



friends

a newsletter for friends of SGH volunteers



In this Issue

- PAGE 1** Editor's letter / Goh Chern beats the odds to shine as beacon of inspiration / Arts for Health launches "Silly Animal Poems"
- PAGE 2** Puppet Dinosaurs invaded SGH at the recent Arts Festival / Enchanting the hospital experience through the creative arts
- PAGE 3** Keep colon cancer at bay / SGH concert - musical magic under the stars / Staying involved and active / Christmas celebrations at SGH
- PAGE 4** Carnival for fun and love at SGH Community Day / Lotuses blooming at SGH / ArtBeat - Your one-stop arts calendar at SGH / Calendar of events (Jan-Mar 2008) / We did it again!

Dear Friends of SGH

Well, how do you like the new layout of the Newsletter, FRIENDS? Maybe you were so engrossed in the exciting content of the Newsletter that you didn't notice the new look! The 3-year Newsletter has grown substantially in quality and quantity of the contents and we felt that an improved appearance is needed to reflect the growth of the Newsletter. We roped in our volunteer designer, Ms Stella Lai who has completely redesigned the header and the color scheme. We are all excited about the new look and hope you are too. I welcome your comments and suggestions to improve FRIENDS further. As the new year has just arrived, I would like to thank many of our Friends of SGH volunteers (FOSGH) who have unselfishly given their time and effort to help us run our various arts programmes. The volunteers are the backbone of our programme and have helped make Arts for Health what it is today. So do join us if you want to help make a difference to the lives of our patients – and treat yourself to a new experience! With the new year just around the corner, please review the Events Calendar and mark your calendar for the 2008 events of your interest. Wishing you a very happy and prosperous New Year! 🐼

profile

Goh Chern beats the odds to shine as beacon of inspiration



The school of hard knocks did not drive Goh Chern into self-pity but led her to become "beacon of inspiration." Ms Goh, 18, a regular at the Arts Concert won the first "Stars of the Shine" Award. Shine, a youth festival organized by young people to showcase the talents of youth, gave the awards in recognition of the youth achievements.

Ms Goh, an only child whose parents are hawkers has congenital heart problem. "When I have a relapse, it seems like my heart will jump out of my chest." She went through two surgeries only to find out that they were unsuccessful. Still Ms Goh did not sink into self-pity and focused on her studies. She scored eight distinctions for her "O" levels and is presently awaiting her A-levels results.

The former NJC student is also an active volunteer at the Movement for the Intellectually Disabled of Singapore (Minds) and a SGH volunteer who fetches patients and befriends them during the monthly Arts Concert at the Quad.

Her favourite quote is one from scientist Albert Einstein that says, "There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." She said, "I believe we have to work hard for our miracles. I became a happier person after volunteering when I allowed other people's smiles to light up my life."

Kudos to Goh Chern for her outstanding achievements. She is indeed a role model for all young volunteers. 🐼



WANT TO BUY "SILLY ANIMAL POEMS" FOR YOUR KIDS?

Want to support Arts for Health@SGH? You can do so by buying the "Silly Animal Poems for Children & Big Kids Too" at \$10 each. Written by the father of a hearing impaired child, Arthur Chan, and illustrated by 14 hearing impaired children from the Listen & Talk programme, the proceeds from the sale of the book go towards funding more arts programme for

patients. The book was officially launched at the Woodlands Regional Library on 3 Feb 07 and was followed by an art workshop for 40 children conducted by volunteer artist and arts educator, Felicia Low. Email us at artsforhealth@sgh.com.sg for a copy of the book today. 🐼



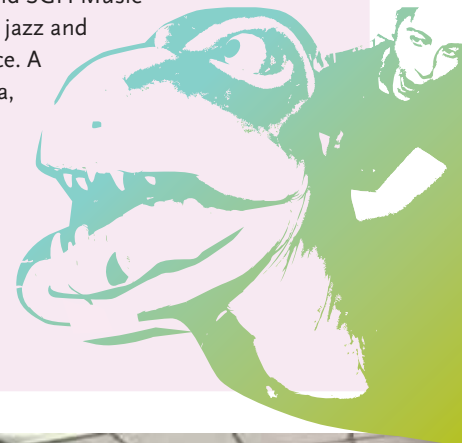
artsfest



Puppet dinosaurs invaded SGH at the recent Arts Festival!

Artsfest@SGH brought patients, visitors, staff and volunteers together for a week of fun-filled activities. Held from 11-15 Jun, Artsfest@SGH featured over 35 programmes including the installation of a wall mural at Ward 46 and the screening of locally acclaimed movie "Singapore Ga Ga." More than 150 student volunteers from Raffles Junior College were roped in to engage patients and visitors in arts & crafts and other creative works such as origami, postcards and photoframes. Young talents brought patients to groove on their beds with their nifty dance steps while the RJC string ensemble played popular ever greens and rock roll numbers for an infectious good time!

The highlight of the festival was a three-day concert featuring local and international talents. Taking to the stage to show off their musical prowess for the first time were hearing impaired patients and SGH Music Therapists. Their rendition of all time classical, jazz and musical favorites won the hearts of the audience. A pair of life size puppet dinosaurs from Australia, "Tooth and Claw" even prowled the hospital wards to bring cheers and balloons to our patients. The weeklong event attracted more than 3000 participants.



Join SGH Arts for health programme

Arts for Health aims to develop a quality caring environment and promote good health in SGH through arts programmes that bring healing to the body, mind and soul. If you are interested in performing for us, facilitating our arts and craft workshop or fetching patients to our monthly ArtsConcert, please email us at artsforhealth@sgh.com.sg.

news

Enhancing the hospital experience through the creative arts

The Arts Expression gallery located along Blk 2 walkway was transformed into a visual spectacle in 07. Patients, visitors and staff had a sensorial treat as the popularly know "pink wall" underwent a metamorphosis every quarter with a new exhibitions from diverse range of subjects. Patients participated in the making of the exhibition through workshops organised by several support groups and facilitated by talents artists within the

Singapore community. A number of exciting new exhibitions are planned for ArtsExpressions wall in 2008. Watch this space for new updates.





Keep colon cancer at bay!

More than 15 FOSGH volunteers were involved in the Carnival on Colon Cancer Awareness by Colorectal Surgery Department, in partnership with Vitagen Less Sugar from 19 - 20 May 07. Our volunteers supported the event through distribution of goodie bags, manning the various booths as well as teach children how to fold paper flowers and pen a note of encouragement for cancer patients as part of the outreach programme. 🦋

news

arts
concert

SGH concert – musical magic under the stars

2007 was a watershed year for Arts Concert programming with over 50 lunchtime and evening performances ranging from classical ballet, percussion, to an exploration of different dance genres to reach out to patients, visitors and staff.

The Arts Concert is indeed a platform for the different schools and cultural groups to show of their skills and talents, while taking on the beat of the city. With two rows of trees leading up to the performance area, SGH open air amphitheatre has played host to exciting concerts held every last Friday of the month. The ArtsConcert series ended with a bang as patients and their children were shown the final nuance on ballet by Cheng Ballet.

Stay tuned to the new season of Artsconcert coming up in 08. The best thing is, they are all free!

Kudos also to the unsung heroes who help make the concert a reality every month rain or shine; the A&E department for providing the medical cover, technicians from the Plant & Facilities Department who put up the stage backdrop, sound system and the house-keeping staff who set up chairs and tables and keep the place spick and span! 🦋



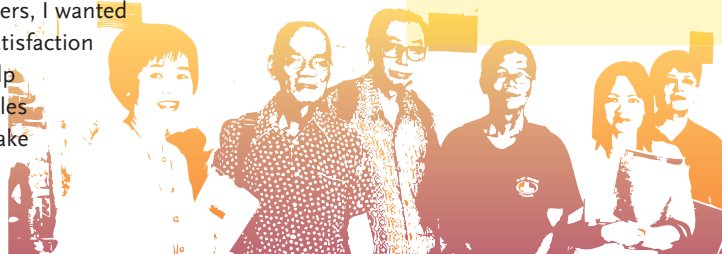
Staying Involved and Active

With a mile-wide smile, Helen and Letchmi, retired teachers and a group of seniors have joined the Friends of SGH programme in Jul 07. The seniors were recruited following a twinning programme with the National Voluntary and Philanthropy Centre (NVPC) which ran a series of advertisements in Straits Times and Lianhe Zaobao. The advertisements attracted more than 20 volunteers who have joined as Guiders where they escort patients to various clinical centers for tests and x-rays in wheelchairs. Some of them have joined the regular Arts and craft programme on Saturdays where they engage in basic arts and craft activities while a few made a beeline to assist at the SGH Retail Cart. "I have been doing voluntary work since the '70s. After my retirement, I wanted to do something more meaningful and when there was a call for volunteers, I wanted to give it a try. I feel a sense of satisfaction that I am doing something to help my community. The genuine smiles and "thank you" that I receive make my day," said Ms Letchmi. 🦋

news

Christmas celebrations@SGH

The Muscular Dystrophy Association were among the live performances at SGH from 17 - 24 Dec as part of the hospital's Christmas celebrations. The group, comprising of 30 wheelchairs bound patients as well as abled volunteers performed for staff, patients, volunteers and visitors at selected wards and at lunchtime recitals. More than 13 choir groups from schools and churches brought Christmas cheer to patients at selected wards during the festive season. 🦋



Carnival of fun and love@SGH Community Day

Some 200 underprivileged patients and their families were treated to a fun-filled carnival during the 2nd SGH Community Day held at Safra Mount Faber on 24 Nov 07. Activities lined up included a fashion parade, team-building games, massage and manicure sessions. The event's Guest-of-Honour MP for Tanjong Pagar GRC Indranee Rajah received a donation of \$50,000 raised by Hospital staff and members of the public. The money will be used to help low income patients with their post-discharge needs such as wheelchairs and special feeds.



The event would not have been successful without the assistance of numerous FOSGH who helped behind the scene. Their help ranged from packing goodie bags, running errands to helping with the set-up before and after the end of the fun-filled day. Thanks to the students from SCGS, ACJC and TKGS who were the brawns behind the effort. 🌸

Lotuses blooming@SGH

More than 3000 lotuses were produced at SGH to promote racial harmony and compassion as part of the Project Million Lotus organized by the Singapore Buddhist Federation and supported by the Central Development Councils and the Ministry of Community Development and Sports. Heading the call was our team of volunteers who were deployed outside Specialist Outpatient Clinic from 27 April - 11 May to teach SGH staff, public and patients the art of making paper lotuses. The lotuses with goodwill messages were displayed at the Harmony Pillar at Ngee Ann City on 26 and 27 May 07. 🌸



Calendar of Event (Jan – Mar 2008)

ArtsConcert

Friday Evening Performances, 7 pm - 7.45 pm
Venue: SGH Fountain Garden, Blk 7 Level 1

Fri, 25 Jan
OP Showcase
Join us in an evening of uplifting song and dance by students from Orchard Park Secondary.

Fri, 15 Feb
Chingay Celebrations!
Celebrate Lunar New Year with a lion and dragon dance performance by Hong Lok Association and performance by St Andrew's JC to usher in the prosperous New Year.

Fri, 28 Mar
Sing the Golden Oldies
Sit back and sing or dance along to evergreens by performers from the Tanjong Pagar Arts Centre.

ArtsExpressions

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

28 Dec 07 – 29 Feb 08
Connecting To Meaningful Living
Exhibition of collaborative artwork by patients, occupational therapists and visual artist, Sandra Lee, in celebration of Occupational Therapy Day on 11 Jan 08.

ArtBeat - Your one-stop arts calendar@SGH

Want to know what arts related event@SGH or upcoming programme at Outram Campus. Visit us at www.sgh.com.sg. An events calendar makes it easier to find specific performances, learn more about the event happening three months down the road. Make this site a habit. Visit us often to find out what's happening. It's your ArtBeat just a click away! 🌸

We did it again!

SGH won the Arts Supporter Award in 2006 and 2007 from the National Arts Council for its support of the local arts scene. It is a fitting tribute and serves to acknowledge SGH's pivotal role in touching and changing lives of our patients. 🌸



Friends is an in-house e-publication of Singapore General Hospital. Friends is published by Friends of SGH, c/o Community Relations Department, Singapore General Hospital. Blk 6 Level 1, Outram Road, Singapore 169608 Tel: 63265158 Fax: 62261992 Website: www.sgh.com.sg Email: mumtaj.ibrahim@sgh.com.sg Stories written by Mumtaj Ibrahim & Tan Hwee Ping. Designed by Stella Lai.