to engage in person-centred art-making, where individual strengths, preferences, and stories were honoured (Yao & Kabir, 2023).

Creative activities such as these offer a range of benefits. Group art-making promotes social interaction, reduces feelings of isolation, and stimulates cognitive function. Just as importantly, creating something by hand can restore a sense of agency and self-confidence, both of which are often impacted by Parkinson.

While not a substitute for medical or clinical treatment, art-based programmes can complement treatment. They offer individuals hope, a renewed connection to their inner selves, and a small but meaningful sense of control, all of which are vital to mental and emotional well-being (Fancourt & Finn, 2019).

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Finding Joy in the Journey: Living and Caring with Parkinson

By Tan Bee Guan 陈美月

Sixteen years ago, when my husband, Lim Khee Ming, was diagnosed with Parkinson, we knew little about the condition, but we were determined to learn and adapt. The years passed with us maintaining an active lifestyle, even as medication doses increased as his condition progressed. Despite the challenges, Khee Ming remains engaged. He attends classes, participates in Parkinson Society Singapore (PSS) activities, goes for walks, and sings with friends.

As his primary caregiver, I manage his daily routines, medication, and personal needs while running our household. Caring takes great patience and often calls for personal sacrifice. Parkinson brings both motor and non-motor symptoms, and at times, I find myself losing patience. I have said things like, "Can you walk faster?" or "Please stop those negative thoughts." When I am down, I turn to spiritual support for strength and peace.

Khee Ming has many interests, and I have chosen to join him in his activities. I learned to play table tennis and pickleball from scratch, and I gained the confidence to sing. These shared experiences have enriched both of our lives and strengthened our bond. We also take comfort in quieter pastimes such as playing Rummikub, painting by numbers, and creating diamond art. They bring us joy, lift our spirits, and support our mental wellness. Travelling remains something we enjoy, though now with adjusted expectations.

When things get tough, we pause, reprioritise, and adapt. Supportive friends and family help lighten the load and encourage us to try things we never thought possible. Being with friends from PSS, who feel like family, reminds us that we are not alone on this journey.

One lesson I have learned over the years is that many people wait for circumstances to improve before taking action. But sometimes, waiting means missing the moment. I have found that my "can" spirit helps overcome Khee Ming's apprehension and opens doors to do what we enjoy. We can stay active and hopeful, even as we wait for better treatment.

Leaving my job to focus on caregiving was a difficult decision, but it opened new avenues for personal growth. I looked for new roles to stay engaged. I found fulfilment in teaching young children and joined a senior storytelling programme to stretch my imagination and inspire others. I also volunteer with a community that supports caregivers of differently abled individuals. My fun-loving nature allows me to enjoy what I do, and in turn, bring joy to others.

Through it all, Khee Ming continues to face Parkinson with resilience and determination. He often gives me space, reminding me that caregivers also need someone who truly cares for them. His support allows me to recharge and continue giving my best.

We believe everyone deserves happiness. Life's challenges do not define our joy — our attitude does. We laugh often and choose to count our blessings, not our setbacks. As we continue this journey, one quote remains close to my heart:

> ***"Start where you are. Use what you have. Do what you can."***
>
> – Arthur Ashe

在旅程中寻找喜乐：与帕金森共处与关爱

十六年前，当我的丈夫林其民被诊断出患有帕金森症时，我们对这种疾病知之甚少，但我们决心学习适应。最初的十年里，即使随着他病情的发展，药物剂量也在逐渐增加的情况下，我们都一直保持着积极的生活方式。尽管挑战重重，其民仍然保持着参与的热情——他坚持上课、参加新加坡帕金森协会（PSS）的活动、散步锻炼身体，还与朋友们一起唱歌。

作为他的主要看护者，我负责管理他的日常起居、药物和个人需求，同时还要操持家务。照顾病患需要极大的耐心，而且往往伴随着个人的牺牲。帕金森症同时带来运动和非运动症状，有时我发现自己失去了耐性，说出这样的话:“你能走快点吗？”或者“请停止这些负面的想法”。当我情绪低落时，我会寻求上天给予的精神支持以获得力量和平静。

在困难的时刻，我们依然寻求保持联结和振奋精神的方式。其民有很多兴趣爱好，我也参加一些活动。我从基础学会了乒乓球和匹克球，也鼓起勇气开口唱歌。这些共同的经历丰富了我们的生活，增进了我们的感情。我们也喜欢安静的消遣，比如玩拉密牌、数字绘画和创作钻石画。这些活动给我们带来了欢乐，振奋精神，这有助于我们的心理健康。旅行仍然是我们喜欢的事情，虽然现在我们对旅行的期望有所调整。

每当处境艰难时，我们便会停下脚步，重新确定优先事项，进行调整并适应。支持我们的朋友和家人会帮助我们减轻负担，鼓励我们尝试一些我们不敢想象的事。帕金森协会的朋友们如同家人般陪伴着我们，提醒我们在这条道路上并不孤单。

多年来，我学到的一个重要的经验是，许多人在采取行动之前都在等待情况的改善。但有时，等待意味着错过时机。秉持着我的“我能”精神，帮助化解了其民的忧虑，为我们打开尽情享受生活的大门。即使在等待更好的治疗时，我们也能保持积极，心怀希望。

辞去工作专注于看护是个艰难的决定，但却开辟了我个人成长的新路径。我寻找新的角色来保持社会参与——教导幼儿让我找到成就感，加入老年讲故事使我得以拓展想象力并激励他人。我还在一个为特殊需要人群看护者提供支持的群体当志愿者。凭着乐观的天性，我能够享受自己的工作，并反过来为他人带来快乐。

一路走来，其民始终以顽强的毅力和决心面对帕金森症。他经常给我私人空间，提醒我看护者也需要真心关怀他们的人。正是他的支持，让我得以充电续航，继续全力以赴。

我们坚信每个人都应该获得幸福。生活中的挑战并不能决定我们的快乐，我们的态度才是决定快乐的关键。我们经常开怀大笑，选择数算祝福而不是数算挫折。在我们继续这段旅程的过程中，有一句话我一直铭记于心：

> ***“从你所在的地方开始，用你所拥有的，做你所能做的。”***
>
> —— 亚瑟．阿什

Cultivating Calm and Confidence

Support groups play an important role in ensuring that our Parkinson Warriors (PWs) and caregivers receive adequate support. Parkinson Society Singapore (PSS) works closely with a range of hospitals, including Singapore General Hospital (SGH), to help PWs gain access to such support.

The SGH Parkinson Support Group is held every second Saturday of the month at SingHealth Tower or online, and provides a platform for PWs and caregivers to hear from healthcare professionals, share experiences, and build a sense of community.

During the latest session on 19 July 2025, Dr Tan Siok Bee spoke on "Mindfulness for Parkinson's: Cultivating Calm and Presence". She highlighted how mindfulness can help individuals stay grounded in the present moment, manage stress, and find calm amidst daily challenges.

PW John Ling also shared his personal experiences of living with Parkinson. Speaking candidly about his journey with the condition, he offered words of hope and solidarity. His openness resonated with others in the room and reminded them that they are not facing their challenges alone.

Joining the group virtually was Edward Pang, who shared strategies for building confidence through practice. He encouraged participants to challenge themselves, whether by starting something new, stopping unhelpful habits, or simply continuing to practise.

The session concluded with informal sharings and connections among participants, creating space for connection and mutual support. These regular gatherings continue to provide a meaningful platform for PWs and caregivers to learn, reflect, and walk alongside one another.

The upcoming session will be held on 13 September 2025. We hope to see more PWs and caregivers join us!

Feedback from participants:

"Siok Bee's sharing was informative and educational, and we appreciate that she checks in on our mental wellness. Being able to participate in hands-on exercises on top of demonstrations also helped us feel more engaged and energised throughout the session!

John's sharing was also especially motivating for PWs. Hearing how he pushes himself to keep moving forward and fight through his challenges with Parkinson inspires many of us to do the same."

Dr Tan Siok Bee presenting on mindfulness for Parkinson

John Ling sharing his journey with Parkinson

Caregiver Well-Being Part 1

On 2 August 2025, caregivers gathered for the latest instalment of our Caregiver Workshop series. Led by healthcare professionals with expertise in Parkinson care, the session offered a safe and supportive space for caregivers to listen, share, and support one another.

The session started with an emotion card activity. Participants each selected a card that best reflected how they were feeling, then shared more about their experiences and why the card resonated. This simple yet powerful exercise helped build connection and empathy among participants.

Caregivers exploring and sharing their feelings using the emotion cards

Healthcare professionals then introduced valuable coping strategies and guided our participants in reflecting more deeply on their thoughts and emotions. A key part of the workshop was a step-by-step guide on managing persistent negative thoughts:

1. ***Thought-stopping:*** *Recognising and interrupting harmful thoughts.*
2. ***Distraction:*** *Using an activity to break the cycle of negative thinking.*
3. ***Self-questioning:*** *Asking whether the thought is entirely accurate, and whether dwelling on it would be helpful.*
4. ***Thought replacement:*** *Consciously replacing negative thoughts with more positive or helpful ones.*

Each participant received a personalised version of this guide to use during moments of stress or emotional overwhelm.

We are heartened by the openness and strength shown by everyone who attended, and look forward to welcoming caregivers again at the second part of our Caregiver Well-Being workshop on 25 October 2025!

PSS x Outpost Climbing

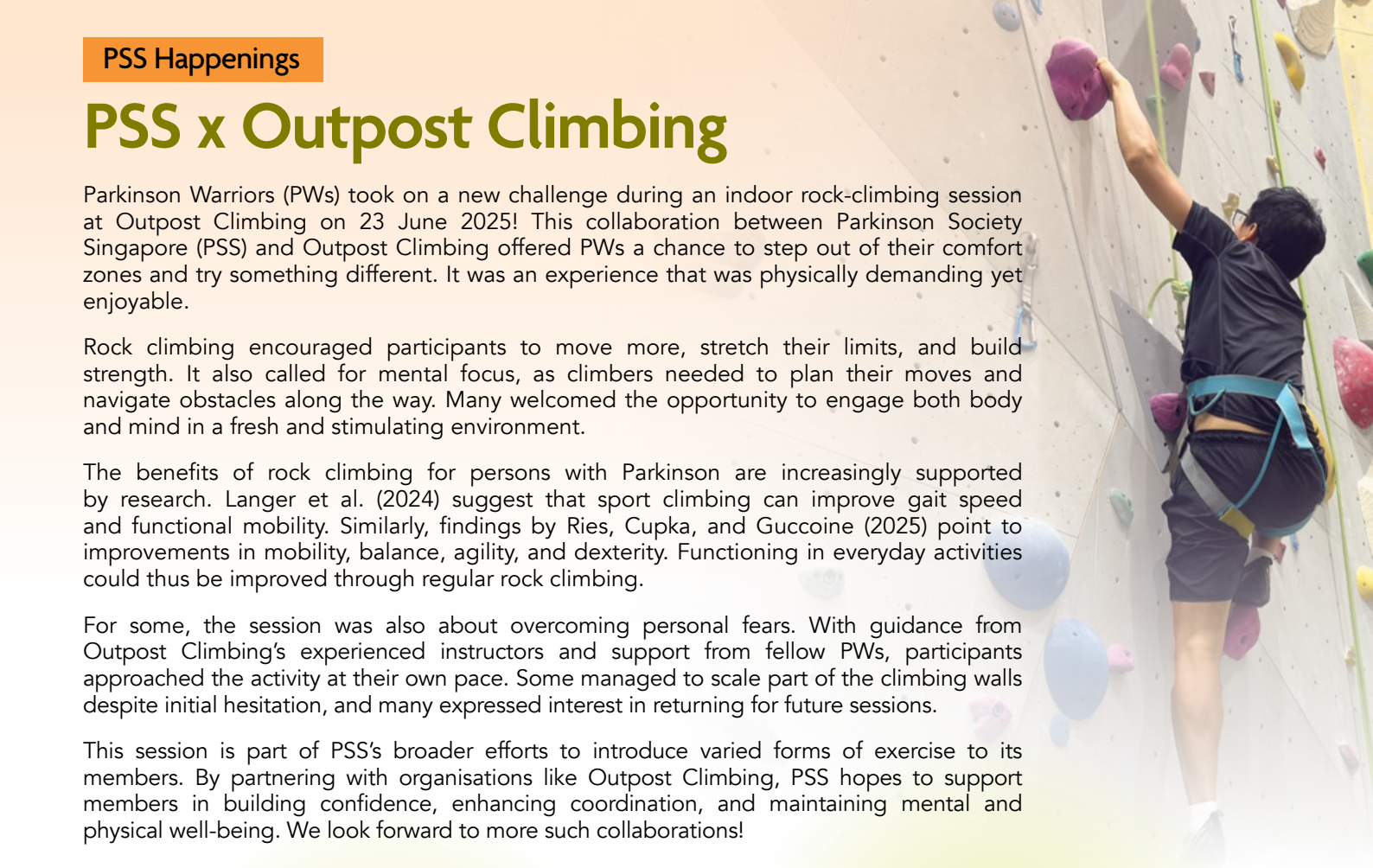
Parkinson Warriors (PWs) took on a new challenge during an indoor rock-climbing session at Outpost Climbing on 23 June 2025! This collaboration between Parkinson Society Singapore (PSS) and Outpost Climbing offered PWs a chance to step out of their comfort zones and try something different. It was an experience that was physically demanding yet enjoyable.

Rock climbing encouraged participants to move more, stretch their limits, and build strength. It also called for mental focus, as climbers needed to plan their moves and navigate obstacles along the way. Many welcomed the opportunity to engage both body and mind in a fresh and stimulating environment.

The benefits of rock climbing for persons with Parkinson are increasingly supported by research. Langer et al. (2024) suggest that sport climbing can improve gait speed and functional mobility. Similarly, findings by Ries, Cupka, and Guccoine (2025) point to improvements in mobility, balance, agility, and dexterity. Functioning in everyday activities could thus be improved through regular rock climbing.

For some, the session was also about overcoming personal fears. With guidance from Outpost Climbing's experienced instructors and support from fellow PWs, participants approached the activity at their own pace. Some managed to scale part of the climbing walls despite initial hesitation, and many expressed interest in returning for future sessions.

This session is part of PSS's broader efforts to introduce varied forms of exercise to its members. By partnering with organisations like Outpost Climbing, PSS hopes to support members in building confidence, enhancing coordination, and maintaining mental and physical well-being. We look forward to more such collaborations!



"I really enjoyed the rock-climbing experience at Outpost Climbing. It was a great way to build stamina, improve flexibility, and enhance hand-eye coordination. Rock climbing also challenges us to use our thinking skills to plan each move carefully — some rocks are meant to be grabbed, while others are used for stepping or support. If there is another opportunity, I would love to go back and explore it again!"

— Tan Kuey Hoo

"It was a very fun experience for me, even though I have a fear of heights. I did not manage to complete a full wall, but I feel proud of myself for completing half of it twice! I'm sure that if I could rock climb for a longer period, it would help me with my confidence to overcome my fear of heights!"

— Tan Chin Nam

"I believe that rock-climbing is highly beneficial for us warriors, as it helps keep our muscles active and engaged. It not only strengthens our bodies but also sharpens our reflexes, ensuring that we maintain quick reaction times. Additionally, it challenges our minds by requiring us to think strategically and make split-second decisions. This helps train our brain to stay alert and adaptable. Overall, it's a great way to build both physical and mental resilience."

— Khoo Quek Yong

PWs rock climbing

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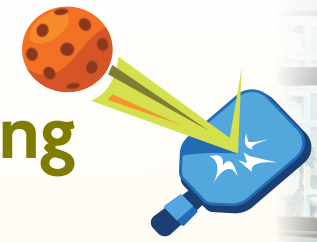
Our Parkinson Journey

Rudy Supargo on Managing Parkinson with Pickleball



Rudy Supargo in action on the pickleball court

I first started experiencing Parkinson symptoms in 2021, but was only officially diagnosed in 2023. The news hit me hard. Negativity surged, frustration and denial took hold. It felt difficult to reconcile the diagnosis with how I saw myself: someone who has always been rather healthy, kept active with regular movement exercises, and avoided unhealthy habits.

After my diagnosis, I joined Parkinson Society Singapore (PSS). However, it was only in 2024 that I became more aware of the different activities available, such as the weekly walks at Bishan-Ang Mo Kio Park every Friday, and the pickleball sessions held on Mondays and Thursdays.

Pickleball, in particular, has made a real difference in how I feel. The sport involves big, dynamic movements, such as swinging left and right. It has also helped improve my hand-eye coordination. It is still difficult during my "off" periods, when my body gets very rigid and it gets hard to manoeuvre. But I have noticed that playing pickleball helps me stay in my "on" period for longer stretches.

The social connections have been just as valuable. Since getting to know more fellow warriors and caregivers at PSS, I have met many inspirational people who are resilient, encouraging, and supportive of others. Within the pickleball group, you can see and feel the support that everyone shows to one another. Being part of this community and playing pickleball has reminded me that I am not alone on this journey. With every game, I feel a little stronger in body and spirit.

Tan Chin Nam on Friday Walks

Brunch after Friday walks

Joining the Friday walks has been beneficial for me. Every week, we gather at Bishan-Ang Mo Kio Park to exercise together. We encourage one another to keep going, cheer each other on, and push past our limits.

The sense of community makes these walks special. We often share our personal experiences — what has helped us, what we struggle with, and how we cope. These conversations have taught me a lot and remind me that I am not alone in this journey. Sometimes, after the walk, we sit together to sing or simply chit-chat, enjoying each other's company in a relaxed setting.

Over time, this group has become my support system. It is a safe space where we can share openly, knowing that others understand and will always offer a listening ear or words of encouragement.

Not just that, I find comfort in the surroundings. The trees in the park, the sun that shines on my face and the smell of fresh air — every deep breath makes me feel less nervous and more comfortable.

Voices of PSS

Parkinson Warriors' *Voices*

> Ever since I was diagnosed with Parkinson, I have been attending Parkinson Society Singapore's (PSS's) programmes and services. I am now in PSS Pilates, Kickboxing, and Yoga, and these sessions have made me feel stronger each day.
>
> **Eling Geok**

> I joined Parkinson Society Singapore (PSS) in 2024 by participating in the workshops and events they organised. Since then, I've also joined both Yoga and Sing with Me (Chinese) classes. I would like to thank all PSS staff for the support they have provided to the Parkinson community.
>
> **Michelle Chia**

> As a newly joined member of Parkinson Society Singapore (PSS), I must say the programmes and services provided have been greatly beneficial. I have made a lot of friends who face the same challenges as I do. Their strength and courage motivate me to keep fighting. I encourage Parkinson Warriors who have yet to take their first step to reach out now!
>
> **Jeffrey Yong**

Our Staff and Volunteers

Jennifer, Tai Chi Instructor

"I started teaching seated and standing Tai Chi at Parkinson Society Singapore (PSS) in 2013, and also conducted art and craft sessions on a volunteer basis. Over the years, I've seen the Parkinson Warriors grow in confidence and strength. Together, we've performed at events such as Move to Beat Parkinson and the 2018 President Challenge. Most recently, in March this year, I even led PSS members on a three-day Tai Chi retreat to Bintan. Even after more than a decade, their courage continues to inspire me."

Project Dendron 2.0

"Hi Parkinson Warriors and caregivers! We are five Hwa Chong students from the second batch of Project Dendron. We look forward to interacting and getting to know every one of you! Whether it's through arts and crafts, music, or just conversations, we hope to create more happy moments together!"

From left to right: Hei Yuet, Ziyang, Shihan, Faith, and Ruilin

Hwa Chong Institution's Project Dendron has been volunteering with Parkinson Society Singapore for more than two years, and we are the new batch of JC1 students who inherited this project. Project Dendron designs activities that engage Parkinson Warriors in an enjoyable way, to bring small joys. The activities will mainly revolve around arts and crafts as well as music, and sometimes, something different, such as digital literacy games. Come and have fun with the Hwa Chong students in the following year!

Upcoming *Events*

Caregiver Workshop: Caregiver Well-Being Part 2

Speakers: Mrs Chua-Lim Yen Ching & Ms Li Wei
Date: 25 October 2025
Time: 10:00 am – 12:00 pm
Venue: Parkinson Centre

PSS x CGH Parkinson Support Group

Date: 18 October 2025, 6 December 2025
Time: 10:00 am – 12:00 pm
Venue: Changi General Hospital

Youthful Parkinson Circle: Still Waters: Mindfulness as Your Parkinson's Anchor

Speaker: Dr Tan Siok Bee
Date: 15 November 2025
Time: 10:00 am – 12:00 pm
Venue: Parkinson Centre

Life in Balance

Speaker: Dr Tan Siok Bee
Date: 29 November 2025
Time: 10:00 am – 12:00 pm
Venue: Parkinson Centre

Sign up for our events here!

DONATE TODAY

Funds raised help sustain and continue our efforts in providing much needed support to the Parkinson community in Singapore. This includes therapeutic and social integration progammes, awareness events, and patient welfare funds.

Ways to Donate

A Online

Donations may be made online via:

www.giving.sg/organisation/profile/7164dede-82cb-4d0d-8d55-f9bf0c761831

B PayNow

Donations may be made via PayNow to UEN S96SS0203J or by scanning the QR code:

**Single donations of S$50 and above will be eligible for tax deduction of 2.5 times the donated amount. Please include your NRIC/FIN/UEN number for auto-inclusion in our tax deduction filing. By submitting your donations, you fully understand and consent to allow Parkinson Society Singapore (PSS) to collect, use, disclose, and/or process your personal data in order to process, administer, facilitate, maintain, and/or manage your relationship with PSS as a donor, including communications on PSS's activities, purposes, programmes, and services; donation requests; analysis and development activities for PSS's purposes; and making disclosures required by law or a competent authority, which include submission of donation data to the Inland Revenue Authority of Singapore for tax-deduction computation.*

VOLUNTEER WITH US!

Want to give back to the community?
Volunteer with Parkinson Society Singapore (PSS)
and extend a helping hand!

PSS Volunteer Opportunities:

- PSS Adapted Pilates
- PSS Seated Pilates
- PSSFiT
- Physiotherapy
- Kickboxing

and more!

Requirements:

- 21 years and above
- Able to commit at least once a week for a minimum of 3 months
- Physically fit

JOIN US!

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