



BARBEQUE GET-TOGETHER by Mr. Benjamin Goh

Members of the Psoriasis Association got together on the afternoon of Saturday 13th August 2022 for a BBQ get-together.

The rain in the morning had everyone worried, if the BBQ will still proceed. But the rain soon stopped and just in time.

Some twenty plus members dug into the spread of satay, chicken wings, assorted halal mixed grill and plenty of soft-drinks, coffee and desserts.

Conversations flowed with many long-time members and relatively new members.

Our President, Dr Colin Theng and our VP, Colin Binns were present to greet and dialogued with the various ones.

We brought the event to a close and took a photo of the gathering (or what was left of it as some had other appointments to rush to).

Now we look forward to the World Psoriasis Day in a couple of months time. More information will follow.



This is 2nd series extracted from Pain Management Guide from National Psoriasis Foundation



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THE PSORIASIS ASSOCIATION OF SINGAPORE



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President's Message Sept 2022

The World Psoriasis (WPD) Day event is coming soon and this year, we will be holding it at the Oasis Terrace at Punggol on 5 Nov 22. The aim of the World Psoriasis Day is to raise awareness about psoriasis in Singapore. The focus this year is on Mental Health.

There will many activities including talks on psoriasis and mental health, performances, health screening and activity and education booths. There will be free snacks and goodie bags too! This is our first live WPD event after a 2-year absence so we do hope that you will come down and join us. Bring your friends and family as we commemorate this day with patient organizations around the World!

On another note, we have amended the Constitution of the Psoriasis Association of Singapore, and this has been approved. A copy of the constitution is available in the newsletter via the QR code link. You can also view the revised constitution in the PAS website. Do download the constitution and update yourselves on the changes in the constitution.

Lastly, we have also got new membership cards printed for our members. PAS members should receive this card together with the newsletter. The card has a fresh new look, and we hope you will like the new card.

Take care everyone and see you at the World Psoriasis Day event!

God bless,

Colin Theng

Join And Unite With Us For Our Celebration

WORLD PSORIASIS DAY 2022

United We Tackle Mental Health

Saturday, 5th Nov 2022
1 PM - 5 PM
Oasis Terrace - Level 1 Community Plaza
681 Punggol Drive 820681, Station Oasis LRT (PE6).

RSVP by 22nd Oct 2022
90058264
psoriasisg@gmail.com

Free Door Gift & KFC Coupon

Ms Yeo Wan Ling
MP Pagar Ris - Punggol GRC
Guest of Honour

Platinum Sponsors: abbvie, DKSH, Boehringer Ingelheim, Johnson & Johnson

Silver Sponsors: NOVARTIS, PRESMAN BANK, AFS, intellect

Supported by: SPS, SPS, SPS

1.00 PM Registration
1.30 PM Mandarin Talk on Psoriasis
2.00 PM Arrival of Guest of Honour
2.15 PM Harp Performance by Dr Ellie Choi
2.30 PM Patient Panel with Dr Ellie Choi, Dr Oliver Suendermann and 2 patients
2.45 PM Mental Health Talk by Dr Oliver Suendermann
3.00 PM Booth Engagement
3.30 PM Performance
3.45 PM English Talk on Psoriasis
4.00 PM Lucky Draw
4.15 PM Booth Engagement
5.00 PM End

Helping people living with psoriasis.



www.psorinfo.com/



AGM Report 2022 by Ms Valerie Poh

The 40th Annual General Meeting was held at Village Hotel Bugis and virtually on 28th May 2021(Saturday) at 3.00pm

A talk preceded by a sumptuous anniversary lunch sponsored by AbbVie. Door gifts from Ego were distributed to attendees.

Prof Kumaran Rajaram and Dr Eugene Tan spoke on “Psychological Well-being for Psoriasis – Practical Strategies for Turbo Motivation” Their books with discount were sold out at \$20 each and the proceed were donated to the association.

The president, Dr Colin Theng thanked the 2 speakers and presented plaque to of them with appreciation.

The AGM commenced with a ‘welcome address’ by Dr. Colin Theng. Annual Report -Dr Colin Theng went through the Annual report highlighting the events and activities organized by the Association.

The Treasurer’s Report was generally healthy with a total gain of \$10,301.12. The members went through the report with no questioning. Goh Ah May proposed the report and seconded by Koh Hong Yi

	Name	Proposed	Seconded
President	Dr. Colin Theng Thiam Seng	Yoke Choo	Benjamin Goh
Vice President	Colin Binns	Benjamin Goh	Colin Theng Thiam Seng
Treasurer	Alice Sin Kim Choo	Yoke Choo	Colin Theng Thiam Seng
Assistant Treasurer	Siti Fatimah	Yoke Choo	Goh Ah May
Secretary	Tan Yoke Choo	Valerie Poh	Wong Foot Keng
Assistant Secretary	Cassandra Loh	Yoke Choo	Dr Koh Hong Yi
Committee Members	1.Dr. Koh Hong Yi (editor of newsletter) 2.Franky (help with website) 3.Benjamin Goh 4. Goh Ah May 5. Ryan Chua 6.Edmund Lau 7. Michael Pang		
Auditors	Dr. Eugene Tan Mr. Wong Foot Keng		



AGM Report 2022 by Ms Valerie Poh

Election of Office bearers for 2 years and there is assistant treasurer (Changes in the new constitution) The following is the new Committee for 2022-2024

New Membership Cards were distributed to those present and the rest will be sent by post.Dr Colin Theng thanked Michael Pang for initiating the new card with a new look. The members can use to card for discount of 5% on retail items at National Skin Centre’s pharmacy and we are in the mid of getting from other outlets. The other side of the card can be used to verify that “Psoriasis is not contagious” when needed.

Change of Constitution was explained by Michael Pang who initiated the change as he thinks that this is time to change after 40 years of the association. In this new constitution everything is categorized for easy reference and the term of office will be 2 years to allow the officer bearers to have more time to work out the tasks. To be similar to other organisations, an assistant treasurer is added. He explained that members can refer to the constitution to know their rights.

One member asked what was the difference between the old and the revised constitution? Michael replied that the old constitution was not written clearly 40 years ago which made referencing difficult. It is also timely to revise as the time has changed. The revised version is specific and properly indexed for easy reference.

The new constitution will be adopted with no objected. This will be submitted to Registrar of Society. The AGM ended at 3.35pm

Recorded by
Valerie Poh
Assistant Secretary



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NEW MEMBERSHIP CARDS

In celebration for our 40th year anniversary, we have changed the membership card to a fresh modern look.

National Skin Centre will continue to provide discount to Psoriasis Association members at the retail pharmacy.

The discount quantum will be 5% discount on eligible retail items (so not every retail item).

Members must produce their membership cards at the cashier when making payment.

The other side of the card can be used to verify that “Psoriasis is not contagious” when needed.



AMENDMENT OF THE CONSTITUTION

The Constitution was written in the 1982 and it is timely to revise as the time has changed. The revised version is specific and properly indexed for easy reference. This new constitution everything is categorized for easy reference and the term of office will be 2 years to allow the officer bearers to have more time to work out the tasks. Please refer to website for the new constitution



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