



FRIENDS

an E-newsletter for Friends of SGH volunteers



Singapore General Hospital
SingHealth

Dear Friends of SGH,

We took a short break because our VC became a mom (it's a boy!) for the first time, and was on leave for 3 months. But we're back and can't wait to share with you the many FOSGH activities that were held in the last quarter of 2004.

Arts for Health has always been associated with the monthly concert organised for SGH patients. In October 04, Arts for Health saw a transformation. With the support from the Shaw Foundation, we expanded the programme to bring the healing power of arts to our patients. By involving volunteers and organisations from the community, more programmes like paintings workshops, exhibitions, dance and music performances were started. Read about these exciting programmes in this issue and find out how you can get involved.

We love to hear from you so please email your ideas, feedback on the newsletter or share your volunteer experience with us and we may just feature it in the next FRIENDS. □

...from the editorial team

V-Profile

Music That Heals

Music can lift the spirits of patients and bring them solace and strength. With this in mind, FOSGH gathered 30 volunteers from Music for Good, a non-profit organisation consisting of professional musicians and students from Hwa Chong Institution to start a music therapy programme. This programme aims to introduce patients to simple musical concepts and offer them a chance to play with percussion instruments and moving to the beat. Through this programme, we hope to take patients' mind off their illness and build their confidence.

The first batch of 30 volunteers had their orientation programme on 14 August and the programme was successfully piloted on 22 August 04. Held fortnightly, we hope to recruit more volunteers so that the programme could be extended to more wards. □



Do you play an instrument or are you keen to help patients relax and recuperate? The music therapy sessions are held monthly from 3pm - 4pm. Volunteers are required to attend sessions only on a monthly basis for a minimum period of 3 months. Schools are also welcome to adopt the programme. Please email with your particulars to patrick.chng@musicforgood.org.sg for more information.

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arts expressions
inspiring healing experiences

Works of Heart Exhibition



Walking down the long aisle of Blk 3 will never be the same again! The former barren wall has now been transformed into a kaleidoscope of colour. Using Art therapeutic methods, patients and caregivers took part in the novel art making process guided by local installation artist Ms Felicia Low. Participants together with volunteers were given the opportunity to create a visual representation of their thoughts and feelings, which they may face as a result of their illness. Check out the exhibition at Blk 2 today. The exhibition will end on March 2005. Watch out also for the next exhibition from April to June 05 entitled "GROWTH" which will feature works of our younger patients. □



WOW!

Last year, more than **120** Friends of SGH contributed **4000** volunteer hours through programmes and attachments to departments like Pharmacy and Admissions office. Thank you for supporting us in patient care in one way or another.

Volunteers needed!

Get involved in Arts for Health? We are always looking for opportunities to work with artists in all media or organisations with a passion to help the sick. If you are good at drawing, music, dance or drama, hurry now and register your interest with gclmmn@sgh.com.sg and help bring a smile to our patients!

We are also looking for volunteers to take up leadership roles to act as mentor to new members who become FOSGH. You will be the catalyst to drive new programmes and activities. Think you fit the bill? Email me at gclmmn@sgh.com.sg.

Christmas Carolling



Christmas is not complete without carolling at the Wards. This year, students from Temasek Junior College (TJC), churches and medical students from NUS Medical Society brought christmas cheer to our patients with their robust renditions of Silent Nights and White Christmas. □

artsconcert **SNAPSHOTS**

Here's a snapshot of the performances by the various groups and their stories in the last 4 months of Arts for Health concerts

Firefly light-up in September

A evening of songs, drums and circus acts brought to you by Firefly, Circus Outreach and SGH Talents. These students showcased their diverse talents through an explosion of colorful acts like juggling and simple pyramids. The second act was a performance by "Fireflies" groups with a unique repertoire of theatrical dance, fire twirling, drumming, and song. □



Debut by Zam(e)Ru in October

Zam(e)Ru Bethesda Chapel Singers made its maiden public performance at SGH on 29 Oct 04. It was certainly an exciting and nerve-wrecking time for the performers, aged between 13 to more than 30. However, confident of the songs that had personally chosen, and filled with the purpose of bringing cheer to the patients in the audience, Zameru was able to carry off each item with conviction and aplomb.

"Knowing that we have brought a sparkle to the patients made it a rewarding experience for the performers. The hard work that went into the preparation was for a good cause, and the feeling was unforgettable," said church member Ashley Tan □

By Chong Chia Hwei, Zam(e)Ru

Budding Violinists in November from Joyful Strings

Young violinists from Joyful Strings put up sterling performance on 19 Nov. Children as young as 4 years old brought the house down with their renditions of familiar classical hits. A firm favourite with the audience, they will be here again in Nov 05 to enthrall the audience. □



Christmas Cheer in December

Tampines Junior College (TJC) choir group dressed in Santa hats and armed with various musical instruments brought Christmas cheer to patients and visitors alike with their lively rendition of old Christmas hits. Some young children were even invited to help conduct the carols! Everyone was soon happily clapping in time as well as banging away on musical instruments, creating a joyful, festive atmosphere. All in all, it was a delightful evening that enriched the audience, volunteers and performers. □

By Angie Quek, Teacher, TJC



SGH says Thank You to Volunteers!

Think giving up your time and effort to help others is unfulfilling? Tell that to the 120 volunteers who turned up at the Volunteer Appreciation party on 3 Dec 2004 - bonded together in clear testimony that volunteer work has deep roots within our community!

Mr Foo Hee Jug, Chief Operating Officer of SGH, expressed his delight at the inspiring spirit of the volunteers who volunteer readily despite the conflicting personal demands on their personal time.

Speeches over, the volunteers were entertained by multiple groups including the Overseas Family School performance of popular Christmas carols. Not to be outdone, SGH musician including A/Prof Leslie Lim, Head of Behavioral Medicine, together with Patrick Chng from the Music for Good serenaded us with a medley of skillful violin and guitar duets.

To top it all, volunteers were also treated to a sumptuous Christmas feast of roast turkey & log cakes. Volunteers were not allowed to leave until they had all accepted their very own money plant, an individual token of appreciation for all their efforts.

Everyone certainly had a great time that night. Ms Seow Ai Wee who is the teacher in charge of the volunteers from Outram Secondary School had this to say about the party:



"It was really kind to throw a party for us! We really appreciate the performances that were arranged, especially the violin and guitar recitals. The presentation also showed the various dimensions of being a FOSGH, that it is not just a small bunch of Outram students but a whole BIG bunch of others who has the same passion for community service. Most of them really enjoyed themselves throughout their CIP and more importantly, they learn to care and share, to be a blessing to others!" □ By Leonard Ng



Calendar of Events

Arts for Health 2005

DATES :

- 29 Apr • 30 Sept
- 27 May • 21 Oct
- 29 Jul • 11 Nov
- 26 Aug • 16 Dec

TIME : 7pm - 7.45pm

PLACE : SGH Fountain

Arts Festival @ SGH

DATE : 16 -19 June

TIME : 7pm - 7.45pm

PLACE : SGH Fountain

Volunteers required daily during the duration of the festival.

Volunteers Retreat

DATE : 4 June

TIME : 10am - 5pm

PLACE : TBC

Blood Donation @ SGH

DATES : 22 June

TIME : 10am - 4pm

PLACE : SGH Carelink

Blk 6, Level 1

Music Therapy @ SGH

DATE : Saturday

TIME : 3pm - 4pm

PLACE : Ward

CONTACT : patrick.chng@musicforgood.org.sg

Art & Craft session @ SGH

DATE : Every Saturday

TIME : 3pm - 5pm

PLACE : Ward 48/Ward 74

CONTACT : yanggek@churchofpraise.org.sg

Volunteers interested in participating in any of the events could write an email to gclmmn@sgh.com.sg to confirm your participation.

FRIENDS is an in-house publication of Singapore General Hospital. This E-newsletter would not have been possible without the assistance of the following contributors who are also Friends of SGH. Contents are not to be quoted or reproduced without the permission of the hospital.

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