



Parkinson Society Singapore

PARKINSON *News*



**PSS LNY
Celebration**

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**Drawing on
Strengths: Creative
Wellness through
Tangle Art**

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**“I know that my
condition will
continue to progress,
but I am better
prepared to face the
journey ahead.”**

- John Ling, Parkinson Warrior

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MARCH 2026

MDDI (P) 013/09/2025

PSS LNY Celebrations 2026



Lion dance performance



The Love & Care Dance Group performing a lively dance



PSS Drumming captivating the audience

This year's Lunar New Year celebration had special significance as Parkinson Society Singapore (PSS) marks its 30th anniversary. To commemorate the milestone, the festivities were extended to the void deck. We had Parkinson Warriors (PWs), caregivers, volunteers, and partners coming together on 28 February 2026.

The celebration kicked off with a burst of energy with the lion dance troupe, who paraded through both the Parkinson Centre and the void deck. Participants, and even nearby residents, were captivated as the lions offered auspicious greetings to all.

Following the opening performance, PSS President Prof Louis Tan delivered a short welcome address. He reflected on the significance of PSS's 30th Anniversary and the three decades of support for the Parkinson community.

The family of the late Michael Koh generously sponsored lunch and incidentals for the celebration. In a touching moment, participants watched a tribute video prepared by Michael's family. His daughter, Sandra Koh, also shared heartfelt words of encouragement with our PWs and caregivers, while his son, Johnny Koh, joined participants at the celebration in remembrance of his father.

The programme continued with a series of performances. Members from the new PSS Drumming programme presented an energetic daiko drumming performance that filled the atmosphere with resilience and unity. The Love & Care Dance Group delivered an elegant dance, while students from Eunoia Junior College's Chinese Orchestra performed familiar tunes that many participants enjoyed.



Eunoia Junior College presenting a Chinese Orchestra piece

Fringe activities added to the festive atmosphere, including a calligraphy station. Participants who had not done calligraphy in years tried their hand at writing again to realise they still had their dexterity. Members and student volunteers also connected through games such as Festive Memory and LNY Charades Challenge. It was a lively intergenerational exchange filled with laughter.

The celebration concluded with a traditional Lohei. As we tossed together, we wished for prosperity in the year ahead and celebrated 30 years of walking this journey together.



PSS staff and members tossing the Lohei

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CGH Parkinson Support Group

Parkinson Society Singapore (PSS) works closely with many community partners to better support Parkinson Warriors and their caregivers. One such collaboration is with Changi General Hospital (CGH), where the CGH Parkinson Support Group provides a safe and welcoming space for persons with Parkinson and caregivers to connect, share, and learn from one another.

The session on 6 December 2025, facilitated by PSS, focused on caregiver burnout. Through scenario-based activities, participants worked together to identify common signs of burnout in everyday situations. This was followed by practical tips to help caregivers practise self-care better.

In a reflective activity, participants were invited to place stickers on barriers to self-care that resonated with them. These included perceptions that self-care is time-consuming, guilt for taking time off, prioritising others' needs, unawareness of their own needs, lack of motivation, or sense of being unworthy of care. The



PSS engaging Persons with Parkinson and caregivers at the CGH Parkinson Support Group session



candid sharing created a supportive environment where caregivers were reminded they were not alone when faced with challenges.

The session concluded with a reaffirmation of the importance of self-care, alongside a resource sheet which outlined various forms of self-care and informal support networks available in the community.

Overall, the session offered an important reminder: It is normal and necessary to pause and breathe. Caregivers are only human, and their well-being matters too.

NNI Parkinson Support Group



Participants taking down notes during the NNI Parkinson Support Group session

The National Neuroscience Institute (NNI) is another partner Parkinson Society Singapore (PSS) collaborates with to provide additional support for our Parkinson Warriors and caregivers. The session on 8 January 2026, led by PSS, focused on ways to improve the longevity of one's mental wellness.

Participants were introduced to the PERMA model, a framework centred on positive emotions, engagement, relationships, meaning, and accomplishment. The model was new to many, and discussion about it was lively and thoughtful. Participants shared personal reflections on how the model helped them see different aspects of well-being they can nurture in their daily lives. The conversation highlighted that the cultivation of well-being does not require big changes. It can begin with small, intentional steps.

As the session drew to a close, we were heartened to see PSS members sharing about upcoming PSS programmes to further raise awareness and strengthen connections within the Parkinson community.

ICCP Learning Journey at PSS

On 2 February 2026, Parkinson Society Singapore (PSS) had the opportunity to host St Luke's Eldercare (SLEC) and Lions Home for the Elders (LHE) for a learning journey at the Parkinson Centre, as part of the Integrated Community Care Provider (ICCP) partnership.

During the session, PSS shared about our mission and the holistic support we provide to the Parkinson community. This was followed by a series of experiential activities designed to help participants better understand the unique hurdles our Parkinson Warriors navigate every day.

Activities for the ICCP learning journey included:

1. Experiencing stiffness: Participants first wrote normally, then repeated the task with their wrists and hands wrapped tightly with resistance bands. This activity helped them experience how stiffness affects dexterity and handwriting.



Participants discussing the fill-in-the-blanks activity

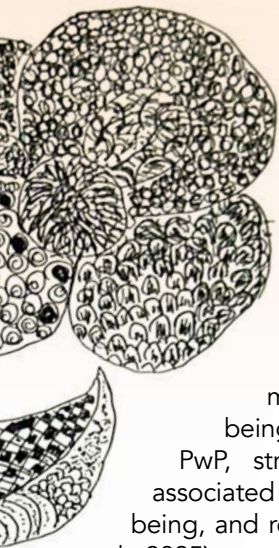
2. Mitten challenge: Participants wore mittens while picking up objects of various sizes and transferring them from one end to another, simulating grip and coordination challenges.

3. Fill-in-the-blanks activity: This exercise reinforced understanding of Parkinson and how PSS provides holistic support to the Parkinson community

4. Centre tour: Participants were also given a guided tour of the centre to learn more about our programmes, services, and facilities.

Every visit to our centre is an opportunity to strengthen community ties and deepen our collective awareness of Parkinson. Through such engagements, we continue to build understanding and empathy within the wider community.

Drawing on Strengths: Creative Wellness through Tangle Art



Parkinson is often spoken about in terms of physical symptoms, but changes in confidence, mood, focus, and emotional resilience are just as real and important. Creative wellness is one meaningful approach to support mental and emotional well-being and help persons with Parkinson (PwP) live well.

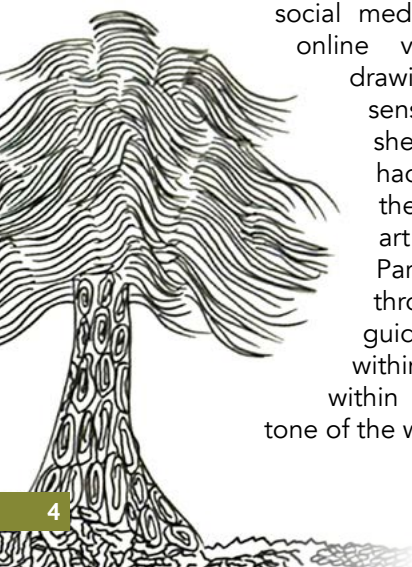
Creative wellness focuses on enhancing mental, emotional, and psychological well-being through creative expression. Among PwP, structured creative activities have been associated with reduced anxiety, improved well-being, and reduced healthcare consumption (Spee et al., 2025).

Similar principles can be found in tangle art, a structured drawing style that uses simple lines, shapes, and repetitive patterns to create intricate designs. No prior drawing experience is required, and erasing is not part of the process; every line and shape belongs. This removes the pressure of striving for the “perfect” result, which can be especially reassuring for those whose motor control may be affected by tremors or stiffness.

The repetitive, rhythmic nature of tangle art encourages one to focus on the present moment. The process can feel calming and meditative, supporting relaxation and mindfulness. At the same time, the small, controlled movements involved in drawing patterns help support fine motor skills and hand-eye coordination. Completing an artwork also brings a sense of accomplishment, which enhances mood, self-esteem, and emotional resilience.

These creative wellness principles were applied during the PSS Tangle Drawing Workshop, held over two sessions on 21 and 28 January 2026 at the Parkinson Centre.

The workshop was facilitated by Felice Ho, a caregiver and an enthusiastic tangle art practitioner. Felice first discovered tangle art in 2022 through social media and taught herself using online videos. When she began drawing, she felt an immediate sense of calm and freedom as she discovered that the process had no right or wrong. Since then, she has shared tangle art with family members and Parkinson Warriors (PWs) through informal sessions. Her guiding belief, “imperfection within perfection, perfection within imperfection”, shaped the tone of the workshop.



Having a caregiver lead the sessions created a safe and non-judgemental environment. Felice’s understanding of Parkinson symptoms allowed her to offer practical adjustments to fit the needs of PwP. Participants were encouraged to see each variation as part of the artwork’s character and beauty. Her approach reduced anxiety about “doing it wrong” and made the space feel safe for self exploration.

The first session introduced participants to the basic elements of tangle drawing. Using simple strokes such as lines, curves and circles, they learned how repeating these shapes could form beautiful patterns. The pace was gentle and beginner-friendly, especially for those trying tangle art for the first time.

In the second session, participants built on their new skills by incorporating shading techniques to create three-dimensional effects in their artwork. To wrap up the session, participants framed their completed pieces — artworks that brought together the techniques they explored across both sessions. Holding a finished artwork in their hands gave many a tangible sense of achievement.

Nevertheless, for many, the greatest takeaway from the workshop was not the artwork, but how it made them feel. The steady, repetitive motions improved focus and encouraged controlled hand movements, which helped improve their motor skills. For some PWs, drawing small shapes or consistent lines initially felt challenging. Yet as the session progressed, many transformed these difficulties from barriers into self-empowerment. They adapted, found their own pace, and discovered that they were truly capable, often exceeding their own expectations. This realisation helped participants feel less fearful of their symptoms and more confident in what they could do.



Participants making their tangle art





Felice Ho facilitating a tangle art workshop

The workshop is one of the ways PSS is tapping on the Asset-Based Community Development (ABCD) model, which focuses on individuals' strengths instead of their limitations (Ageing Better in Birmingham, 2020). It centres on recognising service users as contributors rather than mere recipients of care.

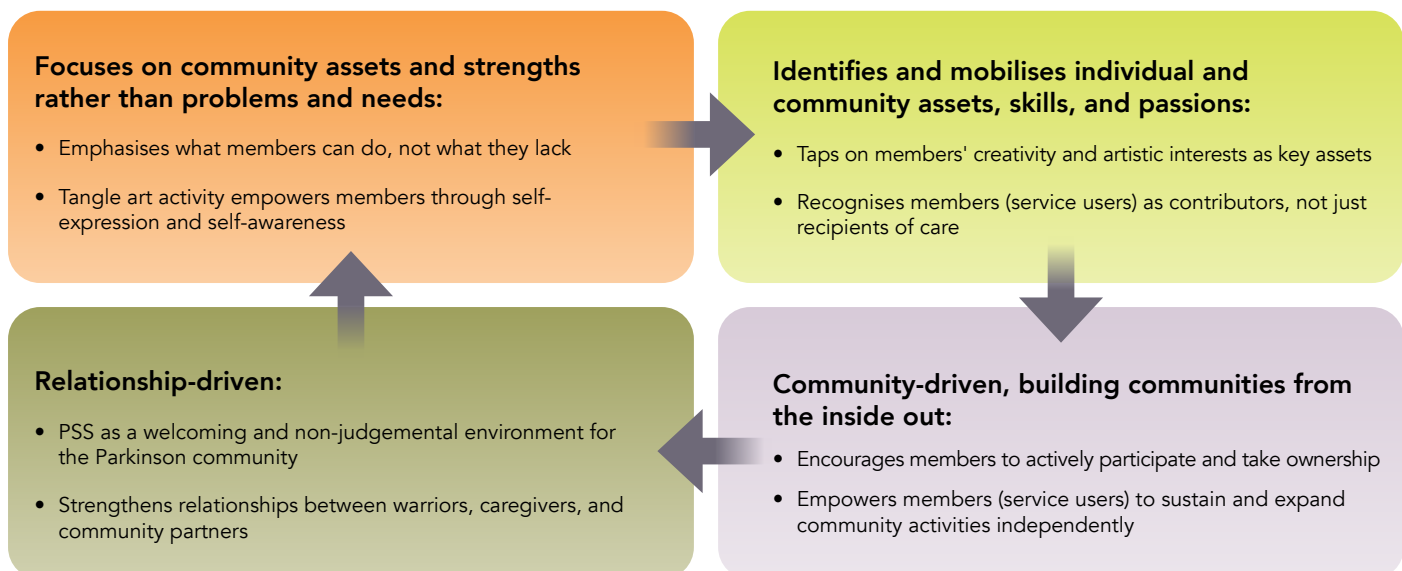
At the individual level, activities are centred on what members can do: their creativity, patience, adaptability, and willingness to try something new. On a community level, engaging a caregiver as a facilitator recognised existing strengths within the PSS community. Familiar relationships helped build trust, while shared learning strengthened bonds between members. Activities

like this cultivate peer support and encourage members to take active roles in shaping and sustaining community programmes.

Through simple lines and patterns, the workshop demonstrates how accessible creative activities can encourage confidence, relaxation, and community bonding. PSS will continue to explore such strength-based programmes to support holistic well-being for the Parkinson community.



The ABCD Model



References:

1. Ageing Better in Birmingham (2020). *Asset-based community development*. <https://www.tnlcommunityfund.org.uk/media/insights/documents/Ageing-Better-in-Birmingham-Asset-Based-Community-Development-v1.0.pdf>
2. Spee, B. T. M., de Vries, N. M., Zeggio, S., Plijaer, M., Koksma, J. J., Duits, A. A., Stap, T., Pasman, G., Haeyen, S., Darweesh, S., Crone, J., Bloem, B. R., & Pelowski, M. (2025). *Unleashing creativity in people with Parkinson's disease: A pilot study of a co-designed creative arts therapy*. *Journal of Neurology*, 272, 161.

A Journey Supported by Community

By John Ling 林添祥



John Ling sharing about his journey with Parkinson at SGH Parkinson Support Group

- Engaged in PSS walks, workshops, & social events
- Independent travel via public transport - kind commuters & bus captains
- Grateful for PSS community: "I might be better off without them"
- Still empowered & hopeful for the future

community, on top of medication and regular exercise, I have become more independent and confident. I know that my condition will continue to progress, but I am better prepared to face the journey ahead.

Today, I try to give back however I can. The support and encouragement I received at the beginning made a tremendous difference. I want to be there for those who are starting out on their journey with Parkinson too.

I actively participate in PSS programmes and support events, including PSS Move to Beat Parkinson, PSS Charity Golf and Dinner, SGH Parkinson Support Group, and festive celebrations at PSS. These events are important touchpoints. They offer opportunities to connect, encourage one another, and reach out to fellow warriors.

I share my experiences with new members and encourage them to explore the programmes available. If my story can help someone feel less afraid or more hopeful, then it is worth sharing.

Living with Parkinson is not easy, and there are still challenging days. However, I have learned that with acceptance, support, and the right environment, it is possible to lead a meaningful and fulfilling life. I am grateful to PSS for walking this journey with me, and I remain ready to take each step forward, one day at a time.

In 2017, I sought medical help for tremors, jerking movements, and unsteadiness, and was later diagnosed with Parkinson. At the time, I continued working, determined to maintain my routine. However, by 2021, my symptoms had worsened significantly. Mobility became difficult, my balance was poor, my speech was affected, and I experienced noticeable weight loss. Eventually, I had to make the difficult decision to retire.

Although Parkinson cannot be reversed, I learned that its progression can be managed through medication and exercise. This realisation gave me hope and motivated me to take an active role to manage my condition.

My journey with Parkinson Society Singapore (PSS) began after I attended a SingHealth webinar and later received subsidy support for programmes. I decided to join, not knowing then how much it would change my life. At PSS, I found a warm and welcoming community where I felt understood and supported.

Through programmes such as Physiotherapy, Yoga, and Adapted Pilates, I gradually regained strength and balance. Besides my physical improvements, these sessions helped me overcome my fear of falling and rebuilt my confidence. The structured exercises, guided by experienced instructors, gave me assurance that I could move safely again.

PSS activities have also kept me socially and mentally engaged. Instead of feeling isolated after retirement, I now look forward to attending sessions, meeting fellow members, and participating in events. I have come to see this phase of life not as a loss, but as an opportunity to focus on my well-being and connect with others who understand the Parkinson journey. I now enjoy my retirement.

Over time, acceptance has played a big role in my outlook. With the support of family, friends, and the PSS



John Ling playing pickleball



At PSS Move to Beat Parkinson 2025



Singing Performance at PSS Move to Beat Parkinson 2025



John Ling in Adapted Pilates



在社区支持下的旅程

2017年，我因震颤、抽搐和不稳的症状寻求了医疗帮助，并被诊断为帕金森病。那时，我仍在继续工作，决心维持我的日常生活。然而，到了2021年，我的症状显著加重。行动变得困难，平衡能力差，语言受到影响，体重明显下降。最终，我不得不做出艰难的决定，选择提早退休。

尽管帕金森无法逆转，但我意识到，药物和运动可以控制其进展。这给了我希望，并激励我积极管理自己的病情。

我与新加坡帕金森协会（PSS）的旅程始于我参加了一次SingHealth的在线研讨会，并随后获得了有关项目的补贴支持。那时我决定加入，完全没有预料到这将改变我的生活。在PSS，我找到了一个温暖和包容的社群，在这里我感到被理解和支持。

通过物理治疗、瑜伽和坐式普拉提等项目，我逐渐恢复了力量和平衡。除了身体上的改善，这些课程还帮助我克服了对跌倒的恐惧，并重建了我的信心。在有经验的教练指导下，结构化的锻炼让我确信自己可以再次安全地行动。

PSS的活动也让我在社交和心理上保持活跃。退休后，我不再感到孤单，而是期待着参加课程，结识其他会员，并参与各种活动。我开始把这一人生阶段看作一个转机，而不是失落，去专注于我的健康，并与那些理解帕金森病旅程的人建立联系。我现在能享受我的退休生活。

随着时间的推移，接受自己成为我心态的重要组成部分。在家人、朋友和PSS社区的支持下，加上药物治疗和规律的锻炼，我变得更加独立和自信。我知道我的病情会继续进展，但我已更好地准备迎接未来的挑战。

目前，我会尽力回馈社会。最初得到的支持和鼓励给了我巨大的帮助，我希望能为那些刚开始走上这条路的战士提供帮助。

我积极参与PSS的各类项目和支持活动，包括“击败帕金森运动”、PSS慈善高尔夫与晚宴、CGH帕金森支持小组以及PSS的节庆庆祝活动。这些活动是重要的联络点，提供了相互联系、鼓励以及帮助他人的机会。

我与新成员分享我的经历，并鼓励他们去了解可供选择的项目。如果我的故事能够帮助某人减少恐惧或带来希望，那就值得分享。

与帕金森共存并不容易，仍然有许多挑战。然而，我已经学会了通过接受、支持和适当的环境，过上有意义和充实的生活。我感恩于PSS一路陪伴我走过这段旅程，我也准备好每天迈出一步，迎接前方的挑战。

PSS Renew and Restore Workshop

The PSS Renew and Restore workshop, held on 12 December 2025, provided meaningful time for reflection and connection for both Parkinson Warriors (PWs) and their caregivers through two concurrent sessions.

Caregivers took part in a Hush Tea session led by Hush TeaBar. It provided a safe and reflective space to slow down, reconnect, and express themselves beyond words. The experience unfolded across four zones: Intention, Reflection, Expression, and Connection. Caregivers learned to sign emotions, selected teas and natural elements that reflected their feelings, and received encouraging messages from past participants. They practised grounding techniques such as 4-4-7 breathing, reflected quietly on guided prompts, and expressed their emotions through art pieces using their chosen natural materials. With a guided connection card, caregivers also shared and reflected in small groups. The session ended with caregivers writing messages to their PWs on the leaves of handcrafted pipe cleaner flowers.

Meanwhile, PWs engaged in activities focused on emotional awareness and personal growth. Through an "Emotion Explorer" exercise, they utilised colours to represent their emotions or psychological state and linked these to how they feel when certain physiological changes occur due to Parkinson. They also explored psychological well-being and learned how to use their strengths to reframe negative thoughts and develop a more positive, growth mindset. The session concluded with PWs crafting flowers of gratitude and writing messages to their caregivers.

When both groups reunited, they exchanged their flowers and messages. The room filled with smiles, tears, hugs, and moments of gratitude. New friendships were also formed, and connections deepened. The workshop was a reminder that renewal does not always come from doing more, but from pausing to reflect, express, and connect.



Caregivers at the Hush Tea session



PWs using colours to reflect how their physiological sensations and psychological responses are connected



PWs playing the drums



PSS members writing cards for each other



PSS members carolling to familiar tunes

PSS Christmas Celebration

Parkinson Society Singapore (PSS) celebrated Christmas on 22 December 2025 with a lively community gathering filled with music and festive activities.

The celebrations began on a powerful note as Mangrove Learning brought the energy and excitement of Taiko drumming to our community. After an incredible showcase performance, our Parkinson Warriors (PWs) had the opportunity to try the drums themselves. The deep, resonant beats that echoed the centre were a moving reminder: Parkinson does not quiet the spirit; everyone has the power to create something strong, bold, and full of life.

The celebration continued with festive activities led by student volunteers. PWs and caregivers wrote well wishes for one another on thoughtfully decorated Christmas tree cutouts. The simple exchange of kind words added warmth to the day and strengthened the sense of support and connection within the community.

The festivities concluded with Christmas carolling, as members joined in familiar tunes. It was a heartwarming occasion that brought rhythm, simple joys, and togetherness to our PSS community.

Karen Ong's Story



Hi, my name is Karen Ong, 55 years old, formerly a procurement manager. I was diagnosed with Parkinson 17 years ago when I was 38 years old. It started with a slight tremor in my hand and my handwriting becoming smaller. After seeing a neurologist, I was diagnosed with Parkinson. At the time, I knew nothing about Parkinson, except that it was commonly associated with older people. I was terrified. I remember calling my best friend and crying.

I was prescribed medicine to control the tremors, which was not so obvious until 2018. I adapted and continued with my daily life. Then, I started experiencing freezing. Sometimes, this happened when I walked into my boss's office. He was very understanding and would ask a colleague to bring my laptop to his office so I could continue my work there until I could move again. He also allowed me to work from home when needed, which was quite rare at the time.

My symptoms gradually progressed, and I started experiencing slight dyskinesia on top of freezing. This made everyday tasks increasingly challenging. Following this, my doctor recommended deep brain stimulation (DBS). After much discussion with my husband, I decided to proceed. I left my job in February 2019 to prepare for the surgery, which was performed in September 2019.

Managing My Symptoms

During the DBS process, I met multifunctional specialists and learned about Parkinson Society Singapore (PSS). Through them, I began to know more about Parkinson. One piece of advice that stayed with me was the importance of staying positive.

An important source of positive energy in my life is my husband, who always advocates exercise, reading, and mental wellness. While Parkinson is incurable and symptoms may worsen over time, I have learnt that there are ways to manage and even improve them. Exercise and staying active have been especially important, lessons I also learnt through PSS.

I try to remain as independent as possible to lighten the burden on my caregivers. I exercise regularly on the treadmill and sometimes follow aerobic dance videos on YouTube. Six years on from DBS, I still take medication as prescribed by my neurologist to manage motor symptoms and freezing, but I no longer experience dyskinesia*.

*Uncontrollable, involuntary body movements.

Pillars of Support

My family, friends, and domestic helper have always been positive and accommodating towards me. The medical staff at SGH, such as the physiotherapist, speech therapist, advanced practice nurse, and doctors, have also become my lifeline. I can easily approach them and rely on them for help.

Despite my disability, my family and friends do not treat me like a patient; I still do things and make decisions independently. This helps boost my confidence and self-esteem.

Recently, my family travelled to New Zealand, and with their support, I took part in activities such as paragliding, kayaking, hiking, luge rides, and speed boat rides. Sharing these experiences with my family made the trip feel complete and meaningful. My family also chipped in with chores to help me relax and fully enjoy the trip. This journey, like our previous travels, has enriched my life.

Lifestyle

In my free time, I enjoy crocheting, baking, running errands, planning meals, ensuring daily needs are met, and coordinating medical appointments and activities for my family and parents.

Crocheting is a new hobby I picked up through YouTube. It allows me to express myself creatively and find moments of peace and joy. I also donate some of my crochet bags and keychains to PSS to support their fundraising efforts.



I make it a point to go out with friends and family for meals or shopping, and I am always accompanied.

Coping with Bad Days

On days when I feel aching and restless, I sleep more and let my body recover, which usually helps. I also lean on a fellow Parkinson sister and seek regular advice from medical staff. I feel better after talking to them.

Parkinson happens not by choice, and we have to live with it. Staying positive and cheerful is my way of showing gratitude to my loved ones and to those who continue to support me.

My final thought is that we should focus on the strength and ability we still have and use them well, instead of dwelling on all that has already been lost, so we can continue living this beautiful life positively and meaningfully.

Parkinson Warriors' *Voices*

“

When I was first diagnosed with Parkinson, I cried for months because I felt scared and lost. I was introduced to the rehabilitation sessions at Parkinson Society Singapore (PSS) and joining the PSS KEEP Programme truly changed my life. The physiotherapy sessions are encouraging, and the team's professionalism and care gave me back my courage and confidence. I am very grateful to PSS for their support and for helping me accept that having Parkinson is not my fault.

Alegna

”

“

I have been coming to Parkinson Society Singapore (PSS) for two years now. Over this time, I've actively taken part in many different activities, not just the rehabilitation sessions. I really enjoy coming here because it keeps me motivated and positive. I get to spend time with friends, and over time, I've gotten to know everyone well. PSS truly feels like a second home to me.

John

”

Internship @ PSS

Huang Qi En

My journey at Parkinson Society Singapore (PSS) has been filled with many valuable takeaways. Over the course of my 12-week internship, I have unlearned and relearned various aspects of social work, while being given numerous opportunities to challenge my skills and maximise my growth.

PSS allowed me to witness the on-the-ground challenges of many warriors and caregivers, challenges that went far beyond what I had read online. Seeing their resilience and unwavering cheerfulness despite daily physical hurdles deepened my admiration for their strength.

It has been a truly rewarding and eye-opening experience to learn about Parkinson and advocate for the cause in a supportive environment.

Claudia Tee

My internship at Parkinson Society Singapore (PSS) taught me the value of courage and adaptability in unfamiliar environments. Through many valuable hands-on experiences, I learned that growth often comes from stepping out of my comfort zone and embracing challenges.

Interacting with Parkinson Warriors and caregivers gave me a deeper appreciation of the resilience and emotional strength that go beyond the physical limitations of Parkinson. Being part of the PSS community has been a meaningful and inspiring journey that strengthened my passion for community work and advocacy.



From left to right: Huang Qi En, Claudia Tee

Project Kinship by Eunoia Junior College



From left to right: Jonas, Rena, Beatrice, Jia Qi, Zi Kai

Hi Parkinson Warriors (PWs) and caregivers, we are Project Kinship, a student-initiated Values in Action project from Eunoia Junior College. We are dedicated to improving your quality of life and well-being by creating a supportive environment where we can share meaningful experiences and good company. We want our time with you to be a source of genuine positivity and social connection in your daily routine.

Additionally, we are committed to advocating for the Parkinson community within our own generation. While many teenagers know the name "Parkinson", few understand the specific challenges that PWs and caregivers face. We are working to change that by debunking misconceptions and educating our peers. Our goal is to help the younger generations move beyond surface-level awareness to develop a respectful, accurate understanding of your experiences. Through these efforts, we hope to foster a community grounded in real support.

Upcoming Events

Celebrating the Odds

As Parkinson Society Singapore marks 30 years of serving the Parkinson community, we are proud to launch Celebrating the Odds, a special publication featuring 32 powerful stories from our Parkinson Warriors and caregivers. Each story is a testament to the courage, resilience, and strength of warriors and caregivers that continues to rise above challenges together.



PSS Charity Golf and Dinner 2026

As part of our 30th Anniversary celebrations, this year's Charity Golf and Dinner holds special significance. The evening will bring together friends, partners, and supporters to celebrate 30 years of community support for Parkinson Warriors and caregivers. It reflects the generosity and shared commitment that carries our mission through the years. Funds raised will support the continued growth of PSS programmes and services. In doing so, we can help our warriors, caregivers, and community remain empowered, supported, and connected for many more years to come.

Date: Friday, 25 September 2026
Time: Golf: 11:00 am – 6:00 pm
Dinner: 7:00 pm – 10:00 pm
Venue: Orchid Country Club



Scan to register for the
**PSS Charity Golf and
Dinner 2026**

Upcoming PSS Programmes

PSS Karaoke

Date: 10 April 2026
Time: 1:00 pm – 4:00 pm
Venue: PSS Bishan Centre

PSS x Zion Bishan Church Outreach

Date: 11 April 2026
Time: 10:45 am – 12:00 pm
Venue: Zion Bishan Church

PSS Tree of Life Caregivers Workshop

Date: 13 April 2026
Time: 2:00 pm – 4:00 pm
Venue: Parkinson Centre

PSS Walking Club

Date: 16 April 2026
Time: 8:00 am – 11:00 am
Venue: Botanic Gardens

PSS x Brain Bank Talk

Date: 20 April 2026
Time: 2:00 pm – 4:00 pm
Venue: Active Ageing Centre (Care) (Bukit Merah Silat)

PSS Befrienders' Session

Date: 24 April 2026
Time: 11:00 am – 1:00 pm
Venue: Parkinson Centre

NNI Parkinson Disease Public Forum

Date: 25 April 2026
Time: 9:00 am – 1:00 pm
Venue: Plaza, Paya Lebar Quarter Mall



Scan to join the **PSS WhatsApp Channel** for the latest programme and event updates.



Sign up for our programmes here!



15th PARKINSON STAR AWARDS

The **Parkinson Star Awards** is organised by Parkinson Society Singapore (PSS) to recognise outstanding individuals in the local Parkinson community. It takes a tremendous amount of courage and strength to persevere in order to live with Parkinson.

We would like to showcase the stories of individuals in the Parkinson community who, by their actions and lives, inspire many others living with Parkinson.

Nominate Now!

If you know any persons with Parkinson (PwP) or caregiver of PwP who deserves to be honoured for being an inspiration, we invite you to tell their story and nominate them for the Parkinson Star Awards (PSA)! The official nomination forms can be downloaded from www.parkinson.org.sg. They are also available at the Parkinson Centre at Bishan.

Awards Ceremony

The best three entries will be presented with the awards at PSS Charity Golf & Dinner event on Friday, 25 September 2026 at Orchid Country Club.

Terms & Conditions

- Nominee can be any PwP or caregiver of PwP.
- Recipients of this award in the past five years (2021–2025) are not eligible for participation.
- Posthumous nominations will not be accepted.
- Nominations must be made via official forms.
- Closing date for nomination is Monday, 13 July 2026.
- The judges' decision is final.
- Winners will be informed by August 2026, and are required to attend PSS Charity Golf & Dinner at Orchid Country Club to receive the awards on stage, with consent granted for photo-taking/interviews/ publicity purposes by PSS.
- By submitting the nomination, it is deemed that consent from the nominee has been granted for the nomination. All information provided in this application is true and accurate.

Enquiries

Please contact PSS at **6353 5338** or WhatsApp us at **9017 8842**.

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