

## **My Volunteering Journey – Miscellaneous Questions** **(March 16)**

Here are some subsections which were in the previous draft of “My Volunteering Journey”, but do not fit in the current version. They are still related to volunteering though:

### **Outings not listed in my schedule**

Lions Befrienders requires volunteers to be Registered Befrienders to bring elderly for outings for two reasons:

It is easier for Registered Befrienders to account for the elderly during outings.

One or two Registered Befrienders are sufficient to account for the elderly. There are staff/volunteers from other organisations who serve the elderly at these outings.

### **IMH**

*"You're not always needed. There are times to move forward and places to let go."* – Anonymous

I volunteered with The Achievers (Friends of IMH) from Mar 15 to Sep 15. I then moved to SILRA Joy Gathering.

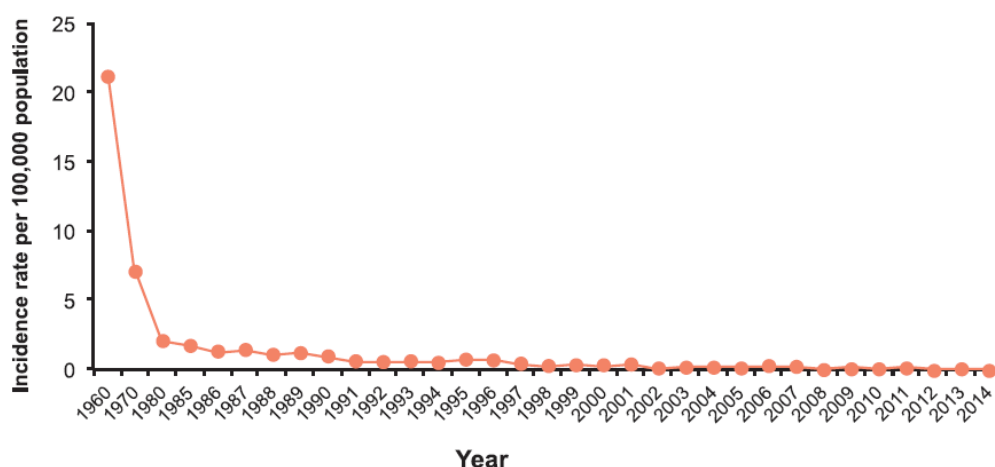
IMH has many regular volunteer groups. Without me, IMH patients still have hundreds of volunteers to befriend them. To quote a friend: *"I will leave when I can no longer contribute effectively."*

SILRA Home has only two regular volunteer groups. I felt that SILRA has a greater need for more volunteers, so I moved.

### **Leprosy**

Leprosy is contagious, but in Singapore, it has been reduced to nearly zero:

**Figure 6.7**  
Incidence rate of leprosy among Singapore residents, 1960 – 2014



**Table 6.31**  
**Leprosy notifications among Singapore residents and non-residents, 2010 – 2014**

Year	No. of cases		
	Resident (% Total Notifications)	Non-resident (% Total Notifications)	Total
2010	4 (30.8%)	9 (69.2%)	13
2011	5 (31.3%)	11 (68.8%)	16
2012	5 (33.3%)	10 (66.7%)	15
2013	3 (25.0%)	9 (75.0%)	12
2014	1 (16.7%)	5 (83.3%)	6

[\(Communicable Diseases Surveillance in Singapore 2014\)](#)

At SILRA Home, the elderly are ex-patients who have been fully cured.

**Volunteering requirements**

*"Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love." – Martin Luther King Jr.*

Things to have from the start	Things to learn over time	Things good to have but not needed
Interest	Passion	Fantastic health
An open mind	Knowledge which may be helpful to beneficiaries	A lot of free time
A smile	Ability to connect with people	\$\$\$
A mobile phone and email address	Prioritisation and time management skills	Supportive friends/family

Other than that, there are no specific requirements.

**Those who really cannot commit**

[giving.sg](http://giving.sg) has countless one-off events which anyone can join!

**Improvements**

I know that My Volunteering Journey can be improved in many ways. Will you volunteer to help me improve it? ☺

**Sharing**

Please share My Volunteering Journey as much as possible! I hope that as more people read it, more people would volunteer, and more joy would be spread!

## **Contact**

You can contact me if you are interested in joining my weekly visitations, or to give me feedback:

Mobile Phone: 9830 3568

Email: [julian123237@hotmail.com](mailto:julian123237@hotmail.com)

Facebook: <https://www.facebook.com/julian.choo.37>

You can also contact each organisation's recruitment coordinator directly if you intend to commit for 6 months or more:

Lions Befrienders (<http://www.lionsbefrienders.org.sg/>)

Emily Ong ([emilyong@lionsbefrienders.org.sg](mailto:emilyong@lionsbefrienders.org.sg) / 6681 4972)

The New Charis Mission (<http://www.thenewcharismission.org.sg/>)

Christopher Lim ([christopherlim@tncm.org.sg](mailto:christopherlim@tncm.org.sg) / 6483 3707)

SILRA Joy Gathering (<http://joygathering.blogspot.sg/>)

Julian Choo ([julian123237@hotmail.com](mailto:julian123237@hotmail.com) / 9830 3568)

## **Links to other articles**

The previous draft had hyperlinks to these articles, which were distracting. I decided to put all of them together here instead.

[Dr Tan Lai Yong - 'Wandering saint' of Singapore \[Elderly loneliness\]](#)

[Lonely and depressed elderly cause for worry \[Elderly depression\]](#)

[More seniors in Singapore taking own lives \[Rising elderly suicide rates\]](#)

[Why Am I So Burned Out? \[What is burnout?\]](#)

[Don't Chase Happiness. Recognize It. \[How much money is enough?\]](#)

[It Changed My Life: Consultant finds fulfillment by starting food distribution for needy \[Donating money is not enough\]](#)