



FRIENDS

an E-newsletter for Friends of SGH volunteers



Singapore General Hospital
SingHealth

Dear Friends of SGH,

One of the sobering reminders of 2005 is the Tsunami which created havoc and created a trail of destruction and devastation in many countries. Thousands of lives were lost with numerous others struggling to survive this ordeal. However, it also created a humane wave far bigger and wider around the whole world and in SGH.

Our volunteers also rose to the occasion by calling and emailing SGH to help raise funds and donate clothes to the victims. To all the people who responded, we thank you. Now that the spark of humanity has been kindled we should keep it glowing and do our bit to the deserving. In this issue, you will see examples of our volunteers helping the victims of Tsunami in their own little ways. You will also read stories about how our volunteers have helped to enrich the lives of patients and visitors to SGH in the last six months.

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

FOSGH do their part for tsunami victims

The "Apples with a Heart" movement was launched by Minister for Health, Mr Khaw Boon Wan on 7 Jan 05. This was one of the novel ideas mooted by a staff to raise funds for the victims. Volunteers and staff were encouraged to donate their money that they would otherwise spend on a meal, to the tsunami victims in return for an apple.



FOSGH Shera Tan selling an apple to the public to raise funds for the Tsunami victims.

Our FOSGH were roped in to raise funds from the public and the staff. More than \$250,000 was donated by SGH staff and \$2,000 was raised from the Apples with a Heart movement.

"Not going overseas to help out with the tsunami relief efforts didn't mean that I couldn't do my part for my fellow mankind affected by the disaster. I had a fulfilling experience giving out apples around the hospital and urging everyone to make a small donation in support of the victims. The apples were heavy, but the thought of how others around me were suffering inspired me to persevere. Indeed, I have learnt to be more appreciative of my blessings!" said Shera Tan, FOSGH.

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Volunteering beyond SGH – FOSGH goes to Sri Lanka

The tsunami that took millions of lives across the world was brought into perspective for my team-mates and myself during a trip to Hambantota, Sri Lanka organized by the Singapore International Foundation and NUS Rotaract Club from 5 - 19 June 05. Taking in the destruction and devastation at ground zero definitely made a different impact than that from viewing pictures on the newspaper and internet.

Accommodation for the team was a house in Hambantota with just a roof and bare walls, and a well for showering. Staying under such spartan conditions were humbling. Still living in tents 6 months after the tragedy, many of lost everything in a matter of minutes – family property, and their means of living. Despite their plight, the locals remained strong and positive. Some have found alternative jobs and were grateful for any form of aid, no matter how small.



Sri Lankans living in tents six months after the Tsunami tragedy



Jia Hui with her fellow participations in Sri Lanka

We spent most of our time building furniture and distributing furniture for the locals living in camps. We also had the opportunities to engage children of the camps in activities such as campfires and telematches. Through our interactions, we realized that it is our presence and the human touch that the villagers value and not the material things we provided.

Visiting Hambantota has certainly emphasized the harsh realities of relief efforts taking place throughout the world, and allowed us to realize that the effort, no matter how small it may seem, creates its ripples in unexpected ways. *by Jiahui*

Remembering Jenny Hoi

7 Feb marked the tragic demise of our FOSGH volunteer Jenny Hoi who succumbed after long battle with cancer. A regular face at the FOSGH Retail Cart, Jenny designed attractive intricate costume jewellery such as pendants, bracelets and other accessories for sale at the Retail Cart. Despite her prolonged illness, Jenny remained cheerful and insisted on coming to SGH to man the retail cart daily. She will be dearly missed!



Jenny Hoi taken at the Volunteers Appreciation party

arts CONCERT

Jan – May 05



▲ Oldies but Goldies from Tiong Bahru Arts Centre veterans return with a new repertoire of song and dance to entertain patients on 18 Mar 05.



▶ Cowboy Rocky Wong rock the audience away during his performance on 28 Jan 05



◀ Rousing lion dance performance by Xing Zong Puglic Association on 22 Feb 05.



▲ Under-16 students from Hwa Chong Institution dazzled with "Singing in the Rain" and cross talk on 22 Apr 05.

▼ "God of Fortune" brings wealth and prosperity to patients and visitors by giving ang pows to patients!



▲ Precocious children from Wellington primary school on 27 May 05 dazzled with Line dancing and songs! Get well cards made by the students were given to patients which brought smiles to their faces.



Spreading the Chinese New Year festive cheer

More than 10 volunteers from Singapore Polytechnic came to SGH on Chinese New Year eve to help pack mandarin oranges and distribute them to 900 patients. This is a tradition which FOSGH started in 2003.

Our FOSGH Arts & craft team also got into the act. The volunteers distributed oranges to patients at Ward 64. Our patients were very touched by the gesture, thanks to you our FOSGH.



▲ Our FOSGH pushing a trolley laden with oranges to the wards



▼ ▲ Art and Craft Volunteers bringing cheers to patient during Chinese New Year



FOSGH helped with the unveiling of Crown Jewel!



FOSGH helping to pack goody bags for the Musuem opening

After months of anticipation, the SGH Musuem was finally unveiled on 20 May 05 by his Excellency Mr S R Nathan. As 2005 also marks the centennial year of medical education in Singapore, SGH had designated a permanent Outram

Campus Trail to mark the nine important landmarks and sites that made medical history in Singapore.

Helping behind the scene prior to the musuem opening were more than 10 volunteers. They packed the goody bags meant for the public during the Open House. "It is hard work to pack goody bags for 1000 people. At least I can now empathise with national servicemen who have to pack goody bags every year for 60,000 people during the annual National Day celebrations!", exclaimed Elisa Khoo. FOSGH were also on hand to give away free popcorns, dispense drinks and goody bags to the hordes of people visiting the Heritage Trail and Musuem.

"The museum is fantastic! It truly showcases the development

of medical education in the Outram Campus over the past 100 years. Knowing how far my predecessors have come has definitely made me more determined to make the most out of my medical education in service of others. I hope that this museum will continue to inspire many others to take up the challenge of caring for others in their own special way" said Shera Tan who will be enrolling in Medicine course in NUS in August.

"It was fun seeing people from all walks of life, ranging from secondary school student to even elderly visiting the musuem and the heritage trails. Seeing happy faces of the public made us feel that we had not wasted our time coming down to help", said Eng Yiwen, one of the volunteer team leader for the event.

To all volunteers, who have helped made the open House a fun filled event for staff & visitors, a Big thank you to one and all for a job well-done!



FOSGH putting on their best smiles during the open house

Art Therapy Workshop for volunteers

Two experts Arts Therapists Lim Wee Kuan and Jessica Koh conducted an Art Therapy workshop for 23 volunteers on 12 Mar 05. During the 2-hour programme, the experts taught volunteers basic steps on engaging patients to participate in the arts activities. They also shared their experience on how art could be used as a tool to help patients who are depressed or have multiple medical problems.

More volunteers needed to expand Arts & craft programme

Due to popular demand, Arts & craft sessions are now being conducted at Ward 48 and 72. We hope to extend this programme to more wards. We require volunteers who are keen to interact with patients through arts and crafts, origami, flower arrangement, painting and colouring activities every Saturday from 3pm – 5pm. Volunteers are required to commit to the programme at least twice a month for a minimum period of 3 months. Training will be provided.

Arts & Craft Programme

When : Every Sat, 3pm to 5pm
 Duration : Must be able to volunteer at least 2 times per month for up to 3 months

Contact :
 yanggek@churchofpraise.org.sg.

More than 250 volunteers from Innova JC, Outram Secondary and our regular core volunteers took time from their busy schedule to volunteer during the first Arts Fest @ SGH from 16 – 19 June. Featuring seven acts over a 4-day period, the festival was made possible thanks to the generous sponsorship from the Shaw Foundation.

Volunteers were deployed to ferry patients from the wards to the performing area to watch the performance. Apart from the main show, our Arts & craft group headed by Pang Yang Gek organised many fringe activities to entertain our patients and visitors before the show such as balloon sculpting and juggling. Clowns were also on hand to distribute free balloons and entertain the children on the sidewalks of the festival. It was a GIANT party which attracted more than 600 people over the 4-day period.

ArtsFest@SGH will return next year so join us in June 06 if you've missed the fun.



Applauding the initiative, a grateful patient, Ms Lo Yee Chin of Ward 76 remarked that the sexy performance by the JJ Salsa dancers and the puppet performance on 18 June helped her to forget her worries and relax! Mohamed Malek of Ward 56 who was nursing a broken leg enjoyed the mime performance by Mr Ben and the Pernarkan musical which brought back old memories of the Bibik and Babas. He hopes to bring his kids back to SGH during the same period to enjoy the Arts Festival next year!

Budding magicians

@ SGH

Students from Raffles Girls Secondary performed Magic therapy to visitors and patients at one of the booth set aside during the Arts Fest. Magic Therapy involves the teaching of simple magic tricks like the 21-cards trick. The audience were impressed by our tricks and requested us to perform continuously, one trick after another. Patients and especially kids enjoyed themselves and we taught them to perform the same tricks. Our team had an enriching experience and we have plans to bring this programme to SGH on a regular basis. Watch out for more details in the next FRIENDS.

– by Zilin, RGS



Budding magicians from RGS entertaining kids during the Arts Fest with their magic acts.

FOSGH became **blood donors** for the first time!



Our regular volunteers and students from Singapore Polytechnic did us proud by volunteering to be blood donors for the first time on 16 Mar! Well done and hope you'll become regulars blood donors! Besides helping us with the registration and publicity during our quarterly SGH blood donation drives, our FOSGH did their part in donating the precious gift of blood.

FOSGH Zihao donating blood at SGH for the first time

Calendar of Events

Arts Concert

DATES :
 • 30 Sep • 11 Nov
 • 21 Oct • 16 Dec

TIME : 7pm - 7.45pm

PLACE : SGH Fountain

CONTACT :
 hoost1984@yahoo.com

Art & Craft @ SGH

DATE : Every Saturday

TIME : 3pm – 5pm

PLACE : Ward

CONTACT : yanggek@churchofpraise.org.sg

Magic Therapy @ SGH

DATES : Every Wednesday

TIME : 3pm – 5pm

PLACE : Ward

CONTACT : me.zilin@gmail.com

Carolling @SGH

DATE : 17 - 25 Dec

TIME : Evening

PLACE : Wards

CONTACT : gclmmn@sgh.com.sg

Blood Donation Drive @SGH

DATE : 24 Nov

TIME : 10am – 5pm

PLACE : SGH Carelink
 Blk 6 Level 1

CONTACT : gclpl@sgh.com.sg

Volunteers interested in participating in any of the events could drop an email with the leaders directly regarding 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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FRIENDS is published quarterly by
 FRIENDS OF SGH

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