

PRESS RELEASE

SENIOR VOLUNTEERS TO ESTABLISH AND LEAD GROUND-UP INTEREST GROUPS AT TOUCH'S NEW ACTIVE AGEING CENTRE IN SEMBAWANG

- *20 senior volunteers from TOUCHpoint@Wellington 513 will help seed resident-led groups, starting with Boccia, to engage seniors including those who are socially isolated or living with disabilities*

SINGAPORE, 2 OCTOBER 2026 – TOUCH Community Services will tap on the experience and leadership of senior volunteers to seed resident-led interest groups at its new Active Ageing Centre (AAC), TOUCHpoint@Sembawang 335, with Boccia as a key activity to engage more seniors in active, meaningful community life.

The new centre will complement TOUCH's existing AAC, TOUCHpoint@Wellington 513, expanding opportunities for seniors from both sites to participate in activities based on their interests and proximity to home. More importantly, 20 senior volunteers from Wellington will play a lead role in helping to establish and facilitate interest groups at Sembawang, including Boccia, 312 Meridian, craft and singing groups. TOUCH also aims to recruit another 80 senior volunteers at this new AAC site and grow its outreach in Sembawang from 1,600 to 3,000 seniors. (Refer to Annex 1)

Leading the effort are senior volunteers Mr Soh Hee Hoh, 72, and Mdm Lee Bee Leng, 61, both trained Boccia facilitators. Together, they have conducted about 20 Boccia sessions for 50 seniors at TOUCHpoint@Wellington 513, of whom about 20 per cent are frail. Originally developed for persons with cerebral palsy, Boccia is now played by athletes and seniors with conditions that affect motor function. The Wellington Boccia team has also clinched top awards at local sporting competitions in the past two years.

At TOUCHpoint@Sembawang 335, Mr Soh and Mdm Lee will help start a new Boccia Interest Group and mentor new senior volunteers to facilitate sessions over time. The group aims to engage about 100 seniors, with more than half expected to be socially isolated or living with some form of disability. TOUCH hopes to make adaptive sports more accessible and to encourage seniors to support one another through shared interests.

Speaking at the official opening of TOUCHpoint@Sembawang 335, Chief Executive Officer of TOUCH Community Services, Mr James Tan, said, "At TOUCH, we adopt a strengths-based approach to ageing. Many seniors possess valuable skills, interests and life experience that can be harnessed to benefit their peers and the wider community. It is encouraging to see our Wellington seniors step forward with the confidence to help shape activities at our new Sembawang centre. When seniors are empowered to lead, they gain a stronger sense of agency and purpose, while inspiring hope and bringing support closer to others in the neighbourhood."

“What makes this initiative especially meaningful is that it is led by seniors, for seniors. When residents see their peers, including wheelchair users, participating in Boccia and staying active together, barriers are lowered and friendships are formed. This is how we build community capabilities as we grow our services and create more opportunities for seniors to contribute meaningfully,” added Mr Tan.

“I chose to be trained in Boccia because I wanted to share this meaningful and enjoyable sport with more seniors. Any seniors of different ages and abilities can enjoy this sport together. I am excited to take the lead in training others, and I hope that, together, we can grow a vibrant Boccia community where everyone feels welcomed and included,” said Mdm Lee, who used to suffer from heart issues.

Beyond resident-led interest groups, TOUCHpoint@Sembawang 335 also houses a dedicated space for residents to receive support in chronic disease management through the Community Health Post managed by NHG Health. Residents who have, or are at risk of, dementia, depression, and other mental health conditions, can also receive assistance from allied health professionals under TOUCH’s Community Resource, Engagement & Support Team (CREST). Where more complex needs arise, TOUCH’s Community Case Management Service can provide further social work support.

Mr Gabriel Lam, Member of Parliament for Sembawang GRC (Canberra), officiated the opening of TOUCHpoint@Sembawang 335. He joined seniors and AAC staff in a friendly game of Boccia and interacted with senior volunteers at the various interest group booths.

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The media may wish to interview the following profiles:



Mr Soh Hee Hoh, 72 (Boccia-Trained Facilitator)

When 72-year-old Mr Soh Hee Hoh first heard about Boccia, he had no idea what the sport involved. He soon discovered that Boccia may look simple, but it calls for focus, strategy and technique. After just three practice sessions, Mr Soh was invited to take part in a competition. Taking the opportunity in his stride, he represented TOUCH and went on to win the Male Boccia Competition organised by the NHG Health in May this year. The achievement was a significant milestone not only for Mr Soh, but also for the group of 20 Boccia players from TOUCHpoint@Wellington 513, located five bus stops away from the new AAC at TOUCHpoint@Sembawang 335. Mr Soh has since undergone training to become a certified boccia facilitator. Drawing on his enthusiasm for the sport, he looks forward to

working with the AAC team to recruit more seniors and help establish the new Boccia Interest Group at the new centre.

Mdm Lee Bee Leng, 61, (Boccia-Trained Facilitator)

Mdm Lee joined TOUCHpoint@Wellington 513 last year with her husband, who has mobility issues. She later began attending TOUCHpoint@Sembawang 335 when it opened in August. When she was first introduced to Boccia, she was unsure what to expect and recalled feeling “blur” during her first few attempts. However, she soon realised that Boccia is well suited for seniors, as it is a thinking game that supports cognitive health and can also be enjoyed by seniors with mobility challenges. Since then, Mdm Lee has taken part in several competitions and recently clinched the top spot despite having only picked up the game not long before. Beyond the competition, she values how Boccia has helped her build friendships with seniors from other Active Ageing Centres. Now a trained Boccia facilitator, she hopes more seniors will take up the sport at TOUCHpoint@Sembawang 335.

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About TOUCH Community Services

Since 1992, TOUCH Community Services has served people of all ages, races and religions to see sustainable change and transformation in their lives. It believes in the worth and potential of every child, youth at-risk, family in need, caregiver, senior and person with special or wellness needs to grow, participate and contribute in the community. The heartbeat of TOUCH is to activate potential, build independence, connect people, and deliver impact by developing sustainable solutions in society. For more information on TOUCH, please visit www.touch.org.sg

About TOUCH Active Ageing (TAA)

To build enabled communities that support ageing in place, TOUCH Community Services has Active Ageing Centres (AACs) in Ang Mo Kio, Geylang Bahru, Yishun and Sembawang. Reaching out to 16,000 seniors aged 60 and above in the assigned precincts, TOUCH's AACs serve as go-to-points to provide educational, accessible and timely support to residents. To strengthen community care networks, these activation nodes empower seniors with new skills, connect them to neighbours and offer opportunities to give back as volunteers. Frailer and more isolated seniors are also kept engaged with support from befriending volunteers. In support of the Healthier SG and Age Well initiatives, TAA will step up efforts to anchor community collaborations to co-create care solutions that promote happy, healthy and helpful communities. Supported by TOUCH's trans-disciplinary team of eldercare specialists and leveraging residents as assets, TAA helps seniors improve physical and mental wellness, to prevent or delay frailty and dementia.

Objective	- To complement TOUCH's existing AAC at TOUCHpoint@Wellington 513 by providing an additional engagement site with a broader range of activities, enabling TOUCH to serve more seniors in Sembawang.
Centre features and size	- Collapsible see-through glass panels allow for flexible space configurations for different activities. - The centre features a warm, welcoming design palette inspired by Sembawang Park and Wak Hassan Beach. - Dedicated spaces are provided for the Community Health Post and Community Resource, Engagement & Support Team (CREST) programmes. - The centre is 30% larger than TOUCHpoint@Wellington 513.
No. of seniors served	- TOUCH supported some 6,200 seniors through its Active Ageing Centres in financial year 2025. TOUCH currently supports some 1,600 seniors through its two AAC sites at Wellington and Sembawang. Through the recruitment of another 80 senior volunteers, TOUCH hopes to increase its outreach to 3,000 seniors
Types of activities	<u>Healthier SG initiatives:</u> Health and social programmes supported by the Health Promotion Board and NHG Health, including exercise, craft, calligraphy, nutrition and social engagement activities. <u>Care services:</u> Buddying and befriending services, supported by TOUCH's CREST and Community Case Management services, and the Community Health Post. <u>Resident-led interest groups:</u> 312 Meridian, Singing Group, Boccia, Craft and Reminiscence Facilitation Sessions.
Senior volunteers	There are 8 senior volunteers as at end-September 2026, supported by 20 senior volunteers from TOUCHpoint@Wellington 513.
Community partnerships	Community partners include the Health Promotion Board, town councils, schools, NHG Health, general practitioners and Residents' Network.
Use of community space	TOUCH will expand existing collaborations with the Residents' Network to organise activities at community spaces, including community centres and RN venues.
Key project highlights	- TOUCHpoint@Wellington 513 and TOUCHpoint@Sembawang 335 will work together to deliver a wider range of programmes and services that cater to the diverse interests and needs of seniors in Sembawang. - TOUCHpoint@Sembawang 335 will draw on the experience of senior volunteers from TOUCHpoint@Wellington 513 to establish interest groups such as Boccia, 312 Meridian and Singing Group. - Seniors will also have the flexibility to participate in activities at either centre based on their interests and proximity to home.