sata CommHealth

E-NEWS

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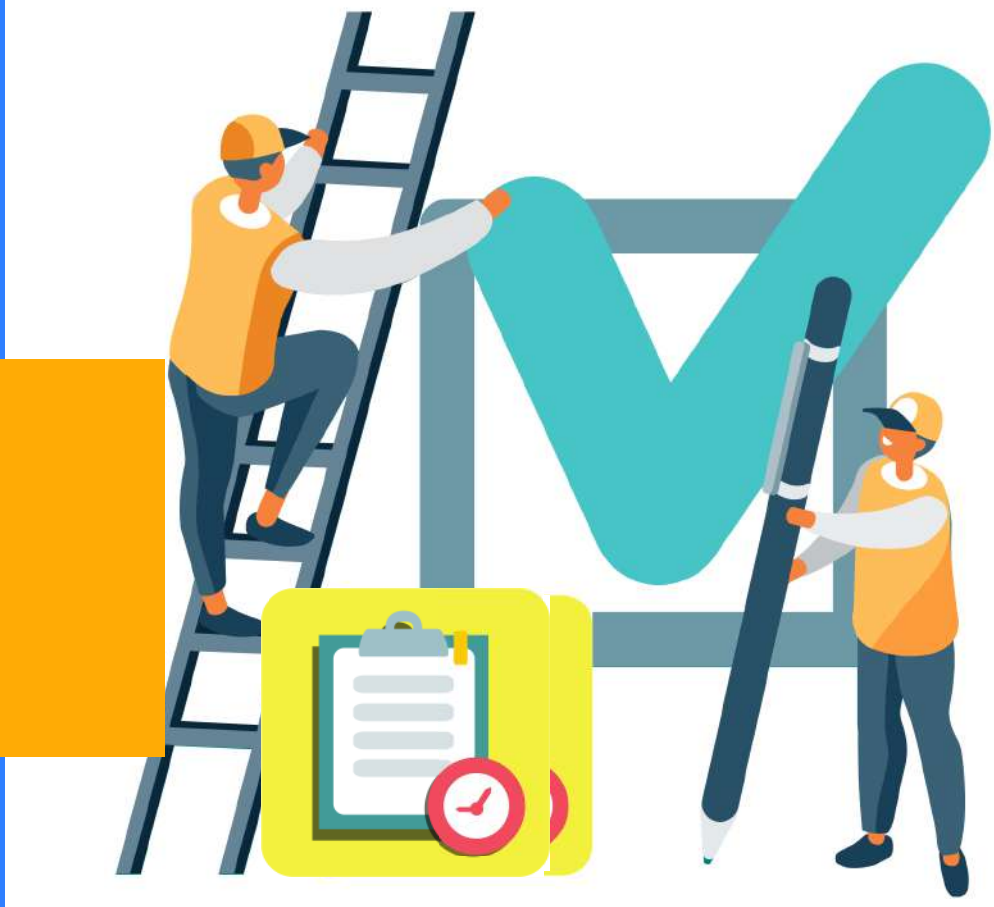

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We are
HERE TO CARE

Continue to achieve more!

Thanks to all of your support, we have achieved good results for our Quarter 1 report and will continue to work hard to hit our desired target by end of 2021.

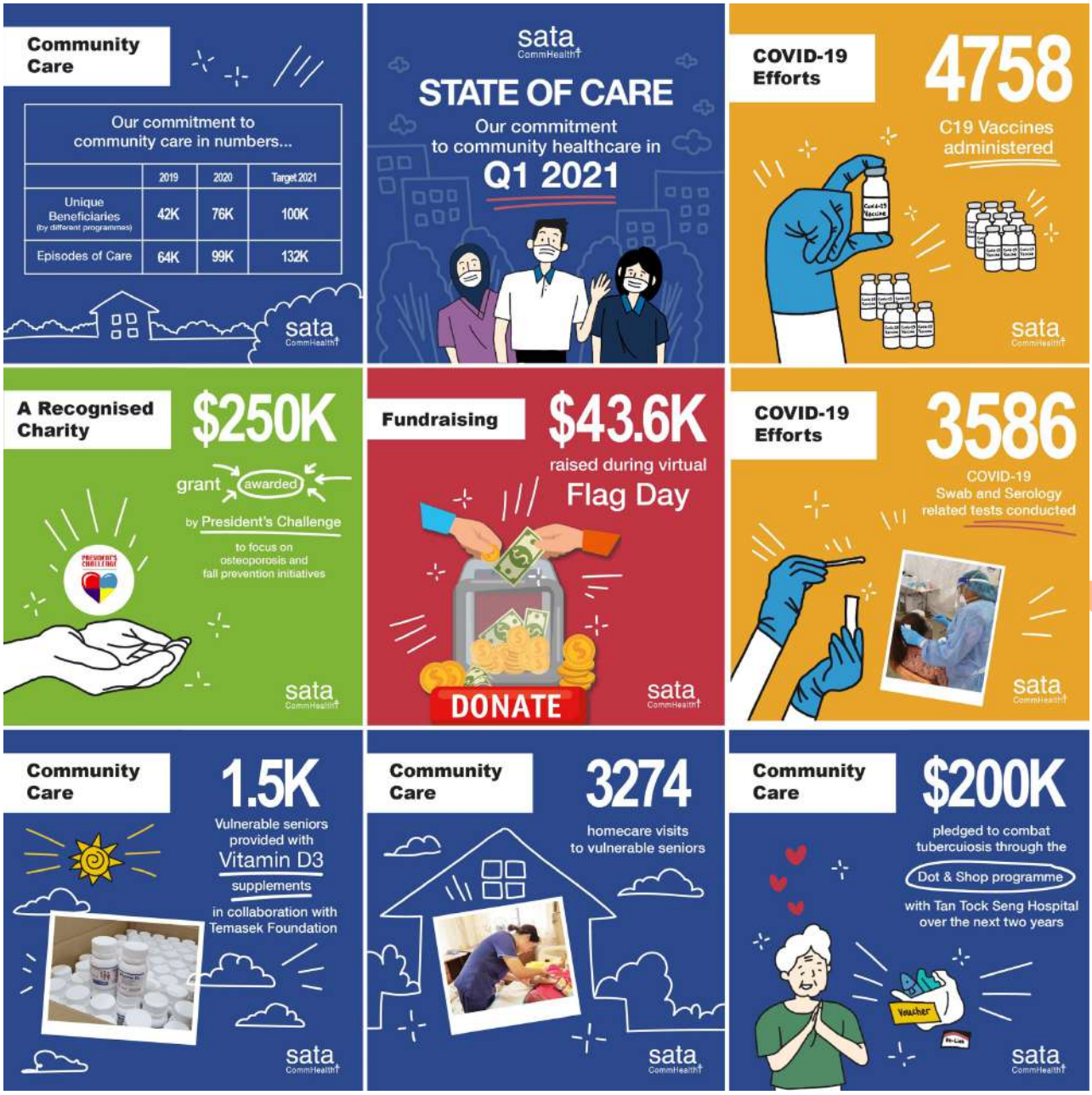
SATA CommHealth has been around for more than 70 years, and we are honoured to have our story featured by Singapore Heritage Festival under their Ride & Discover Programme this year.

Although we are back to Phase 2, our community services never stop. We will continue to extend our support to the vulnerable and seniors in need.

We are also one of the Antigen Rapid Test (ART) providers, where Pre-Event Testing is available at our medical centres as well as on-site where required.

Read on inside to find out more.

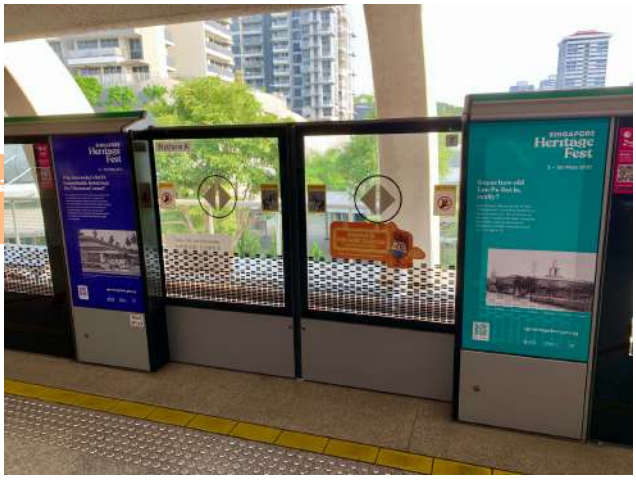
Quarter 1 2021 Achievement



Here's a look at what we've achieved so far in promoting community healthcare.
For the rest of 2021, we aim to do even more to fight COVID-19 and care for our seniors and the vulnerable.

At SATA CommHealth, we are HERE TO CARE.

Relive the stories that connect us!



This month, Singapore HeritageFest (SHF) 2021 has invited all to explore, embrace, and experience stories of our food culture and healthcare practices, and keep our shared heritage alive.

Thanks to Singapore HeritageFest for featuring us in their Ride & Discover programme - a content series that reimagines MRT stations as exhibition spaces. You can find lesser-known facts surrounding Singapore's healthcare and food landmarks at Outram Park, Novena, Bedok and Toa Payoh MRT stations.

SATA CommHealth's history has been featured in their Ride & Discover panels located at Bedok MRT station till 26 May 2021. Now more people will know why SATA CommHealth Bedok bears the "Uttamram" name. It's all thanks to philanthropist G. Uttamram for donating the land!

To find out more about our history, visit here and see how SATA CommHealth has evolved over the years to become a charitable healthcare provider serving the public and providing healthcare services to the seniors and vulnerable in the community.

Pre-Event Testing Available!

We provide pre-event Antigen Rapid Testing (ART) for events and wedding receptions. With ART, the quick turnaround time ensures your guests can be granted entry to the designated venues once they are tested negative from the results.

SATA CommHealth is one of the approved Antigen Rapid Test (ART) providers. Your guests can come to our medical centres, or our mobile services team can be deployed on-site for your needs.

Visit here for details, or call our hotline at 6244 6688.

News on SATA CommHealth!

9 May 2021 The Sunday Times

Firms see spike in demand for pre-event testing

Providers of pre-event testing (PET) for COVID-19 are ramping up resources and hiring or training more staff as they handle a spike in demand.

Dr Cheryl Glenn, medical director of SATA CommHealth, said the charitable healthcare organisation has seen a 90 per cent increase in inquiries for testing, with more than 100 on 5 May (Wed) alone. Most of these were for weddings.

Click here to read the full story.

6 May 2021 Ageless Online

Coping with Tuberculosis

Last year, Zam Zam Binte Juma'at was diagnosed with Tuberculosis. With a little incentive, she has kept on course with her treatment.

She is part of the DOT & SHOP programme by SATA CommHealth and Tan Tock Seng Hospital (TTSH).

Click here to read her full story.

Rehabilitation Services

In 2017, Fathima Zohra met with a traffic accident that left her paralysed from the neck down. After her accident, Zohra has been going to SATA CommHealth's Woodlands Day Rehabilitation Centre for rehabilitation, as it is accessible and has friendly and helpful physiotherapists to assist with her strengthening, stretching and functional mobility exercises. Zohra particularly credits the strong two-way communication she has with her physiotherapists as a major part of her recovery.

Her tenacity and resilience brought her to where she is today. She's currently a Programme Manager for Runninghour, a running club that promotes integration of people with special needs. She's also modelling and conducting talks to spread awareness and inclusiveness for people with disabilities.

Our Rehabilitation Centres provide occupational therapy and physiotherapy sessions for patients with financial difficulties who are suffering from injuries and pain that limit their mobility.

Please donate to support our rehabilitation services.

Every dollar you donate helps!

In 2020, your generous donations helped us provide 99,000 episodes of care to the needy and vulnerable.
Help us achieve our target of 132,000 episodes of care in 2021.
Every dollar goes a long way in providing aid to our beneficiaries and can greatly benefit their lives.
Donate at: https://www.sata.com.sg/donate/.
At SATA CommHealth, we are HERE TO CARE.

MENTAL WELLNESS

Contributed By: Siti Zubaidah Yusoff
(Senior Manager, Community Programme Department)

COVID-19 has been a great challenge for the world and the nation. We at SATA CommHealth, are also experiencing various challenges due to this pandemic – at home and at work. With the varying demands that are required of us, this places our mental health at risk. If you are experiencing any of the following, it is an indication that your mental health and wellness needs care and attention:

1) increased anxiety;
2) social isolation;
3) difficulties in sleeping and
4) having low mood.

HERE ARE SOME TIPS TO CARE FOR YOUR MENTAL HEALTH AND WELLNESS:

Learn How to Reduce Stress – Shift your Mindset and Make a List

Stress cannot be avoided but you can learn how to better manage it. Setting goals and checking them off when you've completed them help to tackle large-scale tasks one step at a time. Positivity is key – try seeing problems as opportunities that can help to reduce and manage stress.

Avoid Vices such as Alcohol, Drugs and Cigarettes

If you are having emotional problems, taking alcohol, cigarettes or drugs is not the solution. They provide only temporary stress relief. Ideally, it is better that you seek comfort from family or friends, or even consider seeking professional help.

Pick up a New Skill or Hobby for Better Mental Wellbeing

It's never too late to pick up a new skill and engage in activities you enjoy can improve your mental wellbeing. Learning new skills such as playing the piano, picking up tennis/golf, or going on hikes in various parts of Singapore is beneficial for your mental health and well-being.

Despite the challenges that we are experiencing, there are also much to be grateful for. We have more time with our loved ones during this period.

Do seek joy in doing the little things and make time to care for your mental health today.

For interest on mental wellness talks, do send an email to us.