



Parkinson Society Singapore

# Annual Report 2025

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# About Parkinson Society Singapore

Parkinson Society Singapore (PSS) was formed on 16 December 1996 by a group of doctors and caregivers to support persons living with Parkinson. The Society was registered as a charity on 28 January 2000 and is a member of the National Council of Social Service (NCSS).

PSS is Singapore's first community-based Parkinson Centre to provide much-needed support for persons with Parkinson (PwP) and their caregivers beyond hospital care. The centre offers activities and programmes designed to address the specific needs of PwP. These include movement and social programmes such as physiotherapy, Tai Chi and PSS adapted pilates; dexterity programmes such as Chinese calligraphy and arts & crafts; vocal programmes such as speech therapy and sing with me; educational and wellness workshops to provide holistic Parkinson care. PSS also organises recreational activities and annual public forums, and works closely with PwP and caregiver support groups in various hospitals.

Additionally, PSS publishes newsletters and books, as well as organises outreach activities to raise awareness of Parkinson.

## Our Vision

Empowering Lives and Enhancing Care for Persons with Parkinson.

## Our Mission

To promote awareness and understanding of Parkinson and related disorders by educating patients, caregivers, and their communities, and by supporting them holistically in their journey with Parkinson.

## Our Values

Compassion, Care, and Confidence

## Our Objectives

To disseminate knowledge and information which promote better care and management of Parkinson through books, websites, talks, and public forums.

To provide therapeutic programmes and services that help patients sustain their functions and total well-being.

To establish a social and community network of support for patients and caregivers through support groups, healthcare training, and social events.

Dear Members of Parkinson Society Singapore (PSS),

As I look back on 2025, I am filled with a deep sense of gratitude and wonder — not just for what we have achieved, but for who we have become together. Ours is a community defined not by a diagnosis, but by an extraordinary spirit: one of courage, compassion, and an unshakeable will to live fully.

This past year, resilience was no longer just a word we spoke about. It became something we lived. We saw it in the Parkinson Warriors who returned to the exercise floor with steadier steps and brighter smiles. We felt it in the caregivers who walked into our workshops carrying the weight of the world, and left knowing they were no longer carrying it alone. These moments are not footnotes in our annual report; they are the very soul of the Parkinson Society.

### From Surviving to Celebrating

PSS exists for one reason: to ensure that no one faces Parkinson in isolation. Over the past year, we have worked to wrap that promise around every person who comes to us. We expanded our mindfulness and mental wellness programmes, because we know that healing is not only physical. We deepened our caregiver support network, because those who give so much of themselves deserve a place to be held too. Through the generosity of our donors and partners, we have been able to reach further and care deeper than ever before.

As we step into 2026, we are embracing a powerful shift in spirit — from *Embracing the Odds* to **Celebrating the Odds**. This is not about minimising the challenges of Parkinson. It is about refusing to let those challenges have the final word. We are not merely managing a condition. We are reclaiming joy, reclaiming movement, and reclaiming life.

### Every Step Is a Statement

Two events this year captured that spirit beautifully. At the **PSS Walk-Run at Bishan-Ang Mo Kio Park on 5 July 2025**, our community filled the park with colour, energy, and purpose. Every stride taken was a stride taken together, a public declaration that we are visible, we are vibrant, and we are not walking away from this fight.

At **Move to Beat Parkinson 2025 at Woodlands Health**, we reminded the world that movement is medicine, and that the human body — even in the face of Parkinson — is capable of remarkable things.

These events are more than fundraisers. They are a celebration of everyone who shows up — for themselves, and for each other.

### A Future Built Together

Looking ahead, PSS remains committed to becoming a true Centre of Excellence for community care, a place where Parkinson Warriors and caregivers alike find not just services, but sanctuary. A place that truly understands the unique journey of living with Parkinson, and meets every person on that journey with expertise, empathy, and heart.

We also take a moment to honour two remarkable individuals who have given so much to this community. **Dr Tan Siok Bee**, after 20 years of dedicated service, and **Dr Dawn Tan**, after 12 years — your contributions have shaped PSS

in ways that will be felt for generations. We are deeply grateful. At the same time, we warmly welcome **A/Prof Tay Kay Yaw** and **Ms Audrey Lau** to our team, and look forward to the new energy and vision they bring.

### To Every Warrior, Caregiver, and Supporter

You are the reason PSS exists. Your courage inspires us. Your generosity sustains us. Your presence — at every walk, every workshop, every quiet show of support — reminds us that while Parkinson may be part of our story, it does not write the ending.

We walk this road together. Together, there is nothing we cannot face.

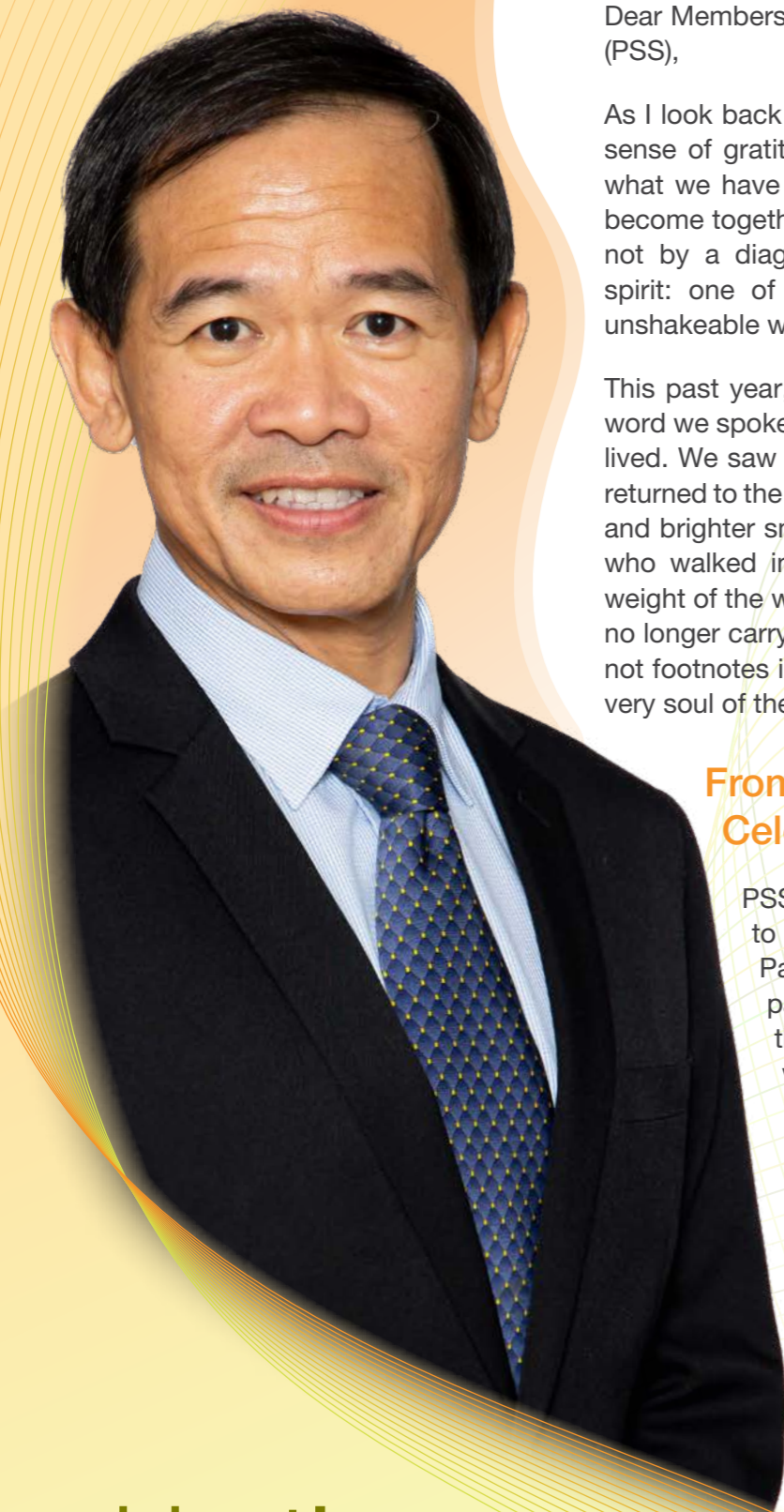
Let us keep moving — one step at a time.

With warm regards and deep gratitude,

**Prof Louis Tan**  
President  
Parkinson Society Singapore

## President's Message

### Moving Forward, Hand in Hand



# Board Members

## PROF LOUIS TAN

President

Prof Louis Tan has served as board member of the Parkinson Society Singapore (PSS) since 2001 and as its President since 2019. He is a Senior Consultant Neurologist and Research Director at the National Neuroscience Institute, Singapore. He is also a Clinical Professor at Duke-NUS Graduate Medical School, Singapore.



## Mrs Chua-Lim Yen Ching | Vice-President

Mrs Chua-Lim Yen Ching is a Senior Associate at the Centre for Educational Leadership, Ministry of Education. She was Deputy Director-General of Education (Professional Development) and Director of Curriculum Planning and Development Division prior to her current role. She was awarded the Public Administration Medal (Bronze, Silver, and Gold) in recognition of her service to education.

## Ms Lin Jingyi | Secretary

Ms Lin Jingyi is a Principal Medical Social Worker at Tan Tock Seng Hospital. Her clinical work focuses on neuropalliative care to patients with neurological conditions, and she contributes to the Institutional Clinical Ethic Committee and the National Transplant Ethics Committee. In the course of her career, she has received the Healthcare Humanity Award, the Promising Social Worker Award, and National Day Award (Efficiency Medal).

## Mr David Lee | Treasurer

Mr David Lee is a Partner with PricewaterhouseCoopers LLP Singapore. He has over 17 years of experience providing assurance-related services, amongst others. As PSS's Treasurer, he provides guidance on budgeting, treasury, and financial reporting matters.

## Ms Theresa Goh | Assistant Treasurer

Ms Theresa Goh was Chief Financial Officer of The Toa Reinsurance Co. Ltd. and an auditor and tax consultant with one of the Big Four public accounting firms. She has been a board member of PSS in the last 10 years.

## Ms Neo Lay Tin | Committee Member

Ms Neo Lay Tin retired from the position of Executive Director of Children's Cancer Foundation in mid-2020. After spending 25 years doing corporate communications in both public and private sectors, she joined the social service sector in 2006. She previously served as Director of Corporate Communications at the National Council of Social Service (NCSS) and as Chief Executive Officer of Singapore Cancer Society.

## Ms Li Wei | Committee Member

Ms Li Wei is an Advanced Practice Nurse at the National Neuroscience Institute. She provides clinical service to patients with Parkinson and movement disorders, including patients who undergo deep brain stimulation. Apart from her clinical duty, she is an adjunct lecturer in the National University of Singapore Master of Nursing programme.

## Ms Christine Kang | Committee Member

Ms Christine Kang serves as Group Financial Controller of Singapore Power and has more than 20 years' experience in finance.

## Ms Sim Peck San | Committee Member

Ms Sim Peck San is currently Chief Financial Officer of Infineon Technologies Manufacturing Ltd – Philippines Branch and Infineon Technologies Philippines Inc. Prior to her current role, she has 20 years of audit experience, starting her career in PricewaterhouseCoopers LLP Singapore before moving into the semiconductor industry.



### Ms Tan Swee Hua | Committee Member

Ms Tan Swee Hua was a former consultant at Integrated Health Information Systems. Prior to this, she held several positions, including Director, CIO, and Project Manager in various government agencies, including MOH, MOE, MCI, and CPF. B.



### Ms Beverly Wee | Committee Member

Ms Beverly Wee is currently Commercial Lead with Telstra. She is responsible for deal architecture and strategy of all complex enterprise deals across South Asia. A lawyer by training, she practised in the areas of dispute resolution and intellectual property with a well-established Singapore law firm before moving to Telstra as legal counsel.



### Mr Edward Pang | Committee Member

Mr Edward Pang is Director at HP Wealth Management, where he advises family office clients on their investments mandates, succession planning, philanthropy, and legacy goals. He is also President of the Singapore chapter of the University of Washington Alumni Association.



### Mr Wong Jin Kok | Committee Member

Mr Wong Jin Kok was a shareholder of a multi-national engineering consultancy firm and Director of its Singapore office for more than 20 years before he retired in 2015. Since then, he has been actively involved in organising charity golf events to raise bursary funds. He currently sits on the Alumni Students Advancement Committee of the National University of Singapore. He was also on the organising committee of all PSS's previous charity golf events.



### Dr Chloe Chung | Committee Member

Dr Chloe Chung is the Principal Physiotherapist at Tan Tock Seng Hospital, with extensive experience in healthcare management, education, and research. She specialises in neurological rehabilitation, with a focus on Parkinson rehabilitation, falls prevention, and balance management. She holds a PhD and a Master's in Neurological Physiotherapy, and is certified in IBITA Basic Bobath and LSVT BIG, reflecting her commitment to evidence-based practice and advanced rehabilitation techniques.



### Dr Eng Soo Kiang | Committee Member

Dr Eng Soo Kiang is an extensively qualified medical professional with certifications including MBBS, GDFM, MMed (FM), MCFP, FCFP, and GDPM. He has held key roles such as Director of CCK Family Clinic and EBM Consultancy Pte Ltd, served on healthcare advisory boards, and taught as an adjunct assistant professor at medical schools. His accolades include the Public Service Medal (COVID-19) and the NHG Outstanding Education Partners Award.



### A/Prof Tay Kay Yaw | Committee Member

A/Prof Tay Kay Yaw is a Senior Consultant at the National Neuroscience Institute Singapore. He also serves as Head, Regional Department of Neurology (North), NNI, Head of Neurology Service, Woodlands Health (NNI@WH), and Academic Vice Chair of the Neuroscience Academic Clinical Programme. He has extensive experience in managing Parkinson and Parkinsonism, especially through community outreach. He has also been awarded the COVID-19 Commendation Medal and the Resilience Medal in 2023.



### Ms Audrey Lau | Committee Member

Ms Audrey Lau is Group Chief Communications Officer at Singapore Health Services (SingHealth), where she oversees communications, patient experience, and development. She also serves as Executive Director of SingHealth Fund, supporting governance in fundraising and grantmaking. She received the Public Administration Medal (Bronze) in 2021 and the COVID-19 Public Administration Medal (Bronze) in 2023.



### Ms Julie Lau | Adviser

Ms Julie Lau was a founding member of PSS, together with a group of doctors and caregivers in 1996. She served as PSS President from 2007 and subsequently as Adviser since 2020. She was instrumental in initiating the setting up of the first Parkinson Centre in Singapore and the extension of the Centre. Ms Lau currently advises on the development, strategic, and operational aspects of the Society.



### Mr Marcus Lam | Adviser

Mr Marcus Lam served as PSS Vice-President from 2011 and continues as Adviser since 2023. He is Executive Chairman of PwC Singapore and has been with the firm for more than 25 years. As a veteran in the audit profession, he provides invaluable inputs on financial matters.

# 2025 Year in Review

## Our Impact



**34** programmes  
**58** weekly classes conducted

lives touched through community outreach **2,037**



**2,426** total classes conducted  
**1,445** therapy classes conducted  
**981** movement and social classes conducted



total participants **1,852**  
participants for therapy classes **1,012**  
participants for movement and social classes **840**



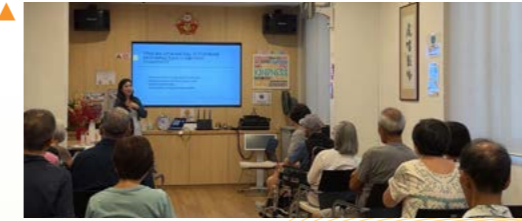
**76** total events and workshops conducted  
**1,311** total participants



## Year in Review

### January

**11 Jan**  
PSS Caregiver Workshop: Swallowing Difficulty & Tube Feeding in PD



**31 Jan**  
PSS Befrienders' Session: Sing-Along & Lohei



### February

**8 Feb**  
PSS Lunar New Year Celebration

**11 Feb**  
Collaboration with SIT: Learning Journey at PSS

**27 Feb**  
PSS Reminiscence Workshop Part 1

**28 Feb**  
Collaboration with idsMed: Befriender Session on "Wellness through Exercising & Gaming"



### March

**1 Mar**  
PSS Stakeholders' Get-Together



**27 Mar**  
PSS Walking Club @ Mandai Boardwalk



**15 Mar**  
Collaboration with Occupational Therapists from SGH: YPC Workshop on "Fatigue Management in Parkinson"

### April

**5 Apr**  
NNI Parkinson Disease Public Forum



**21 Apr**  
Collaboration with Silver Caregivers Co-operative Limited: Caregiver Workshop on "A focus on caregivers providing Parkinson's care"

**8 & 9 Apr**  
World Ageing Festival

**14 & 21 Apr**  
PSS Reminiscence Workshop Part 2

**17 Apr**  
PSS Walking Club @ Fort Canning Park

**25 Apr**  
PSS Befrienders' Session: Sharing by Mr Philip Ommen and Introduction of NNICE by NNI

**26 Apr**  
PSS Life in Balance Workshop

May

**15 May**  
PSS Walking Club @ HortPark

**17 May**  
Silver Caregivers Co-operative Limited Leaving a Living Legacy Symposium

**24 May**  
PSS Annual General Meeting



June

**19 Jun**  
PSS Walking Club @ Labrador Park

**23 Jun**  
Collaboration with Outpost Climbing: Rock Climbing

July

**5 Jul**  
PSS Charity Walk-Run 2025



August

**2 Aug**  
Caregiver Workshop on Caregiver Well-Being Part 1

**4 Aug**  
Collaboration with ITE Central: Learning Journey at PSS

**13 Aug**  
Collaboration with Kwong Wai Shiu Care @ Macpherson: PSS x Brain Bank Singapore Talk

**21 Aug**  
Collaboration with Sentosa: PSS Walking Club @ Peranakan Reimagined

**26 May**  
Collaboration with BFEC, 40:31 Seniors' Group: PSS Reminiscence Workshop



**31 May**  
Collaboration with TTSH: Caregiver Workshop on "Nutrition in PD"

**27 Jun**  
Collaboration with Rae Yi & Mahyuddin: "The Artist in Me"



**17 Jul**  
PSS Walking Club @ Gardens by the Bay

**19 Jul**  
PSS x SGH Parkinson Support Group

**26 Jul**  
PSS Life in Balance Workshop

**22 Aug**  
Collaboration with AIC: Silver Generation Ambassador Learning Day

**23 Aug**  
PSS P-Net Workshop: Staying Positive Despite Calamities: The Virgin Island Experiential Exercise, by Dr Gilbert Fan

**29 Aug**  
Collaboration with Agegracefully: Befrienders' Session



September

**4 Sep**  
Collaboration with Sentosa: Madame Tussauds & Lunch at Sentosa Golf Club



**4-6 Sep**  
NNI 11th Singapore International Parkinson Disease & Movement Disorders Symposium

October

**2 Oct**  
PSS Walking Club @ Age+ Living Lab & Lower Seletar Reservoir

**3, 10, & 17 Oct**  
PSS Reminiscence Workshop Part 3

**9 Oct**  
Collaboration with Outpost Climbing: Rock Climbing

**18 Oct**  
PSS x CGH Parkinson Support Group: Living Well with PD: Sleep, Stress & Social Engagement

**1 Nov**  
PSS Caregiver Workshop: How to Care with Heart & Strength without Losing Ourselves, by Mrs Chua-Lim Yen Ching

**3 Nov**  
Collaboration with BFEC, 40:31 Seniors' Group: PSS Reminiscence Workshop on Taste & Tales

**7-8 Nov**  
Collaboration with ELDEX Asia: Championing Functional Longevity

**6 Dec**  
PSS x CGH Parkinson Support Group: Caregiving in PD: Self-Care and Resources for PD

**11 Dec**  
PSS Walking Club @ Singapore Maritime Gallery

Collaboration with Hush TeaBar: Renew & Restore Workshop



December

**6 & 7 Sep**  
Collaboration with Keppel Club: Keppel Club Charity Golf

**20 Sep**  
PSS Move to Beat Parkinson



**27 Oct**  
Collaboration with Silver Caregivers Co-operative Limited: Caregiver Workshop on "A focus on caregivers providing Parkinson's care"

**31 Oct**  
Collaboration with Mount Elizabeth Hospital: Befrienders' Session on "Parkinson Communication Group Therapy"

**8 Nov**  
NNI Year End Party



**20 Nov**  
PSS Walking Club @ Gardens by the Bay

**15 Dec**  
PSS Rummikub Competition

**16 Dec**  
Collaboration with SAdeaf: Learning Journey at PSS

**22 Dec**  
PSS Christmas Celebration



# Financial Overview

Income	FY 2025	FY 2024
Voluntary Income	171,640.00	159,508.00
Grants and funding	540,571.00	273,102.00
Fund raising income	258,891.00	604,393.00
Fund generating activities	303,191.00	258,799.00
Other Income	110,402.00	154,271.00
<b>Total Income</b>	<b>1,384,695.00</b>	<b>1,450,073.00</b>
Expenses	FY 2025	FY 2024
Fund raising expenses	52,533.00	138,664.00
Administrative costs	423,587.00	428,460.00
Other operating expenses	546,838.00	398,659.00
Cost of fund generating activities	381,962.00	238,894.00
<b>Total Expenses</b>	<b>1,404,920.00</b>	<b>1,204,677.00</b>
Surplus / (Deficit) for the year	(20,225.00)	245,396.00
Total assets	4,092,167.00	4,142,534.00
Total liabilities	697,077.00	727,219.00
<b>Net Assets</b>	<b>3,395,090.00</b>	<b>3,415,315.00</b>
Unrestricted Fund	3,390,884.00	3,412,419.00
Restricted Fund	4,206.00	2,896.00
<b>Total Funds</b>	<b>3,395,090.00</b>	<b>3,415,315.00</b>

# Programmes and Services

Since 2013, Parkinson Society Singapore (PSS) has been committed to enhancing the well-being of persons with Parkinson (PwP) and their caregivers. PSS provides a comprehensive range of programmes and services to support their physical, emotional, and social needs. Continuously evolving, these initiatives ensure PwP and caregivers receive meaningful engagement and practical assistance.

Beyond physiotherapy, PSS offers programmes that enhance movement, dexterity, speech, and emotional and social well-being. These sessions, held in small and large group settings, provide opportunities for social interaction, and help cultivate a strong sense of community.

In 2025, PSS focused on developing more targeted Parkinson programmes. This included collaborating with the Singapore Institute of Technology to better understand the needs and preferences of PwP, as well as working with the National Neuroscience Institute to enhance therapy programmes. In addition, more curated workshops were introduced to better support caregivers. The number of programmes increased from 32 to 34, while weekly classes grew from 49 to 58, bringing the total number of classes from 2,079 to 2,426.

## Therapy Programmes

### Physiotherapy

Physiotherapy is a core offering. It is led by certified physiotherapists and supported by therapy assistants and volunteers. PwP often face challenges such as slow movement and difficulty performing everyday activities, particularly walking. This programme improves muscle strength and mobility. It is offered at three levels — Advanced, Intermediate, and Strong Foundation — so that participants receive the right level of support for their needs.



1305

929

### PSSFiT

PSSFiT is a personalised strength training programme designed to help PwP maintain or improve their physical abilities. It is held in small, supervised group sessions and uses specialised equipment to make each workout safe and effective.



43

20

### PSS Occupational Therapy

PSS Occupational Therapy offers one-on-one sessions and group classes to support PwP in managing daily activities such as dressing, toileting, bathing, feeding, mobility, and transfers. Support also extends to cognition, safety, and participation in meaningful activities. Our goal is to empower independence while supporting individuals to live as fully and safely as possible, alongside their caregivers.



### Speech Therapy

Speech Therapy helps PwP manage speech difficulties caused by weakened vocal cords. The programme, led by trained speech therapists, includes exercises conducted in small groups. Participants focus on strengthening their vocal cords and improving speech clarity and pronunciation for more effective communication.



## Movement and Social Programmes

### PSS Table Tennis

PSS Table Tennis helps improve cardiovascular health, muscle strength, reaction time, and hand-eye coordination. Sessions are led by a coach with more than 10 years of experience.



### PSS Table Tennis Together

PSS Table Tennis Together is a members-only recreational programme that provides a relaxed and friendly space for participants to enjoy casual play, connect with others, and stay active. It promotes social interaction while supporting overall well-being through regular exercise.



### PSS Pilates

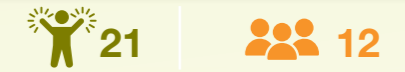
PSS Pilates is a low-impact workout that strengthens muscles, improves flexibility, balance, and posture, and helps ease stiffness and tension. It is available in both seated and standing levels, making it accessible to PwP with different abilities. The exercise also promotes body awareness and mindfulness, which can help reduce stress and anxiety. Research suggests that regular pilates sessions may slow the progression of Parkinson and improve motor function. With a strong focus on safety, PSS Adapted Pilates ensures a secure and effective exercise experience for all participants.



LEGEND: No. of classes No. of participants

### PSS Adapted Dance

PSS Adapted Dance is inspired by different forms of dance adapted and curated for PwP. Dance has been shown to improve gait, posture, and balance. It also elevates mood and stimulates cognitive function through music and rhythm, which contributes to a better quality of life.



### Active Kickboxing

Designed specifically for PwP, Active Kickboxing provides dynamic full-body workouts in both seated and standing formats. The classes, led by internationally certified black belt instructors, focus on teaching proper techniques in a supportive and enjoyable atmosphere. This programme is suitable for beginners, including those with no previous experience in martial arts. It offers a safe and engaging way to stay active and fit.



### Tai Chi

Tai Chi focuses on slow, controlled movements and postures. It offers benefits such as improved strength, blood circulation, balance, coordination, and joint and spine flexibility. This mindful practice revitalises the body and calms the mind, leaving participants relaxed and refreshed. Tai Chi classes at PSS are available in both seated and standing formats to accommodate different ability levels.



### PSS Adapted Rhythmic Movements

Rhythmic Movements is a programme designed for PwP that uses creative hand and body movements to support overall well-being. The programme guides participants through rhythmic flow to facilitate mobility while enjoying a positive and engaging experience.



LEGEND: No. of classes No. of participants

## Sing with Me (Chinese)

Sing with Me addresses speech and vocal changes in PwP caused by weakened facial, mouth, and throat muscles. Research shows that singing-based therapy can improve speech clarity and vocal tone while reducing stress and boosting confidence. In these sessions, participants learn in groups and take turns to perform. Guided by a vocal trainer, they progressively strengthen their vocal cords and refine their diction and pronunciation.



68 80

## Chinese Calligraphy

PwP often experience slow movements and stiffness in the hands and fingers. Chinese calligraphy can help manage micrographia, a common symptom that causes handwriting to become small, cramped, and difficult to read. Using a Chinese brush, participants improve fine motor skills through smooth, deliberate brushstrokes. The practice also encourages deep breathing and focus, helping individuals stay present and eliminate distractions. Our Chinese calligraphy classes are designed to progress gradually and are personalised to match each participant's interest and learning speed.



45 32

## PSS Music and Movements

This programme provides a holistic, enjoyable approach to improve motor, cognitive, and social well-being for PwP and caregivers. Through music and instrument, it creates meaningful opportunities for expression, connection and co-creation.



53 50

## Yoga

Yoga at PSS helps improve flexibility and posture, and reduce muscle pain while boosting confidence and overall well-being. It is designed to progress gradually and is tailored and adapted to meet the unique physical abilities of each PwP. Classes are offered at two levels — seated and standing — and incorporate supportive equipment to help improve balance, increase range of motion, and maintain stability and alignment throughout each session.



68 49

LEGEND: No. of classes No. of participants

## PSS Sing Together

PSS Sing Together is a recreational programme where members can strengthen their vocal muscles while singing. The self-organised sessions make use of a newly installed karaoke system and allow participants to sing at their own pace. Beyond vocal benefits, the programme provides a fun and social space for members to connect and support one another.



44 60

## PSS Here to Hear

PSS Here to Hear provides a safe and supportive space for PwP and their caregivers. We recognise that navigating the Parkinson journey is not easy. Thus, this programme offers a compassionate environment where individuals can share their experiences and learn coping strategies. Participants are guided to better understand their thoughts and emotions, supporting their overall well-being.

46 17

LEGEND: No. of classes No. of participants

## Events and Workshops

### Life in Balance

The Life in Balance workshop introduces various techniques and mindfulness strategies to support the well-being of PwP and their caregivers. Participants gain practical tools to manage stress, build emotional resilience, and bring a greater sense of balance to their daily lives. Through guided exercises and interactive learning, the workshop empowers them to navigate challenges with greater ease and confidence.



2 20

### Parkinson Network (P-Net)

P-Net is a specialised workshop for individuals diagnosed with Parkinson within the past five years. Led by healthcare experts, these sessions provide crucial information and strategies to help participants understand and manage the condition. In addition, P-Net creates a supportive environment where individuals can connect with others and build a sense of community as they navigate their journey with Parkinson.



1 22

### Caregiver Support Group

The Caregiver Support Group meets quarterly and provides essential support for those caring for loved ones with Parkinson. Led by healthcare professionals with expertise in Parkinson care, these sessions offer valuable insights and guidance to help caregivers navigate challenges. Each session includes an open forum where caregivers can share experiences, exchange coping strategies, and find support in a compassionate environment.



3 68

### Youthful Parkinson Circle (YPC)

YPC is a support group for individuals diagnosed with Parkinson before the age of 60. It provides a space for connection and mutual support. Each session focuses on relevant Parkinson topics, discussed with a medical professional through interactive group activities. An open forum follows for participants to share personal experiences and nurture a deeper sense of solidarity within the group.



1 40

LEGEND: No. of classes No. of participants

## Monthly Events

### PSS Walking Club

The PSS Walking Club holds monthly outings to different parks across Singapore on the third Thursday of each month. Walking is an ideal exercise for PwP as it helps improve mobility, slow cognitive decline, and enhance mental clarity. Participants participate in engaging activities while enjoying nature. These walks also provide opportunities for social connection, fostering a supportive and uplifting community.



10 358

### Befrienders Support Group

The Befrienders Support Group meets on the last Friday of each month, providing a safe and welcoming space for PwP and their caregivers to connect. Through meaningful discussions and shared experiences, participants offer one another support and encouragement. These connections often grow into lasting friendships that provide support beyond the sessions.



12 384

### PSS Karaoke (In Collaboration with International Y's Men's Club of Singapore)

PSS partners with the International Y's Men's Club of Singapore (Alpha Chapter), the service arm of YMCA Singapore, to host monthly karaoke sessions for PwP and their caregivers at the YMCA International House in Orchard. Participants can request songs, cheer one another on, and enjoy their favourite tunes while strengthening their vocal abilities. These gatherings provide a relaxed and enjoyable space for social interaction, connection, and shared fun.



9 44

LEGEND: No. of classes No. of participants

# Our Parkinson Warriors and Caregivers



## Chua Kwee Fah Mary

“ I feel comfortable and normal being here at Parkinson Society Singapore. I attend physiotherapy once a week, and I truly enjoy my time here and have been making wonderful friends. Being here makes me feel happy, motivated, and excited to keep coming back.



## Leong Weng Wai

“ Parkinson Society Singapore (PSS) has been a vital source of strength. It offers tailored services that support my biological, psychological, social, and spiritual needs. Being part of this community has shown me that I’m not alone in this fight. It has provided me with essential information, a platform for connection, and the encouragement I need to live each day to its fullest.

Through PSS’s programmes, I’ve learnt to manage my condition and maintain a positive outlook. The social interactions with fellow members and the support of the PSS team have helped me navigate the challenges of Parkinson with resilience. I now know that, while Parkinson may be a part of my life, it does not define me. I remain committed to living well and paying it forward by helping others understand Parkinson better.

PSS is not just a support group to me. It’s my second family. I’m grateful for the tools and resources they provide, and I encourage fellow warriors to join, as together, we can create a future filled with hope and shared strength.

## John

“ I have been coming to Parkinson Society Singapore for two years now. During this time, I’ve actively taken part in many different activities, not just 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. It truly feels like a second home to me.



## Fong Hing Yee

“ Sing with Me (Chinese) is an excellent programme for someone who wishes to learn singing.



## Magdalene Lee (caregiver of Chan Fun Lan)

“ My mother has been attending Parkinson Society Singapore (PSS) for more than three years, and throughout this journey, I have witnessed how much it has shaped her life. I have seen her become more alert, more engaged, and cognitively stimulated in ways that I could never fully provide at home.

Parkinson is a progressive journey, and I truly appreciate how thoughtfully PSS structures its programmes to meet individuals at different stages. My mother once attended the singing class, which she enjoyed very much. As her condition progressed, I made the difficult decision to transition her to the Music and Movement class. Through this, she continues to move her limbs, stay active, and participate in something she loves. It reminds me that even as abilities change, joy can still remain.

The facilitators at PSS have been patient and encouraging, and they make a huge difference in her confidence and independence. With their support, I have seen her accomplish movements I once thought she could no longer do. My helper’s attendance at the physiotherapy sessions has also deepened her understanding of Parkinson and allowed her to better appreciate the strength and potential that remain in these Warriors, regardless of their stage.

Most of all, when I see my mother smiling and truly enjoying herself, it gives me comfort and strength. Her happiness reassures me that despite the challenges, there are still beautiful moments to cherish.

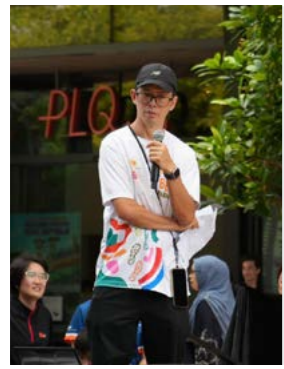
## Mdm Yong

“ Since joining Parkinson Society Singapore (PSS), my experience has been nothing short of transformative. The staff at PSS are incredibly warm, supportive, and treats every Parkinson Warrior like family. They provide services, but also a community where we can connect, share, and support each other.

I’ve participated in various activities offered at PSS, such as adapted Tango, kickboxing, and physiotherapy. These programmes have been crucial in improving my strength, mobility, and overall well-being. The physiotherapy sessions have been particularly beneficial as they helped me build muscle strength, balance, and flexibility. I’m grateful for how these activities have become a source of joy and encouragement. The camaraderie of fellow warriors makes the journey less isolating too.

Being part of PSS has been a vital part of my journey as it provides me with the tools and support I need to live with Parkinson in a positive and active way. It’s a place where I’m not just a patient, but a part of a community that cares deeply.





**Khoo Quek Yong**

“ The support from Parkinson Society Singapore (PSS) has been invaluable in helping me navigate the challenges of Parkinson.

At PSS, I discovered a community where I could connect with others facing similar struggles. The staff are compassionate and dedicated, creating a safe space for us to share experiences, receive guidance, and find strength in one another. The activities and resources available, from educational materials to physical therapy sessions, have played a key role in improving my quality of life.

Being part of PSS has given me practical tools and emotional support. The warmth and care from the team and fellow warriors remind me that I am not alone in this journey. I'm grateful for the opportunities to learn, grow, and stay engaged through PSS, and I encourage others to seek out the same support and connection.



**Lee Chiew Meng**

“ Lunar New Year Celebration was a spontaneous one. Parkinson Society Singapore did a great job organising it. Good effort overall.

**Kee Meng Huat, Henry**

“ Lunar New Year Celebration 2025 was engaging. It was a good celebration that also boosted our morale.



**Doreen Low**

“ It was good to have guides who brought us around and provided explanations during the Sentosa Peranakan Walk. There was also no pressure on the less mobile, as the walk and cable car experience well-paced.

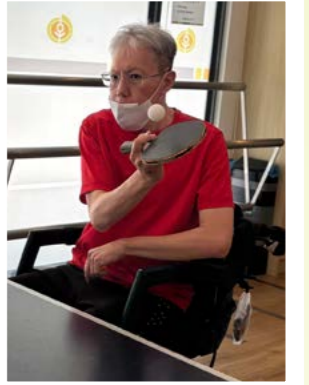
**Susan Lim**

“ The Sentosa Peranakan Walk was well-organised. The many aides and helpers were adequately briefed on their respective responsibilities, and there were no hiccups, especially in handling Parkinson Warriors in wheelchairs onto the cable cars.



**Ivan Ho (Parkinson Warrior) & Amanda Ng (caregiver)**

“ Professional-led therapy sessions are invaluable to Parkinson Warriors. We're grateful for the affordable fees and subsidised transport that ease logistical hurdles. Peer support from the Parkinson Society Singapore (PSS) community also provided the vital motivation needed for those in advanced stages to stay active. In addition, we always appreciate the helpful and friendly PSS staff who serve with their hearts.



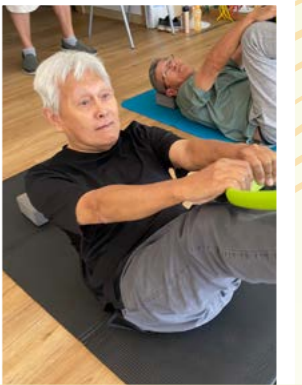
**Lim Koon Lian**

“ Every seated Tai Chi class is occupied with exercises, and no time is wasted.



**Richard Yip**

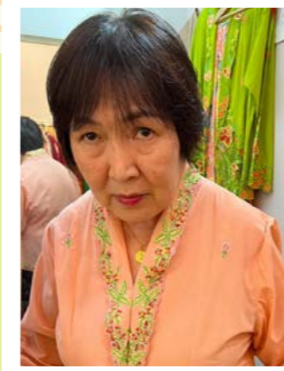
“ Pilates keeps me mobile and strong.



**Shirley Ho**

“ I was diagnosed with Parkinson in Japan between 2021 and 2022. The diagnosis left me feeling demoralised and disheartened, and I initially felt that there was little I could do apart from living with the condition and waiting for it to progress.

However, things began to change after I was introduced to Parkinson Society Singapore (PSS). Earlier this year, I joined the physiotherapy classes, followed by Rhythmic Movement classes. Participating in these activities has helped to rebuild my confidence, while the group setting has given me added motivation and encouragement. I enjoy coming to PSS and eagerly look forward to each session.



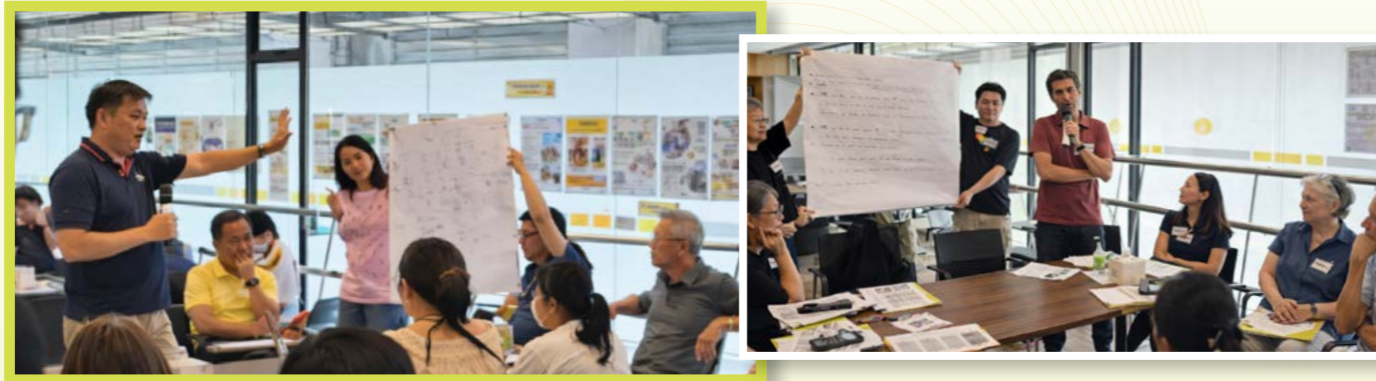
**Mdm Ang**

“ My journey with Parkinson started about 21 years ago, but I only joined Parkinson Society Singapore (PSS) three to four years ago. As the centre is close to my home, I enjoy coming here regularly. The modified KEEP Fit physiotherapy class has been helpful in managing my Parkinson symptoms, and I would encourage other Parkinson Warriors to join PSS and take part in its activities as well. When I first joined the classes here, I felt a little awkward. Over time, however, meeting other members and hearing them share their experiences with Parkinson has made me feel much more cheerful and connected.

# Public Education and Community Engagement

## PSS Stakeholders' Get-Together

On 1 March 2025, physicians, advanced practice nurses, educators, allied health professionals, and community and industry partners gathered for a dialogue hosted by Parkinson Society Singapore (PSS). The session highlighted PSS's ongoing work and four priority areas: (1) integrating psychosocial support, (2) exploring plans for a second Parkinson Centre, (3) leveraging technology and AI for fundraising and care, and (4) strengthening cross-sector collaboration. Grouped by profession, participants exchanged ideas, sparking meaningful dialogue and advancing a more connected Parkinson care ecosystem.



## NNI Parkinson Disease Public Forum: Keeping Fit for a Better Tomorrow

The National Neuroscience Institute (NNI) Parkinson Disease Public Forum on 5 April 2025 drew Parkinson Warriors (PWs), caregivers, healthcare professionals, and members of the public keen to learn more about the condition. Conducted in English and Chinese, the forum featured physiotherapists, doctors, and nurse clinicians who spoke on Parkinson and the role of exercise in its management. An interactive exercise segment and lively Q&A engaged attendees, while a sharing by PW William Wong offered personal insights. Parkinson Society Singapore also highlighted its ongoing community support efforts.



## SIT's Learning Journey at PSS

On 11 February 2025, Parkinson Society Singapore (PSS) hosted postgraduate students from the Singapore Institute of Technology (SIT) for a learning journey at the Parkinson Centre. They toured the centre, observed programmes such as music therapy and exercise sessions, and engaged in conversations with Parkinson Warriors and caregivers. The informative visit provided the SIT students with a real-world perspective on the importance of holistic care and community support, as well as the vital role that organisations like PSS play in empowering those affected by Parkinson.



## PSS Talk at Kwong Wai Shiu Care @ Macpherson

Brain Bank Singapore invited Parkinson Society Singapore (PSS) to Kwong Wai Shiu Care @ Macpherson to conduct a talk on building a Parkinson-aware society on 13 August 2025. PSS shared about what we do and how we support the Parkinson community through programmes, workshops, and events. The session also offered insights into living with Parkinson, with Parkinson warriors courageously sharing their personal journeys.



## Leaving a Living Legacy Symposium

Parkinson Society Singapore (PSS) took part in and hosted a booth at the Leaving a Living Legacy symposium organised by Silver Caregivers Co-operative Limited on 17 May 2025. The symposium addressed the growing importance of proactive legacy planning in Singapore's ageing society. As Parkinson is a progressive condition, conversations around advance care and legacy planning are especially pertinent for individuals and families navigating long-term uncertainty. At its booth, PSS engaged families, caregivers, professionals, and students, sharing how it supports the Parkinson community. Altogether, the event reinforced how early preparation can bring reassurance to individuals and their loved ones.



## Keppel Club Community Charity Golf

On 9 July 2025, Parkinson Society Singapore returned to Keppel Club with Parkinson Warriors for its Community Charity Golf event. For many, it was their first experience with the golf simulator, and they embraced it with curiosity and enthusiasm. The accessible setup made it easy for everyone to take part confidently. Their openness to try something new reminds us that there are no limits when the right spirit meets the right opportunity.



## PSS x Outpost Climbing

Parkinson Society Singapore collaborated with Outpost Climbing to bring our Parkinson Warriors an indoor rock-climbing experience on 23 June 2025. The physically engaging activity encouraged participants to build strength, coordination, and mental focus. With guidance from instructors and support from peers, many overcame initial hesitation and surprised themselves by how far they persevered. Emerging research suggests sport climbing may improve mobility and balance, making it a meaningful addition to PSS's efforts to promote varied, confidence-building forms of exercise.



## NNI 11th Singapore International Parkinson Disease and Movement Disorders Symposium



The National Neuroscience Institute's (NNI's) 11th Singapore International Parkinson Disease and Movement Disorders Symposium, held from 4 to 6 September 2025, gathered experts to discuss advances in care. Parkinson Society Singapore (PSS) participated as a Community Care Partner and hosted a booth to share about our work. Parkinson Warrior Rose Lee was at the booth engaging participants and drawing bookmarks for them. A fireside chat at the event also featured Parkinson Warrior Martin Ng, alongside caregiver Aileen Neo. Their honesty and resilience shed light on the strength and determination within the Parkinson community, which struck a chord with the audience. PSS was additionally given the opportunity to speak on advocacy and community-building, further highlighting how holistic support strengthens resilience among persons with Parkinson.

## AIC Silver Generation Ambassador Learning Day

On 22 August 2025, Parkinson Society Singapore (PSS) was invited by the Agency for Integrated Care (AIC) to speak at the Silver Generation Ambassador Learning Day. The session introduced ambassadors to Parkinson and ways they can better support seniors. Interactive activities, including a "double vision" simulation and guided exercises, offered insight into daily challenges faced by persons with Parkinson. PSS looks forward to continued collaboration to strengthen awareness and improve access to support.



## ELDEX Asia: Championing Functional Longevity

Parkinson Society Singapore (PSS) is grateful for the opportunity to hold an awareness booth at ELDEX Asia on 7 November 2025. With its focus on functional longevity and active ageing, the event resonated strongly with PSS's commitment to supporting persons with Parkinson in maintaining mobility, independence, and meaningful engagement. The platform allowed us to raise awareness about Parkinson and share how PSS supports the Parkinson community. We connected with both young and old participants, caregivers, and professionals who share the same passion for promoting active and meaningful ageing. Events like this remind us of the importance of collaboration in building a more informed and inclusive community for persons with Parkinson.



## NNI Year-End Party

Parkinson Society Singapore (PSS) was invited to be part of the National Neuroscience Institute's (NNI's) Year-End Party 2025, a celebration that brought together healthcare professionals and members of the Parkinson community. It was heartwarming to see our Parkinson Warriors step onto the dance floor and move to the beat during the warm-up exercises. The energy and enthusiasm set a positive tone for the celebration. There, PSS also hosted an awareness booth, where participants learnt more about our programmes and services. The day was marked by warm exchanges and meaningful conversations that strengthened the community bonds.



## PSS Charity Walk-Run 2025

Parkinson Society Singapore (PSS) welcomed participants back in person for its 2025 Charity Walk-Run on 5 July 2025. The event revived a tradition that began in 2006 to mark PSS’s 10th anniversary. After a virtual edition in 2022, we were thrilled to return with a physical event and a fundraising goal of \$100,000. Every step taken and every contribution received supported the Parkinson cause.

PSS President Prof Louis Tan opened the event by highlighting ongoing efforts to empower Parkinson Warriors (PWs) and support their journey. Our guest of honour, Ms Elysa Chen, Adviser to Bishan-Toa Payoh GROs, affirmed the resilience of PWs and encouraged continued advocacy.

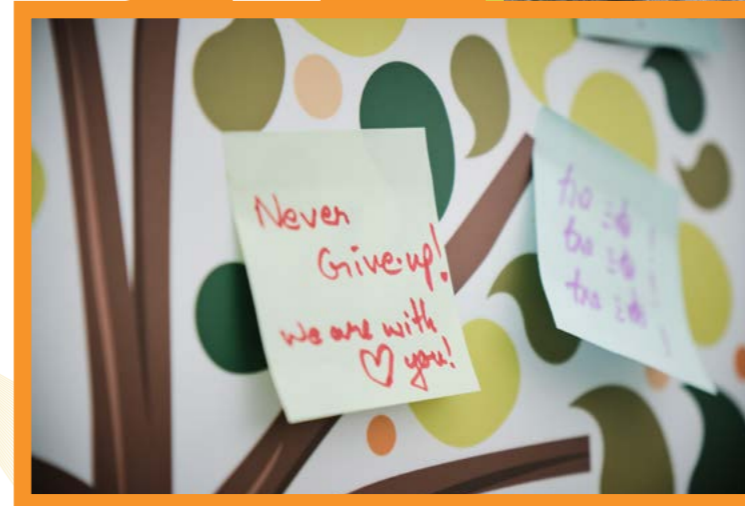
After a warm-up led by PSS Therapy Assistant Rica and physiotherapy students from the Singapore Institute of Technology, the Walk-Run was flagged off. PWs, caregivers, families, volunteers, and members of the public set off along the park route and cheered one another on.

Interactive booths at the event ground also drew strong participation from both participants and curious members of the public.

- **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 (PSS’s 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 adopting our publications, contributing to our fundraising efforts.



The strong turnout, along with the meaningful engagement from members of the public, reflected the growing awareness and solidarity surrounding the Parkinson cause. From every step on the park route to warm conversation at the booths, the day demonstrated what a united community can achieve. It was an inspiring reminder of the impact that compassion and collective action can make.



## PSS Move to Beat Parkinson 2025

This year's Move to Beat Parkinson was a vibrant celebration of resilience, creativity, and community spirit. Parkinson Warriors (PWs), caregivers, healthcare professionals, partners, and friends came together for a full day of performances, conversations, and interactive activities.

The programme began with an electrifying percussion showcase by the Fun Park(inson) Percussion Group, comprising PWs and caregivers. Their rhythmic synchrony energised the room and set the tone for a programme centred on strength and solidarity.

In his opening remarks, PSS President Prof Louis Tan expressed appreciation for the community's steadfast support and reiterated PSS's commitment to broadening programmes and services nationwide. Guest-of-Honour Ms Mariam Jafaar, MP for Sembawang GRC, acknowledged PSS's nearly three decades of impact and underscored the importance of ageing well through prevention and empowerment.



Ms Jafaar then presented the 14th Parkinson Star Awards to PWs John Ling and Teo Nam Meng, alongside caregiver Aileen Neo, whose journeys reflected courage and dedication. She also honoured top fundraisers Jennifer Chung, Aileen Neo, and Felice Ho for their contributions to sustaining PSS's mission.

A lively warm-up led by Ms Qu Yiwei, physiotherapist from Woodlands Health followed to re-energise the crowd. After which, the stage came alive with Adapted Dance, Tai Chi, Music & Movements, and Rhythmic Movements performances led by dedicated instructors. The audience responded enthusiastically, clapping along and, at times, joining in.



The tone then shifted to reflection during a fireside chat led by A/Prof Tay Kay Yaw and facilitated by Ms Li Wei. PW Lim Khee Ming and caregiver Tan Bee Guan shared candid insights into their journey, touching on communication, coping strategies, and staying connected to community life. Practical talks on speech, swallowing, and ageing in place complemented their sharing with useful guidance for everyday living.



Below the stage, activity booths offered further opportunities for engagement. At "Mindfulness in Movements", participants crafted paper orbs of positivity, shaped their concept of "home", played memory games, and explored Parkinson symptoms through puzzles. "Counting Butterflies" challenged motor coordination and focus. "The Giving Gallery" featured artwork by PW Rose Lee and Karen Ong, sparking thoughtful exchanges. Community partners — National Neuroscience Institute, National University of Singapore's bGood, Singapore Institute of Technology, Agegracefully, Evolving Homes, Urban Poling, Brain Bank Singapore, Silver Caregivers Co-operative Limited, Clean and Real Foods, HUR Solutions, and EaseAroma — also hosted booths, sharing resources to enrich the lives of PWs.

The day culminated in a powerful finale, "Sing with Me". The medley, centred on themes of love, home, and resilience, had the audience singing along. PSS Vice-President Mrs Chua-Lim Yen Ching closed the event with words of appreciation and encouragement, acknowledging staff and partners. A lucky draw, featuring walking sticks sponsored by Agegracefully and board games, ended the day on a joyful note.

At its heart, Move to Beat Parkinson 2025 affirmed the connection, creativity, and the enduring strength of the Parkinson community.



# Fundraising & Appreciation of Donors & Sponsors

- Agegracefully
- Cloversoft
- Keppel Club
- Khong Guan Biscuit Company
- National Council of Social Service
- Sim Kian Kiat
- Singapore Pools Pte Ltd
- Tan Chin Tuan Foundation
- Unified Trade Hub Pte Ltd
- Wong Jin Kok

# Governance Report

## Responsibilities Of The Board

The Board of Parkinson Society Singapore (PSS) is responsible for overseeing and monitoring the organisation’s performance and ensuring that strategic goals and objectives are met. This includes reviewing and approving the society’s strategies, budgets, and financial plans.

In 2025, the Board convened six scheduled meetings to review key developments and ensure that the society’s mission remains aligned with the evolving needs of its community. Board members’ attendance for these meetings is detailed in Table 1.

**Table 1: Board Members’ Attendance at Board Meetings in FY 2025**

	Attendance	Percentage			
Prof Louis Tan	6/6	100%	A/Prof Tay Kay Yaw	2/4	50%
Mrs Chua-Lim Yen Ching	6/6	100%	Ms Tan Swee Hua	6/6	100%
Ms Lin Jingyi	6/6	100%	Ms Neo Lay Tin	5/6	83%
Ms Theresa Goh	4/6	67%	Dr Eng Soo Kiang	5/6	83%
Ms Li Wei	6/6	100%	Mr David Lee	4/6	67%
Mr Wong Jin Kok	5/6	83%	Ms Sim Peck San	4/6	67%
Mr Edward Pang	5/6	83%	Ms Christine Kang	4/6	67%
Dr Chloe Chung	4/6	67%	Ms Beverly Wee	5/6	83%
Ms Audrey Lau	4/4	100%			



## Board Composition and Appointment

In FY 2025, the Board comprised 17 members, each bringing a unique perspective from their professional backgrounds. There were several key movements, including the retirement of Dr Tan Siok Bee and Dr Dawn Tan. Ms Lin Jingyi was elected Secretary, succeeding Ms Neo Lay Tin, who transitioned to a Committee Member role. Two new individuals also joined as Committee Members.

Table 2 highlights the year each Board Member began their service and, where applicable, the reason for serving more than 10 years.

**Table 2: Board Members' Tenure and Service**

Board Member	Position	Served Since	Reason for Serving More than 10 Consecutive Years
Prof Louis Tan	President	2001	Prof Louis Tan provides invaluable inputs and medical expertise in achieving the best outcomes for Parkinson patients.
Mrs Chua-Lim Yen Ching	Vice-President	2020	NA
Ms Lin Jingyi	Secretary	2024	NA
Mr David Lee	Treasurer	2022	NA
Ms Theresa Goh	Assistant Treasurer	2009	As a senior finance professional, Ms Theresa Goh provides invaluable inputs and guidance as a member of the Finance Committee. She ensures adherence to best practices and the code of governance for charities.
Ms Neo Lay Tin	Member	2008	Ms Neo Lay Tin provides guidance in public communications and community outreach, which are key factors in raising the awareness of Parkinson and support for the cause.
Ms Li Wei	Member	2014	Driven by her dedication to bridging clinical care and community support, Ms Li Wei ensures that PSS's programmes continue to stay relevant for Parkinson patients.
Ms Christine Kang	Member	2014	With over 20 years of finance experience, Ms Christine Kang plays a key role in the PSS Audit and Risk Committee. She ensures strong financial governance and accountability.
Ms Sim Peck San	Member	2018	NA
Ms Tan Swee Hua	Member	2021	NA
Ms Beverly Wee	Member	2021	NA
Mr Edward Pang	Member	2022	NA
Mr Wong Jin Kok	Member	2023	NA
Dr Chloe Chung	Member	2023	NA
Dr Eng Soo Kiang	Member	2024	NA
A/Prof Tay Kay Yaw	Member	2025	NA
Ms Audrey Lau	Member	2025	NA

## Board Committees 2025

The Board is supported by several committees, each playing a vital role in guiding the operations and governance of PSS. These committees include human resources, finance, audit and risk, appointments and nominations, programmes and services, fundraising, communications and publications, and investments. Each committee is chaired by a board member who brings expertise in the respective area, ensuring robust oversight and effective decision-making.

### HUMAN RESOURCES

Prof Louis Tan (Chairperson)  
Julie Lau  
Neo Lay Tin  
Chua-Lim Yen Ching

### FINANCE

David Lee (Chairperson, Treasurer)  
Theresa Goh (Assistant Treasurer)  
Sim Peck San  
Marcus Lam

### INVESTMENTS

Edward Pang (Chairperson)  
Beverly Wee  
David Lee  
Theresa Goh  
Dr Tan Boon Wan

### AUDIT & RISK

Christine Kang (Chairperson)  
Beverly Wee  
Lin Jingyi  
Audrey Lau

### APPOINTMENTS & NOMINATIONS

Prof Louis Tan (Chairperson)  
Julie Lau  
Neo Lay Tin  
Chua-Lim Yen Ching

### FUNDRAISING

Edward Pang (Chairperson)  
Julie Lau  
Marcus Lam  
Tan Swee Hua  
Wong Jin Kok

### PROGRAMMES & SERVICES

**Main Committee**  
Dr Chloe Chung (Chairperson)  
Neo Lay Tin (Vice-Chairperson & Counselling Sub-Com)  
A/Prof Tay Kay Yaw  
Dr Dawn Tan (Rehabilitation Sub-Com)  
Li Wei (YPC & CG Education Sub-Com)  
Chua-Lim Yen Ching  
Dr Tan Siok Bee  
Lin Jingyi  
**Counselling Sub-Committee**  
Neo Lay Tin (Chairperson)  
Dr Tan Siok Bee  
Rajesh Jaya  
**Rehabilitation Sub-Committee**  
Dr Chloe Chung (Chairperson)  
Dr Dawn Tan  
Sylvia Liew  
David Zhang  
Sarah Ko  
**Youthful Parkinson Circle (YPC & Caregiver (CG) Education Sub-Committee**  
Li Wei (Chairperson)  
Usanee Chotphoksap  
Chua-Lim Yen Ching

### COMMUNICATIONS & PUBLICATIONS

Audrey Lau (Chairperson)  
Neo Lay Tin  
Li Wei  
Dr Eng Soo Kiang

## Board Succession Plan

The PSS Board is committed to maintaining a healthy mix of experienced and fresh board members to balance continuity and renewal. The PSS Board has been actively renewing itself over the past years. Since 2021, we have elected two new board members each year. We are dedicated to continuing this practice in the coming years, refreshing the Board with new members.

# Code of Governance

The following disclosures are made in accordance with the Charity Council's Code of Governance:

- No governing board member is remuneration.
- No staff is involved in setting his own remuneration.
- Any staff receiving more than \$100,000 each in annual remuneration is disclosed in the Audited Financial Statements.
- No staff is a close member of the family belonging to the Executive Head or a governing board member of the charity.

**Table 3: Code of Governance**

S/N	CODE DESCRIPTION	CODE ID	COMPLIANCE
<b>Principle 1: The charity serves its mission and achieves its objectives.</b>			
1	Clearly state the charitable purposes (For example, vision and mission, objectives, use of resources, activities, and so on) and include the objectives in the charity's governing instrument. Publish the stated charitable purposes on platforms (For example, Charity Portal, website, social media channels, and so on) that can be easily accessed by the public.	1.1	Complied
2	Develop and implement strategic plans to achieve the stated charitable purposes.	1.2	Complied
3	Have the Board review the charity's strategic plans regularly to ensure that the charity is achieving its charitable purposes, and monitor, evaluate and report the outcome and impact of its activities.	1.3	Complied
4	Document the plan for building the capacity and capability of the charity and ensure that the Board monitors the progress of this plan. "Capacity" refers to a charity's infrastructure and operational resources while "capability" refers to its expertise, skills and knowledge.	1.4	Complied
<b>Principle 2: The charity has an effective Board and Management.</b>			
5	The Board and Management are collectively responsible for achieving the charity's charitable purposes. The roles and responsibilities of the Board and Management should be clear and distinct.	2.1	Complied
6	The Board and Management should be inducted and undergo training, where necessary, and their performance reviewed regularly to ensure their effectiveness.	2.2	Complied
7	Document the terms of reference for the Board and each of its committees. The Board should have committees (or designated Board member(s)) to oversee the following areas*, where relevant to the charity: <ul style="list-style-type: none"> <li>a. Audit</li> <li>b. Finance</li> <li>* Other Areas include Programmes and Services, Fundraising, Appointment/Nomination, Human Resource, and Investment.</li> </ul>	2.3	Complied
8	Ensure the Board is diverse and of an appropriate size, and has a good mix of skills, knowledge, and experience. All Board members should exercise independent judgement and act in the best interest of the charity.	2.4	Complied
9	Develop proper processes for leadership renewal. This includes establishing a term limit for each Board member. All Board members must submit themselves for re-nomination and re appointment, at least once every three years.	2.5	Complied
10	Develop proper processes for leadership renewal. This includes establishing a term limit for the Treasurer (or equivalent position). <p>For Treasurer (or equivalent position) only:</p> <ul style="list-style-type: none"> <li>a. The maximum term limit for the Treasurer (or equivalent position like a Finance Committee Chairman, or key person on the Board responsible for overseeing the finances of the charity) should be four consecutive years. If there is no Board member who oversee the finances, the Chairman will take on the role.               <ul style="list-style-type: none"> <li>i. After meeting the maximum term limit for the Treasurer, a Board member's re-appointment to the position of Treasurer (or an equivalent position) may be considered after at least a two-year break.</li> <li>ii. Should the Treasurer leave the position for less than two years, and when he/she is being re-appointed, the Treasurer's years of service would continue from the time he/she stepped down as Treasurer.</li> </ul> </li> </ul>	2.6	Complied

S/N	CODE DESCRIPTION	CODE ID	COMPLIANCE
11	Ensure the Board has suitable qualifications and experience, understands its duties clearly, and performs well. <ul style="list-style-type: none"> <li>a. No staff should chair the Board and staff should not comprise more than one-third of the Board.</li> </ul>	2.7	Complied
12	Ensure the Management has suitable qualifications and experience, understands its duties clearly, and performs well. <ul style="list-style-type: none"> <li>a. Staff must provide the Board with complete and timely information and should not vote or participate in the Board's decision-making.</li> </ul>	2.8	Complied
13	The term limit for all Board members should be set at 10 consecutive years or less. Re-appointment to the Board can be considered after at least a two-year break. <p>For all Board members:</p> <ul style="list-style-type: none"> <li>a. Should the Board member leave the Board for less than two years, and when he/she is being re-appointed, the Board member's years of service would continue from the time he/she left the Board.</li> <li>b. Should the charity consider it necessary to retain a particular Board member (with or without office bearers' positions) beyond the maximum term limit of 10 consecutive years, the extension should be deliberated and approved at the general meeting where the Board member is being re-appointed or re-elected to serve for the charity's term of service. (For example, a charity with a two-year term of service would conduct its election once every two years at its general meeting).</li> <li>c. The charity should disclose the reasons for retaining any Board member who has served on the Board for more than 10 consecutive years, as well as its succession plan, in its annual report.</li> </ul>	2.9a 2.9b 2.9c	Complied Complied Complied
14	For Treasurer (or equivalent position) only: <ul style="list-style-type: none"> <li>d. A Board member holding the Treasurer position (or equivalent position like a Finance Committee Chairman or key person on the Board responsible for overseeing the finances of the charity) must step down from the Treasurer or equivalent position after a maximum of four consecutive years.               <ul style="list-style-type: none"> <li>i. The Board member may continue to serve in other positions on the Board (except the Assistant Treasurer position or equivalent), not beyond the overall term limit of 10 consecutive years, unless the extension was deliberated and approved at the general meeting - refer to 2.9.b.</li> </ul> </li> </ul>	2.9d	Complied
<b>Principle 3: The charity acts responsibly, fairly, and with integrity.</b>			
15	Conduct appropriate background checks on the members of the Board and Management to ensure they are suited to work at the charity.	3.1	Complied
16	Document the processes for the Board and Management to declare actual or potential conflicts of interest, and the measures to deal with these conflicts of interest when they arise. <ul style="list-style-type: none"> <li>a. A Board member with a conflict of interest in the matter(s) discussed should recuse himself/ herself from the meeting and should not vote or take part in the decision-making during the meeting.</li> </ul>	3.2	Complied
17	Ensure that no Board member is involved in setting his/her own remuneration directly or indirectly.	3.3	Complied
18	Ensure that no staff is involved in setting his/her own remuneration directly or indirectly.	3.3	Complied
19	Establish a Code of Conduct that reflects the charity's values and ethics and ensure that the Code of Conduct is applied appropriately.	3.4	Complied
20	Take into consideration the ESG factors when conducting the charity's activities.	3.5	Complied
<b>Principle 4: The charity is well-managed and plans for the future.</b>			
21	Implement and regularly review key policies and procedures to ensure that they continue to support the charity's objectives. <ul style="list-style-type: none"> <li>a. Ensure the Board approves the annual budget for the charity's plans and regularly reviews and monitors its income and expenditures (For example, financial assistance, matching grants, donations by board members to the charity, funding, staff costs and so on).</li> </ul>	4.1a	Complied

S/N	CODE DESCRIPTION	CODE ID	COMPLIANCE
22	Implement and regularly review key policies and procedures to ensure that they continue to support the charity's objectives. b. Implement appropriate internal controls to manage and monitor the charity's funds and resources. This includes key processes such as: i. Revenue and receipting policies and procedures; ii. Procurement and payment policies and procedures; and iii. System for the delegation of authority and limits of approval.	4.1b	Complied
23	Seek the Board's approval for any loans, donations, grants, or financial assistance provided by the charity which are not part of the core charitable programmes listed in its policy. (For example, loans to employees/subsidiaries, grants or financial assistance to business entities).	4.2	Complied
24	Regularly identify and review the key risks that the charity is exposed to and refer to the charity's processes to manage these risks.	4.3	Complied
25	Set internal policies for the charity on the following areas and regularly review them: a. Anti-Money Laundering and Countering the Financing of Terrorism (AML/CFT); b. Board strategies, functions, and responsibilities; c. Employment practices; d. Volunteer Management*; e. Finances; f. Information Technology (IT) including data privacy management and cyber-security; g. Investment (obtain advice from qualified professional advisors if this is deemed necessary by the Board); h. Service or quality standards; and i. Other key areas such as fund-raising and data protection. * Please refer to Volunteer Management guidelines	4.4	Complied
26	The charity's audit committee or equivalent should be confident that the charity's operational policies and procedures (including IT processes) are effective in managing the key risks of the charity.	4.5	Complied
27	The charity should also measure the impact of its activities, review external risk factors and their likelihood of occurrence, and respond to key risks for the sustainability of the charity.	4.6	Complied
<b>Principle 5: The charity is accountable and transparent.</b>			
28	Disclose or submit the necessary documents (such as Annual Report, Financial Statements, GEC, and so on) in accordance with the requirements of the Charities Act, its Regulations, and other frameworks (For example, Charity Transparency Framework and so on).	5.1	Complied
29	Generally, Board members should not receive remuneration for their services to the Board. Where the charity's governing instrument expressly permits remuneration or benefits to the Board members for their services, the charity should provide reasons for allowing remuneration or benefits and disclose in its annual report the exact remuneration and benefits received by each Board member.	5.2	Complied
30	The charity should disclose the following in its annual report: a. Number of Board meetings in the year; and b. Each Board member's attendance	5.3	Complied
31	The charity should disclose in its annual report the total annual remuneration (including any remuneration received in the charity's subsidiaries) for each of its three highest-paid staff, who each receives remuneration exceeding \$100,000, in incremental bands of \$100,000. Should any of the three highest-paid staff serve on the Board of the charity, this should also be disclosed. If none of its staff receives more than \$100,000 in annual remuneration each, the charity should disclose this fact.	5.4	Complied
32	The charity should disclose in its annual report the number of paid staff who are close members of the family of the Executive Head or Board members, and whose remuneration exceeds \$50,000 during the year. The annual remuneration of such staff should be listed in incremental bands of \$100,000. If none of its staff is a close member of the family of the Executive Head or Board members and receives more than \$50,000 in annual remuneration, the charity should disclose this fact.	5.5	Complied

S/N	CODE DESCRIPTION	CODE ID	COMPLIANCE
33	Implement clear reporting structures so that the Board, Management, and staff can access all relevant information, advice, and resources to conduct their roles effectively. a. Record relevant discussions, dissenting views and decisions in the minutes of general and Board meetings. Circulate the minutes of these meetings to the Board as soon as practicable.	5.6a	Complied
34	Implement clear reporting structures so that the Board, Management, and staff can access all relevant information, advice, and resources to conduct their roles effectively. b. The Board meetings should have an appropriate quorum of at least half of the Board, if a quorum is not stated in the charity's governing instrument.	5.6b	Complied
35	Implement a whistle-blowing policy for any person to raise concerns about possible wrongdoings within the charity and ensure such concerns are independently investigated and follow-up action taken as appropriate.	5.7	Complied
<b>Principle 6: The charity communicates actively to instil public confidence.</b>			
36	Develop and implement strategies for regular communication with the charity's stakeholders and the public (For example, focus on the charity's branding and overall message, raise awareness of its cause to maintain or increase public support, show appreciation to supporters, and so on).	6.1	Complied
37	Listen to the views of the charity's stakeholders and the public and respond constructively.	6.2	Complied
38	Implement a media communication policy to help the Board and Management build positive relationships with the media and the public.	6.3	Complied



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