

# friends

A newsletter for the friends of SGH volunteers



Singapore  
General Hospital  
SingHealth

## EDITOR'S NOTE

Dear Friend of SGH,

Wishing all readers Merry Christmas and Happy New Year! It is a wonderful time of the year, where most of us can share and participate in the joyful festivities during the year-end.

Amidst the slew of bad news on the economic front, we are thankful for the many blessings which volunteers have made to the lives of our patients and staff. This newsletter is an acknowledgement of all the good work done by our volunteers, from those who performed at our regular Arts Concerts to the many volunteers who bring respite to the patients with the weekly arts and craft work.

Mother Teresa said, "We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop." THANK YOU FOR MAKING A DIFFERENCE.

Join us and be a part of our dedicated and vibrant volunteer team. If you're interested in sharing your time, there are lots of great groups and opportunities for you to play your part. Everyone has something valuable to share with the community – you've been thinking about it, now's the time to do it!

CALL OR EMAIL US TODAY!

## MID-AUTUMN JOY LIGHTS UP SGH



The Mid-Autumn Festival was celebrated with a big bang at SGH for the first time this year. Over 100 patients and visitors were treated to moon cakes, musical performance and story telling of legendary tales on Sept 14. But it wasn't all about beautiful Chang Er who flew to the moon after drinking a stolen elixir! The performers from the Church of

Praise also delighted patients with hokkien song & dance while the kids were outstanding with their hip hop dance routine. We can look forward to the return of the performers next September.



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## ARTS FOR HEALTH IS 10!



inspiring healing experiences  
\* CELEBRATING 10 YEARS OF ARTS FOR HEALTH \*

A huge birthday party was organized on 25 July to celebrate a decade of Arts for Health at SGH. And what's a birthday celebration without a cake? Over 100 patients, staff and Friends of SGH volunteers joined in the party, with special performance by The Fingers Players, an award winning Singapore theatre company.

Roving volunteer skaters also surprised patients and visitors by distributing birthday cakes to patients and visitors at the wards and performing area.

### 10 YEARS OF ARTS FOR HEALTH IN A GLANCE

- 18,000 in attendance including patients, visitors and staff
- 15 artists collaborated with ArtsExpressions
- 22 visual art exhibitions
- 150 musical performances & counting!
- 50,000 volunteer hours & counting!

## LANTERN-MAKING WORKSHOP JUST FOR FOSGH

## A RARE TREAT FOR 70'S MUSIC LOVERS



Way before the mid-autumn festival celebration, FOSGH Arts & Crafts volunteers started preparation work by learning to make paper lantern from artist Tay Bee Aye. Using wire and colourful cellophane paper, the 20 FOSGH made close to 50 lanterns in all shapes and sizes, which were then decorated by patients during the weekly arts and crafts sessions. The lanterns added a splash of colours to the wards during lantern festival, when the nurses tried to out-decorate each other in the bid to win the most festive ward competition organized by Arts for Health. Ward 72 clinched the top prize of \$100 for their display of mock mooncakes, colourful lanterns and personal messages.

Pan Xiu Qiong, celebrated songstress who made famous the song Lover's Tears, took patients on a journey down memory lane with her soulful rendition of signature songs from the 70's on 31 October.

The musical treat wove a magic spell over the audience and brought a standing ovation from both patients and staff who crowded the void deck for the show. Many were spotted queuing for an autograph and to take a picture with the acclaimed singer.



## MUSICAL KALEIDOSCOPE – ARTS CONCERT IN 2008



## AN EVER-CHANGING LANDSCAPE AT ARTSEXPRESSIONS



## ARTSFEST THRILLS FESTIVAL GOERS WITH A WIDE PALETTE OF PROGRAMMES



SGH five-day festival attracted more than 2000 patients, visitors and volunteers to the hospital grounds. The 2 – 6 June festival featured 21 performances, workshops, fringe activities and an art camp led by art therapists for 26 children of patients of SGH and National Heart Centre.

Performances included interactive kitchen percussion act by Ministry of Soundz, Drum Drum Revolution by Chung Cheng High and contemporary dance, "Energy Beyond" by Odyssey Dance Theatre. More than 100 volunteers from RGS, River Valley High, Hwa Chong Institution, NUS High including our regular volunteers were deployed to support the festival.

Festival goers were more than satisfied with the opportunity to browse and purchase a variety of media including jewellery, wearable art, stained glass and many more courtesy of our FOSGH volunteers from the Arts and craft team.



## SPINNING SPLENDOUR – BIG ART PROJECT 2009



Come February 2009, SGH gardens will be transformed by a display of glorious colours, with the installation of 3000 spinning windmills. Spearheaded by student volunteers from AJC, this community art project aims to engage patients to decorate windmills during waiting time at outpatient clinics and pharmacy. The project is partially funded by Central CDC CLAP, Jet Airways and in collaboration with students from NUS Department of Architecture. FOSGH can also play a part in installing the windmills. Look out for a call for volunteers in your email in January 2009.

### BE A FAN OF ARTS FOR HEALTH ON FACEBOOK

Yes, we're on Facebook. If you're already a Friend, so go on and add us as a Fan at **Arts for Health@SGH**.

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## ARTS CALENDAR FOR 2009

### ArtsConcert

**Venue** Singapore General Hospital Void Deck,  
Block 6 Level 9

**Time** 7pm - 7.45pm

**Fri, 12 December 2008**

**Sounds of Christmas by Hand Bellz Ensemble and Kent Ridge Hall Choir**



Get into the Christmas mood with the award winning HandBellz Ensemble and Kent Ridge Hall Choir who will entertain you with carols and acapella numbers.

**Fri, 16 January 2009**

**Enchanted Evening with Alvaro Sanchez "The Maestro"**



Come experience an enchanted evening of classical, latin American, pop and familiar Singapore national songs by award winning guitarist and harpist Alvaro Sanchez. "The Maestro" has wowed audiences worldwide with more than 20 albums released.

**Thur, 5 February 2009**

**Chinese New Year Celebration**



Usher in the festival with lion dance and wushu performance by award winning gold medallist from Victoria Institution. And be mesmerised by the ancient face-changing act as the artiste changes more than ten masks in 20 seconds!

### ArtsExpressions

ArtsExpressions is visual art space in Block 2 Level 1 dedicated to display artworks by patients and local artists.

**21 November 2008 - 31 January 2009**

**Wall Flowers By Laura Soon**



Laura's installations work captures figures which mould into patterns that resemble old-fashioned wall paper patterns that form a fascinating wall mural.