

CONTACT US

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Operating Hours : Monday to Friday
8.30am to 5.30pm



HCSA DAYSPRING
SPIN
Empowering Single Parents



Getting there: MRT: Aljunied (East West Line)
Buses: 2, 13, 21, 26, 51, 62, 63, 67, 80, 100, 158



**Empowering
Single Parents**

AN INITIATIVE BY



MEMBER OF



SUPPORTED BY



Started in April 2017, HCSA Dayspring SPIN aims to support caregiving and improve the quality of life for Single Parents or Lone Caregivers – who are unsupported or facing limited support emotionally, physically and practically.

WHO WE SERVE

Single parents and lone caregivers of children (under the age of 18) with limited or no social support network.



Male or female Single Parents (Divorced/Separated/Unmarried/Widowed) and Lone Caregivers.



OBJECTIVES

To improve the quality of life of single parents and lone caregivers in caring for their children by:



Strengthening their social support network



Improving their access to organised information



SERVICES FOR SPIN MEMBERS

Single Parents **IN**formed, **IN**volved, **IN**cluded



NEEDS ASSESSMENT

A social worker will be assigned to assess the needs of single parents/lone caregivers ("members"); and will follow up with them for up to a period of 12 months.



WORKSHOPS & ACTIVITIES

Regular activities are organised for members to enrich and encourage them in their parenting journey – these sessions are child-friendly.



PORTAL

The portal will help to provide easy access to information and resources.



BEFRIENDING

Trained volunteers will be matched with members. Through their interactions, volunteers will provide support to members to ensure higher accessibility to resources, improved ability to make well-informed decisions, and socio-emotional support.



RESPIRE SERVICES

Members can schedule free time (up to 6 hours, on a case-by-case basis) to attend to errands, while their children are taken care of by volunteers.