



FRIENDS
a newsletter for Friends of SGH volunteers

Dear Friend of SGH,
 Last year, we received over 6000 hours of compassionate service from our volunteers equivalent to 760 man-days. Your gifts of time and talent have meant many things to many patients, their families and SGH staff. In 2006,

- ♥ 10,000 boxes of medicine were packed at the Pharmacy Department.
- ♥ 1200 patients enjoyed monthly arts concert.
- ♥ 1000 patients had friends to chat with while doing their weekly arts & craft session.
- ♥ \$50,000 raised from the Retail Cart were given to the needy patients.

Thank you all! You indeed play an important role in our hospital! I hope you will continue to support us this year. This newsletter is a snapshot of our activities in 2006. Check it out and see if you have been featured here! 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

Pang Yang Gek ... Gifts from the Heart

When we think of a truly dedicated volunteer, we think of Pang Yang Gek. Upbeat, positive and an individual always willing to help others were the phrases used to describe her. Yang Gek has been a volunteer since 2004 and has spent countless hours serving patients as the Head of the Arts & Craft volunteer programme. Her love affair with SGH started when she met many patients who were fearful about their medical condition during her regular visits to the hospital for medical treatment.

A cancer survivor herself, she was approached by nurses to share her

experiences with these patients on how she coped with her medical condition. Having gone through those bleak periods herself, Yang Gek felt that she could use her personal experience to encourage patients who are discouraged. She felt that an activity like arts & craft would help them cope with their illnesses better and take their minds away from their medical condition.

She then approached SGH to start a volunteer programme for her Church of Praise members to contribute as part of their outreach programme. With a little persuasion, Yang Gek managed to recruit



30 church volunteers. The programme also attracted external volunteers as well. Every Saturday, volunteers gather at the wards from 3pm – 5pm to conduct basic arts and craft sessions with the patients. Since then, more than 300 sessions were held and over 3000 patients had benefited from it.

“These sessions have helped me to view life in a

Con't on pg 2

Con't from pg 1



different perspective and I am more grateful for what I have and not to take health for granted. As I make time to interact with the patients, it has certainly lifted my spirits to know that I have made a small difference to their day. Their smiles of appreciation and recognition are heart warming", said Yang Gek.

With her patient demeanor, patients are naturally drawn to her and would confide in her their personal problems. On many occasions, Yang Gek has alerted SGH staff to assist patients with financial assistance and other family

problems. Apart from helping patients, Yang Gek also mentors new volunteers and helps them to adjust to the hospital environment.

Yang Gek's personal wish is that more volunteers would join the programme so that the arts and craft session could be extended to more wards. "Volunteers also benefit from the programme as they are able to appreciate their families and what they have better. It also helps to build their own self esteem to know that they have made someone's day through a simple action", said Yang Gek. ♥

NEWZ

Volunteers needed!

Keen to help with the arts and craft programme? We require volunteers who are able to interact with patients to create arts and crafts, origami, flower arrangement etc. Arts and craft sessions are held every Saturday (except the 5th Saturday) from 3pm – 5pm. Volunteers need to commit to two sessions per month for a minimum period of 3 months. Training will be provided for all volunteers. For more information, email yanggek@churchofpraise.org.sg today.

We "sayang" our volunteers!

In appreciation to the many volunteers who helped at our various events/programmes, a BBQ was organized on 2 Sept 06 at Downtown East. Volunteers enjoyed games with lots of prizes and scrumptious food.

A Christmas party was held immediately after our Arts Concert by Singapore Lyric Opera on 15 Dec 2006. Games with lots of prizes were given away to volunteers who took part in the "Name the Movie Contest"!

A photo tribute of the volunteers in action entitled "An ode to friends" was featured at the Arts Expression wall at Blk 2. These are but our small gestures in saying "Thank You", for all you've done for us. ♥



NEWZ



Artsfest @ SGH

The Artsfest@SGH has become a marquee event in the Arts for Health calendar thanks to the tireless support from our volunteers and performers. Following the roaring success of the first ArtsFest@ SGH last year, SGH saw multitude of artforms such as arts & craft workshops, performances, music all lined up over a one-week period in June 06. The event culminated with scintillating performances by Samba Masala, a percussion band and puppetry acts. It was a GIANT party, which attracted more than 2000 people. Join us this year when Artsfest returns in June 07. ♥



NEWZ

Varied performances wowed audience @ SGH

2006 was an exciting year with many local and international talents entertaining more than 1000 patients/visitors with delightful performances. Patients cheered at the high energy performances by the Cloghoppers from UK who performed a fresh, funny show, featuring everything from juggling to physical comedy and body contortion. Philharmonics Winds, a 40-strong orchestra, led by renowned conductor, Robert Casteels played old time

favourites set to a new tune. And everybody loves to catch children in action. 2006 saw the return of popular groups like Joyful Strings, Vidhya Kindergarden and Wellington Primary who entertained patients with new repertoires of song and dance.

Arts for Health will up the ante this year by bringing in fresh performers to attract new audience. Check out our schedule for 2007. We are counting on you to bring the patients to all twelve performances this year. ♥



New programme : You can Yarn @ SGH!

Can you knit? The Arts and craft programme is looking for volunteers to help patients knit simple items such as friendship bands, stationery items, handpouch, animal figures etc. Research has shown that creating beautiful patterns is a relaxing and therapeutic experience.

We welcome anyone with some knitting skills, as we have no expertise to provide instructions. Materials will be provided to start the project rolling! Please email yanggek@churchofpraise.org.sg if you are able and willing to share your skills.

Carolling @ Christmas



What's Christmas without carolling at the wards? Our friends from Anderson JC, Everlasting Baptist Fellowship and others rocked the audience by performing favorites including "Jingle Bell Rock" and "O Holy Night" and finishing each carolling session with joyful "Merry Christmas"! ♥



Recognition by National Arts Council

SGH is the first hospital to win the Arts Supporter Award in 2006 for its support of the local arts scene. Thanks to you volunteers who have made this possible!

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Wishing all volunteers a happy and prosperous Gong Xi Fa Cai!

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If you wish to be a part of our volunteer programme, email us today for more information.

Calendar of Events

(Jan - May 2007)

ArtsConcert

Be entertained by a variety of dance and music performances specially organised for patients and visitors every month.

Friday Evening performances

Venue: SGH Fountain Garden, Block 7 Level 1
Time: 7pm - 7.45pm

Fri, 23 Feb

Chingay Fiesta

Celebrate the lunar new year with festive Chinese instrumental and dance performances by St Andrew's JC followed by a spectacular lion and dragon dance by Hong Lok Association.

Fri, 30 Mar

Golden Oldies

Sing along to popular English and Chinese songs from yesteryear with performers from the Tiong Bahru CC Art Centre.

Fri, 27 Apr

Dance Extravaganza!

Students from the Republic Polytechnic will enthrall you with an eclectic mix of hip hop, ballroom and cultural dance.

Fri, 18 May

Jazz with Kids

Jazzkids is Asia's first group of children between 8-14 years old, singing and dancing to jazz standards. Join them as they entertain you with jazz favourites.

Lunch Time Performances

Venue: Blk 3 Level 1, Outside Clinics
Time: 1pm - 2pm

Wed, 14 Mar

Easy Listening by visually impaired Artiste, Mr Suhaimi.

Wed, 11 Apr

Rock & roll by Rocky Wong

Wed, 9 May

Piano classics by Sherryann Chan

ArtsExpressions

Located on Block 2 Level 1, Arts Expression is an exhibition space dedicated to display artworks by patients and local artists.

Feb - Apr 2007

A Fruitful Year

An installation of art & craft works by more than 200 SGH patients and their families, collected over a period of 2 months. Design and installation by graduates from Nanyang Academy of Fine Arts.

Information is correct at time of print. For more information, please contact Community Relations at 63265158 or email artsforhealth@sgh.com.sg