

# METHODIST WELFARE SERVICES

## Remote Volunteering opportunities

Whether you are an individual, a group or a corporate, there are many ways you can contribute to our work to help the disadvantaged and needy. Partner with us to serve the underprivileged in a sustainable and effective manner.

[SIGN UP NOW](#) and be a volunteer of MWS

Programme	Scope	MWS Centre	Notes
Creative learning	Training on video making for other volunteers- as most of our centres are closed to volunteers currently, one way of engaging beneficiaries is through live or recorded videos. Volunteers need training on how to film themselves, shot composition, lighting, audio, props, presenter skills etc	MWS wide	Urgent Session to be conducted in English, Mandarin
Creative learning	Volunteer to conduct an online workshop to teach the seniors on the <i>Basic use of Smart Phones/Tablets and Apps</i> .	MWS Nursing Home - Yew Tee	<p><b>Frequency:</b> Once a week  <b>Duration:</b> 30-40 mins  <b>Number of sessions:</b> 10  <b>Language:</b> Either in English, Mandarin or Malay  <b>Remarks:</b> Each workshop consists of 2 sessions (to be conducted for 5 residences).  <b>Topics:</b> How to connect to the internet, use of what's app, Use of radio/ camera, reading online new articles</p>



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Hands-on activities and games	Volunteers will participate in an online interactive programme or pre-record performances (dance/song) for the beneficiaries.	MWS Nursing Home - Yew Tee	<p><b>Frequency:</b> Once every two weeks</p> <p><b>Duration:</b> 20-30 mins</p> <p><b>Number of sessions:</b> 5</p> <p><b>Language:</b> Either in English, Mandarin or Malay</p> <p><b>Remarks:</b> Can be a live session or a recorded performance</p>
Tabletop activities	The volunteers will participate and facilitate an online interactive session for the beneficiaries.	MWS Nursing Home - Yew Tee	<p><b>Frequency:</b> Once every two weeks</p> <p><b>Duration:</b> 30-40 mins</p> <p><b>Number of sessions:</b> 5</p> <p><b>Language:</b> Either in English, Mandarin or Malay</p> <p><b>Remarks:</b> This activity will be conducted live and the role will involve interaction with the seniors.</p>
Repair and maintenance	The volunteer will assist in the cleaning and maintenance of the fish tank in the nursing home.	MWS Nursing Home - Yew Tee	<p><b>Frequency:</b> Once every two weeks</p> <p><b>Duration:</b> 1 to 2 hours</p> <p><b>Number of sessions:</b> 5</p>
Befriending	The volunteer will participate in a virtual befriending session to join some joy to the beneficiaries.	MWS Bethany Nursing Home (MWS BNH)	<p><b>Day:</b> Every Thursday</p> <p><b>Timing:</b> 9am-11am</p> <p><b>Duration:</b> 2 hours per session</p> <p><b>Number of sessions:</b> 12 sessions</p> <p><b>Language:</b> Either in English, Mandarin, Malay or various dialects</p>
Befriending	The volunteer will participate in the Community Befriender programme to	MWS Senior Activity Centres	<p><b>Day:</b> Weekdays or Saturday morning</p> <p><b>Timing:</b> During Office Hours</p> <p><b>Duration:</b> Approximately 1 hour</p>

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	carry out virtual befriending session with their assigned beneficiaries.		per visit <b>Remarks:</b> Volunteer must be able to commit for one year for this role.
Hands-on activities and games	Volunteers will participate and facilitate virtual craft sessions for the beneficiaries. The session can be conducted live or as a pre-recorded session.	MWS Bethany Nursing Home (MWS BNH)	<b>Day:</b> Every Thursday <b>Timing:</b> 9am-11am <b>Duration:</b> 2 hours per session <b>Number of sessions:</b> 12 sessions <b>Language:</b> Simple Conversational English
Creative learning	<b>&lt;Skills- based volunteer role&gt;</b> Providing training on Basic/Intermediate use of Excel (for MWS Staff)	MWS Staffs	<b>Day:</b> Every Thursday <b>Timing:</b> During Office Hours <b>Duration:</b> Approximately 2 to 3 hours <b>Remarks:</b> Ad- hoc basis
Skit performance	Volunteers to perform a humorous skit with singing and dancing related to COVID or reminisce about the 50s/ 60s.  <i>This activity is suitable for a group of volunteers to participate.</i>	MWS Senior Activity Centres	<b>Day:</b> Weekdays <b>Timing:</b> During Office Hours <b>Duration:</b> Approximately 2 to 3 hours <b>Remarks:</b> Can be a live session or a recorded performance.
Hands-on activities and games	Volunteer to share their travel experience via Zoom or at the Centres over two runs. Sharing of type of food they ate overseas. The food can be sent to the seniors to savour the 'flavours of the world'. (eg. Volunteer shares about the trip in Italy and enjoying the pasta; relevant pasta and recipe can be mailed to seniors for them to try)	MWS Senior Activity Centres	<b>Day:</b> Weekdays <b>Timing:</b> During Office Hours <b>Duration:</b> Approximately 2 to 3 hours <b>Remarks:</b> Can be a live session or a recorded performance

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	<i>This activity is suitable for a group of volunteers to participate.</i>		
Creative learning	<p><b>&lt;Skills- based volunteer role&gt;</b>            Provide Project Management Training for MWS staff</p>	MWS Staff	<p><b>Day:</b> Weekdays  <b>Timing:</b> During Office Hours  <b>Duration:</b> Approximately 2 to 3 hours  <b>Remarks:</b> Ad- hoc basis</p>

