

NEIGHBOURHOOD STORIES

# The Growth of a Healthy Precinct in Boon Lay & West Coast





NEIGHBOURHOOD STORIES:

The Growth of a  
**Healthy  
Precinct**  
in Boon Lay & West Coast

# Welcome to the Neighbourhood

Why  
Healthy  
Precinct?

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S3 Canopy  
Active Ageing Centre



PCF Sparkle Care  
Active Ageing Centre  
@ Boon Lay

What Is a  
Healthy  
Precinct?

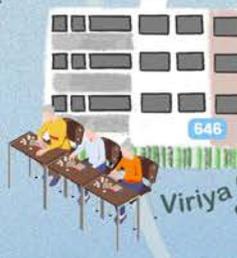
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THK AAC  
@ Boon Lay



NTUC Health  
Active Ageing Centre



Viriya Community  
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### Boon Lay: Where It All Came Together



Boon Lay Community Club



Empower Ageing



BOON LAY



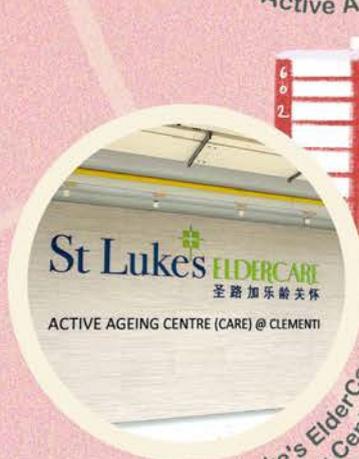
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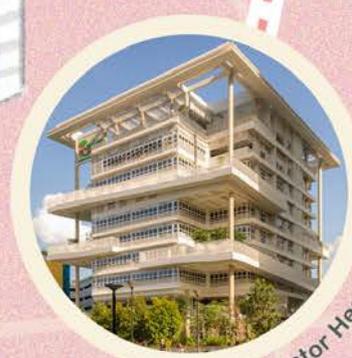


SASCO@WestCoast Active Ageing Centre (Care)



St Luke's ElderCare Active Ageing Centre (Care) @ CLEMENTI

St Luke's ElderCare Active Ageing Centre (Care)



Lentor Health



Jamiyah Nursing Home

The Journey Continues

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# Foreword

with Minister Desmond Lee

Adviser to West Coast-Jurong West GRC GROs (Boon Lay & West Coast) & Minister for Education, and the Minister-in-Charge of Social Services Integration

Helping our seniors age well is something I care deeply about. When we talk about ageing well, we are really talking about seniors being able to stay physically active, socially connected, and mentally resilient.

But none of this happens by chance. It takes strong collaboration across agencies, community partners, volunteers, and residents to create the right conditions for our seniors to thrive.

**So what does it take for seniors to age well in the places they call home?**



That question led us to build on the Age Well SG programme, launched in November 2023, and to develop the Healthy Precinct concept, launched in March 2024.

We want our *uncles* and *aunties* to be able to access programmes and support easily within their own neighbourhoods. This means working as one network rather than in silos.

Making healthy living accessible is about meeting seniors where they are, whether through fitness activities at their playgrounds, conversations over morning coffee, or health screenings at their doorstep. It also means volunteers building genuine relationships, so needs can be spotted early and support provided before small issues grow.

At the end of the day, ageing well is not just a policy goal. It takes a *kampung* to build a future where seniors are active, connected, and supported.

I am encouraged that in Boon Lay, partners and residents are already coming together to care for our seniors. Similar efforts are taking shape in West Coast.

I thank the workgroup and all our partners for their hard work and **look forward to creating more spaces where seniors can age well, together.**





01

# Why Healthy Precinct?





**“While support is widely available, it can be confusing for seniors to navigate on their own. A coordinated, community-based system and approach can help ensure seniors receive support that is relevant to their needs.”**

**MR DAVID TAN & MS FELICIA TEH**  
Manager / Assistant Manager,  
Agency for Integrated Care (AIC)

# Our population is ageing, and our neighbourhoods need to evolve with it.

Many seniors have shared their hope to live in places where they can stay active, feel connected, and know that support is close at hand.

Yet support can sometimes feel fragmented or hard to navigate. Across healthcare, social service and community partners, a shared aspiration emerged: to create neighbourhoods where healthy living is easy, accessible, and seamlessly integrated into daily life.

**This led us to rethink how support should be organised at the neighbourhood level.**

This approach is adapted from the Healthy Precinct framework developed by MOH Office for Healthcare Transformation (MOHT).

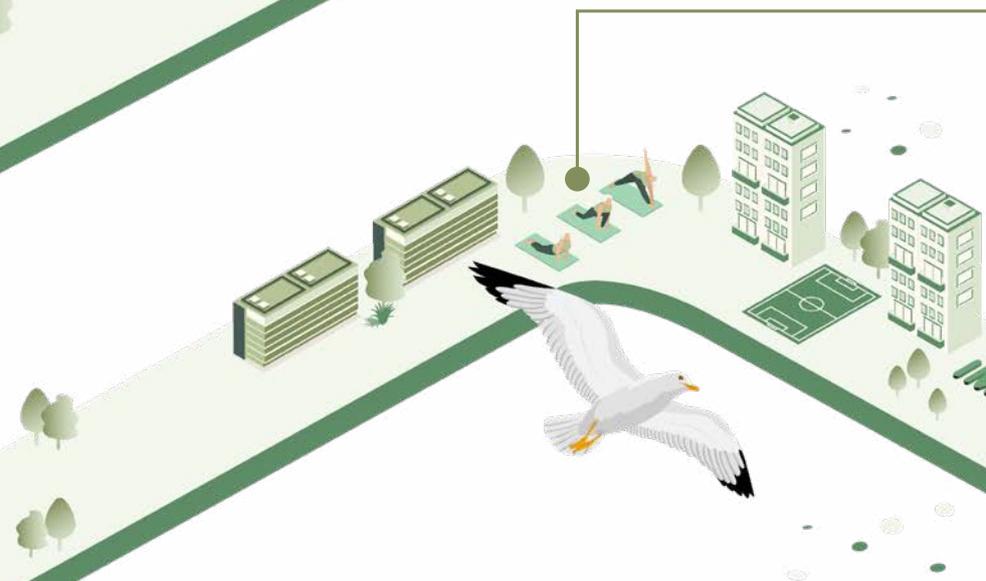
The Healthy Precinct approach did not come together overnight. It grew out of years of observing community needs and listening closely to what seniors were experiencing on the ground.

**The launch of Age Well SG in November 2023 provided a strong national foundation, strengthening efforts around preventive health and ageing in place.**





As early as 2022, partners were already exchanging insights from ground sensing and community engagement, identifying local gaps and opportunities to better support residents.



These conversations eventually led to more structured collaboration. Formal workgroups were set up, beginning with **Boon Lay in March 2024**, followed by **West Coast in September 2024**.

Building on this momentum, partners began exploring how these ideas could be brought closer to home through a place-based, community-driven approach.

This marked the start of a coordinated, precinct-level effort to support seniors in ways that are practical, local, and grounded in everyday life.



02

# What Is a Healthy Precinct?



“Healthy communities do not happen by chance. They are built through shared commitment and collective effort. When partners work closely together and harness their respective strengths, we can create communities where residents feel supported, connected, and empowered to take charge of their health and well-being.”

**MR CHUA SONG KHIM**  
Deputy Chief Executive,  
National University Health System (NUHS)

# So, what exactly is a Healthy Precinct?

A Healthy Precinct is a neighbourhood designed to make healthy living easy and part of everyday life.

The challenges seniors face are often interconnected. Health, mobility, social connection, and access to support do not sit in separate boxes.

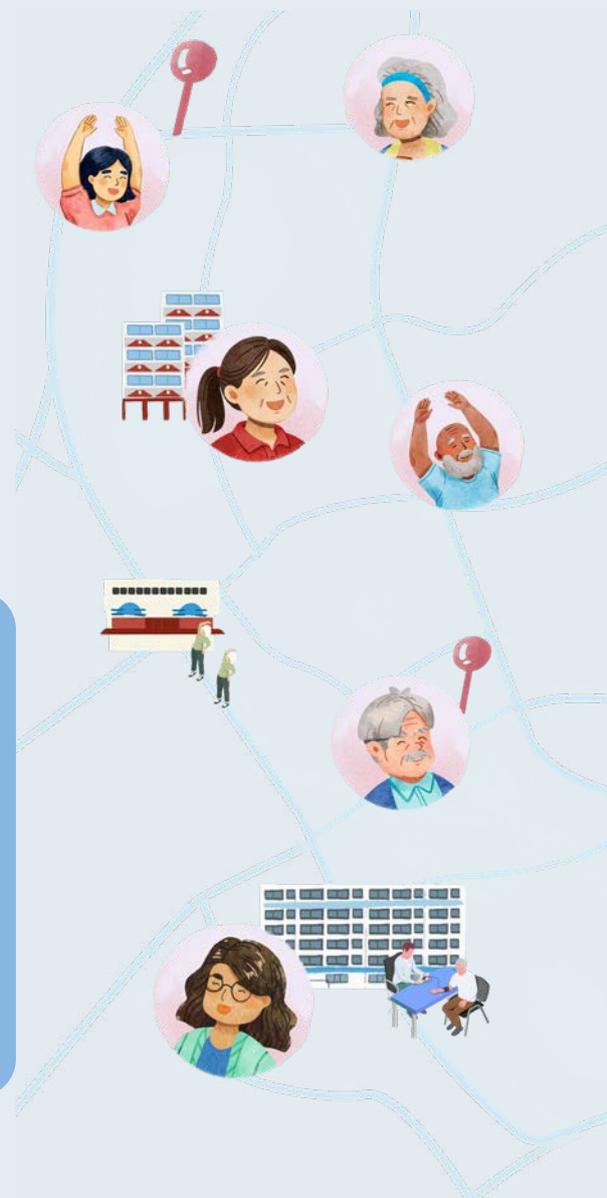
Supporting seniors well means rethinking how people live, move, interact, and seek help within their own neighbourhoods.



## What is special about the Healthy Precinct approach?

**First, it takes a place-based approach.** Every precinct is different. Each has its own mix of residents, needs, and social dynamics. By responding to what already exists on the ground, programmes become more relevant and meaningful for the people who live there.

**Second, it relies on the whole community coming together.** Healthy living is not something individuals should have to figure out on their own. It is shaped by the environment around them, the support available, and the relationships they can rely on.



### At its core, a Healthy Precinct aims to:



**1** Help residents feel empowered to take care of their own health



**2** Strengthen partnerships so health and social support are easier to access within the community



**3** Improve health and well-being outcomes over time

# Four key ingredients of a Healthy Precinct

## 1 Community

Community is about building a culture where neighbours feel a sense of belonging. Programmes are easy to join and suited to different ages and interests, so participation becomes natural. When neighbours stay connected, healthy habits are easier to sustain, and volunteers and activators can support one another.



## 2 Care & Support

Care & support is about making help simple, reassuring, and accessible. By tapping on existing social networks and strengthening partnerships across agencies and community groups, support becomes easier to navigate. Community ambassadors guide residents so they receive the right support at the right time.

## 3 Environment

Environment shapes how people live each day. When shared spaces are used to encourage movement and interaction, healthy living becomes part of daily routines. Over time, this builds a culture that supports lasting healthy lifestyles.

## 4 Enablers

Enablers keep everything connected behind the scenes. Strong partnerships, shared information, and the thoughtful use of data and technology help partners spot gaps early and coordinate their efforts. This allows the Healthy Precinct to function as one integrated ecosystem.

“Friendship comes first, activity comes later. Many seniors choose to stay at home not because they have difficulties moving about but because they feel shy, awkward, or unsure. When they feel comfortable and have friends around whom they can trust, they will naturally be more active.”

MS LIZ KOH  
Manager, Active Ageing Centre,  
SASCO Senior Citizens' Home





03

# Boon Lay: Where It All Came Together





“What surprised us most was how many seniors were willing to participate once they felt personally invited and heard. The insight we wish more people understood is that seniors do not just need activities; they need a sense of belonging and purpose in the neighbourhood they live in.”

**MR CHIN KOK MUN, ERIC, PBM**  
Chairman, Boon Lay Citizens’  
Consultative Committee,  
Boon Lay Grassroots Organisation

# Mr Mah Fook Thim

Boon Lay resident who stays active through programmes at NTUC Health Active Ageing Centre



“The exercises have made me stronger and keep my mind sharp too.”

JUST BE HAPPY  
DONUT WORRY  
You Had to at Wood



One morning at the Active Ageing Centre, Mr Mah Fook Thim noticed a group of seniors exercising together. Curious, he stopped to watch.

At the time, he had already been thinking about how to stay healthy as he grew older. *“I felt that I needed to improve my physical strength and memory,”* he says.

The session he observed was part of the SPICE+ (Screen and Prevent Decline in Intrinsic Capacity in Elders) exercise programme, a community initiative run with partners such as NTUC Health. It focuses on the early detection and prevention of decline in seniors’ physical and mental abilities, helping them stay active and independent as they age.

Encouraged by what he saw, Mr Mah decided to give it a try.

Since joining the programme in November 2025, he has noticed clear improvements. *“My legs, arms, and shoulder muscles have become stronger,”* he shares.

Some of the exercises even use animal movements to help participants remember the routines, something he found helpful for sharpening his memory.

Looking back, he is glad he decided to stay and try the session that morning.

For Mr Mah, having activities and support available in the neighbourhood has made it easier to stay active and build healthy habits as he grows older.

# Bringing people together to make things happen

On 21 March 2024, partners came together in Boon Lay to start turning plans into real action on the ground.

The workgroup was brought together by Mr Desmond Lee, Adviser to West Coast-Jurong West GRC GROs (Boon Lay & West Coast). It gave everyone a chance to sit around the same table, talk honestly about what they were seeing on the ground, and ask a basic question: **how do we support residents better, together?**



“The importance of partnership became clear as we realised that each organisation has deep relationships and understanding of their residents’ needs, preferences, and circumstances. Instead of assuming we all serve the same type of residents, we learned to tap into each partner’s unique knowledge about their specific groups.”

**MS GIFT MUZE & MS FELICIA TO**  
Senior Managers,  
Health Promotion Board (HPB)



# Three focus areas for Boon Lay

As partners shared what they were seeing on the ground, three clear focus areas naturally surfaced:



1. Health



2. Social connection



3. Volunteerism

The goal?  
A healthier Boon Lay.

## Boon Lay Steps Challenge

The Boon Lay Steps Challenge is a community initiative that encourages residents to stay active by tracking their daily steps and moving more every day.

When the challenge started on 1 August 2025, the goal was not competition but to make physical activity feel manageable and social. Residents could go at their own pace, form their own interest groups, and join in without feeling pressured. Incentives were kept simple to lower the barrier to entry, especially for seniors and first-time participants.

In its initial phase, **more than 1,800 residents** signed up. The challenge ran until January 2026 and saw encouraging participation. More importantly, the challenge helped raise awareness of daily movement and provided an easy entry point for residents to find friends and form healthier habits together.



>1800  
sign ups



# Mdm Tay Gay Suat

Senior who joined the Boon Lay Steps Challenge 2025 with her friends

For one Boon Lay resident, joining the Steps Challenge was an easy decision.

*"I already walk a lot every day," she shares. "Joining the challenge gave me extra motivation and encouragement to keep going."*

What surprised her most was how naturally the challenge strengthened friendships. She began sharing it with her friends, and soon they were walking together regularly.

*"It became something we looked forward to, not just for our health, but also for companionship."*

Many of them were already active in the community, taking part in Qigong, Zumba, and Piloxing sessions.

Having participated in Qigong for more than six years, she has seen how regular activities strengthen neighbourly bonds and encourage community spirit.

*"Moving around is much better than staying at home. It keeps us physically active and keeps our minds healthy too."*

*"The walking keeps us healthy, but the friendships are what make it special. We motivate one another and enjoy our time together."*



## Community Health Posts at Active Ageing Centres

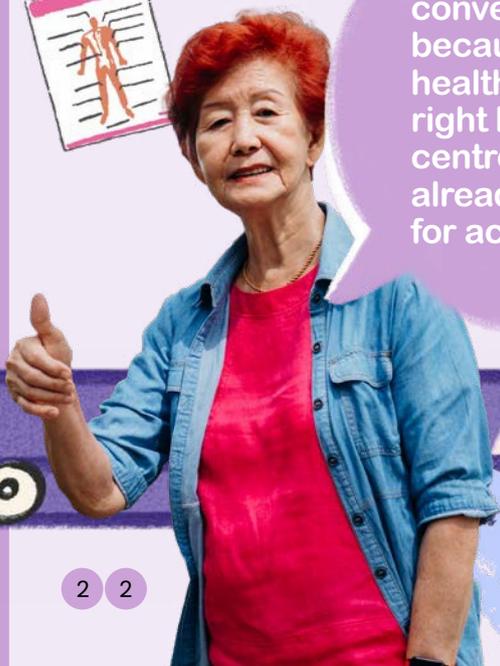
Health support was brought closer to places seniors already visit. Building on NUHS' existing model, the presence of Community Health Posts was expanded, with more being set up within Active Ageing Centres.

Run by the NUHS Community Care Team of nurses and health coaches, these posts provide basic health checks, personalised care plans, and support for chronic conditions in familiar neighbourhood settings.

By creating regular touchpoints alongside Active Ageing Centre partners such as NTUC Health, PCF Sparkle Care, Stroke Support Station (S3), and Thye Hua Kwan Moral Charities (THKMC), the initiative strengthens coordination and enables earlier intervention within the community.



"It's very convenient because the health support is right here at the centre where we already come for activities."



# Mdm Lim Kai Yam

Boon Lay resident who visits the Community Health Post

Before joining the Active Ageing Centre in 2024, her weekly routine was fairly simple. *"I would mainly practise Qigong with my friends and occasionally join activities organised by the Residents' Network,"* she recalls.

After friends from her Qigong group encouraged her to visit, she registered with the centre and started joining more activities.

Exercise sessions and singing classes quickly became her favourites, while communal dining and outings added a social rhythm to her week.

*"These activities have made my days more meaningful and engaging,"* she says.

During a screening conducted at the centre, staff noticed signs that she might have mild cognitive impairment and encouraged her to visit the NUHS Community Health Post located at the Active Ageing Centre.

There, a community nurse assessed her condition and provided personalised advice on how she could better manage her health.

Since then, Mdm Lim has become more mindful of her diet and has enrolled in the SPICE+ exercise programme run by NUHS and NTUC Health.

With health activities and support available nearby, Mdm Lim finds it easier to stay active and take care of her well-being.

# Ms Lim Hui Shan

Nurse Clinician  
NUHS Community Care Team



**ntuc**  
**Health**

**BOON LAY**

**Active Ageing**

**Volunteering & Social Activities**

**Community**

**Home Care**



“Knowing that my daily work keeps residents healthier and more confident while helping them stay out of hospital motivates me to keep going.”

For Ms Lim Hui Shan, the difference between hospital care and community care is clear.

*“In the hospital, I treat patients. But in the community, I care for people I genuinely know.”*

Providing healthcare in familiar community spaces allows her to see beyond clinical numbers. It creates space for conversations that would never happen in clinical settings.

*“I’m no longer just ‘the nurse’, but someone they genuinely look forward to seeing, like a friend who offers a drink and asks about my weekend before we discuss their health.”*

When healthcare happens in a familiar community space, it becomes a long-term relationship. Nurses walk alongside residents, adjusting care as their lives change.

*“People don’t care how much you know until they know how much you care. When people feel truly known, healing begins to take place.”*

By providing chronic disease counselling, early geriatric assessments, and preventive education within the community, she supports residents before crises occur.

### Pilot frailty screening for seniors in rental blocks

Reaching seniors who may need a little more support is an important part of caring for the community. In August 2024, a pilot frailty screening was conducted at the NTUC Health Active Ageing Centre in Boon Lay for seniors living in nearby rental blocks.

The screening included basic physical checks and a simple frailty assessment to identify those at risk of frailty or social isolation.

Carried out in collaboration between NTUC Health and NUHS, the pilot explored a more coordinated approach to early identification and showed how timely support can help ensure seniors do not fall through the cracks.

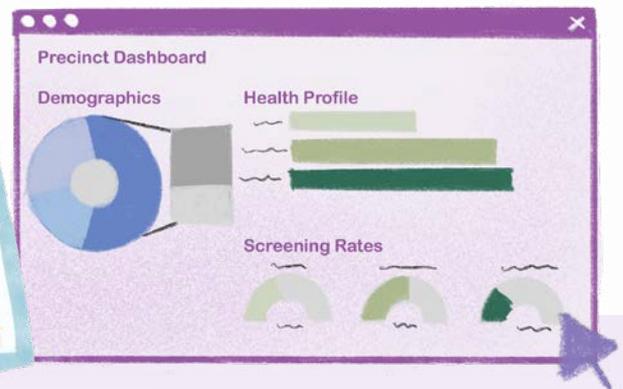


### A shared dashboard for precinct planning

As activities grew, partners saw the need to stay better connected. Many organisations were supporting residents, but information was kept in different places. This made it harder to see the bigger picture, follow up consistently, or plan outreach together.

The workgroup developed a prototype Healthy Precinct dashboard to bring key information into one shared view. This helps partners identify areas with lower screening uptake, spot residents who may be less connected, and plan outreach more thoughtfully, including for national initiatives such as Healthier SG.

While still evolving, the dashboard has given partners clearer visibility and helped them coordinate their efforts more closely, so residents receive more timely and connected support.





## Quarterly Wellness Activity Calendar

The idea was to bring everything together in one place, in a format that is easy to read and access. Compiled quarterly with inputs from People’s Association (PA), grassroots organisations and community partners, the calendar gathers regular activities and upcoming events.

Rather than relying on digital platforms alone, the calendar is shared through familiar offline touchpoints such as Community Clubs, Residents’ Committee notice boards, and Active Ageing Centres.

By making information clearer and easier to access through these physical locations, the calendar helps seniors who may be less comfortable with digital platforms stay informed about what is happening around them and feel encouraged to join in.

2

Social: helping people find their way in

Many programmes were already in place, but not everyone found their way to them. Through outreach, community events, and clearer information sharing, residents were better able to discover and access available programmes.



### Mapping of unknowns: extending outreach to seniors not yet reached

While improving awareness was important, partners also began asking a different question: who might not yet be connected to activities or support in the neighbourhood? Outreach efforts often reached the same groups of seniors, and there was a desire to better understand how to extend support to others.

As Mr David Tan, Manager, and Ms Felicia Teh, Assistant Manager, Care Systems Integration Division, Agency for Integrated Care (AIC), shared:

*“One key learning is that while government and community support are often available, reaching the most isolated seniors takes extra care and effort. Some residents remain behind closed doors and may be difficult to engage. This ‘last mile’ of social connections requires agencies, grassroots leaders, volunteers, and community partners to work closely together, often creatively, to reach seniors and support them meaningfully.”*

To better understand this “last mile”, partners brought together available insights and ground observations to identify gaps in engagement and explore more thoughtful ways of reaching seniors.

These insights were drawn from data and experience across the AIC, NTUC Health, and NUHS, alongside discussions with PA and the HPB.

### Pop-up market for lower-income families

Support also took very practical forms. In September 2024, a pop-up market at Boon Lay Community Club brought essential groceries and household items directly to lower-income families, easing day-to-day pressures while creating a space for connection.

More than **1,350 families** benefited from the event, supported by **111 volunteers**. By meeting residents where they were and addressing immediate needs, the initiative complemented broader efforts to strengthen well-being and support vulnerable households in the community.

The market was organised in partnership with DBS Foundation, THKMC, and SG Cares Volunteer Centre @ Boon Lay.



September 2024

**1350**  
families  
benefited

supported by  
111 volunteers



## Outreach at coffee shops

Outreach also moved into everyday spaces. Through the SilverDreamsHub – Kopitiam Initiative programme run by charity Empower Ageing, engagement took place in coffee shops where many seniors already spend time. Instead of inviting them to formal programmes, conversations began where they naturally gathered, with simple health messages and light activities as starting points.

By embedding outreach into daily routines, the team reached seniors who might not respond to organised activities. Meeting them in familiar settings made it easier to build trust and stay connected.

## Boon Lay Health Carnival

The Boon Lay Health Carnival in June 2024 brought residents and community partners together in one shared space. Around **500 residents** visited booths by healthcare, social service, and community groups, took part in simple activities, and learnt more about the support available in their neighbourhood.

Beyond engaging residents, the event also helped partners connect more closely and better understand how they could work together on the ground. About **30 partners** were involved in the carnival, which was co-organised by MOHT, NUHS, PA, and Boon Lay Grassroots Organisations.



June 2024

**500**  
residents  
visited

### Engaging seniors at risk of social isolation

Reaching seniors at risk of social isolation required a more personal approach. In May and June 2024, a coordinated outreach effort connected with seniors who might be living alone, have limited social networks, or need additional support.

Over **six days, 94 volunteers** visited **280 households** and engaged **219 seniors**. The outreach was led by PA and THKMC.

# Mdm Yap Kim Khong

Volunteer supporting outreach to seniors at risk of social isolation with PA and THKMC



After retiring four years ago, Mdm Yap Kim Khong often felt bored and unsure how to spend her time. That changed when she was invited to visit THK AAC @ Boon Lay.

At first, she simply joined the activities. Soon, she found herself chatting with other seniors, helping to tidy up after programmes and playing Rummy-O with new friends.

**Today, she is also part of the outreach team that visits seniors in their homes.**

House visits are not always easy. Sometimes seniors are happy to chat, other times, volunteers can only observe a little from the doorway.

One early visit stayed with her. She accompanied the outreach team to visit an elderly couple who were both struggling with depression. At first, the lady cried often and found it difficult to speak.

Over time, through simple conversations and repeated visits, she slowly began to open up. One day, the lady asked if she could accompany her to run a few errands and share a meal. It was a small outing, but it meant a lot.

Encouraged by the outreach team, she eventually began visiting the centre herself. Today, she exercises there, joins weekly happy hour sessions, and enjoys the company of new friends.

Mdm Yap remembers one outing especially clearly. The group had gone out together by car. For the lady, who had rarely left home before, the simple experience of travelling with others brought her to tears of joy.

*"It was just a small thing," Mdm Yap recalls. "But she was so happy."*

The work has changed her life as well. What began as a way to spend time has given her a renewed sense of purpose.



"If I wasn't doing this, I might have also become an isolated senior. Now I have many friends, and we support one another."



## Training volunteers to look out for seniors

Volunteerism plays an important role in supporting seniors in Boon Lay. To strengthen support beyond formal services, the workgroup focused on equipping residents and volunteers with practical skills and clearer ways to connect seniors to help.

Training sessions were held at Boon Lay Community Club, conducted by nurse trainers from NUHS and Healthier SG trainers from AIC.

Volunteers learnt how to recognise signs that a senior may need more support, such as changes in mobility or isolation, and how to guide them to the right help when needed.

By the end of October 2025, more than 100 grassroots volunteers had completed the training.

Together, they form a growing network of neighbours who carry out informal check-ins, notice concerns early, and help seniors access support through familiar and trusted channels.

3

Volunteerism: neighbours looking out for neighbours

# Mr Karthik, Mdm Vanitha and their son Avaneesh

SG Cares Volunteers

“These moments remind me that progress is not always dramatic. Sometimes, even small steps, such as a smile or a conversation, are very significant.”



For Mr Karthik and Mdm Vanitha, volunteering began as a small way to give back to the community they call home. Since 2019, they have been active volunteers in the neighbourhood, often volunteering together with their son, Avaneesh.

*“As a family, we assist during activities and spend time engaging with seniors,” Mdm Vanitha shares. “Over the years, volunteering has become something we deeply cherish.”*

One experience that stayed with Mdm Vanitha was meeting an elderly aunty who, despite her age, remained energetic and eager to sing and dance. *“What touched me most was how happy she became when someone simply acknowledged her and listened attentively. You could see the joy on her face when she felt heard and valued.”*

Another resident was initially reluctant to engage. With consistent visits and gentle conversations, he gradually began to open up over time.

For their son Avaneesh, volunteering has offered lessons beyond the classroom. He has seen firsthand the resilience and positivity of many seniors.

*“We have learnt that sometimes, simple companionship and listening can mean so much,”* Mdm Vanitha reflects.

Volunteering has changed how the family sees their neighbourhood. *“It is not just a place to stay, but a community where we look out for one another.”*



### People made the difference



*“Our journey in the Healthy Precinct initiative reinforced that no single agency can support seniors on its own. We saw stronger outcomes when community partners, who are familiar with their neighbourhoods, came together around shared goals. Our volunteers build trusted relationships and connect seniors to care services and resources, guided by the belief that seniors can lead unstoppable lives. Together, we reached more seniors than any single agency could have managed alone.”*

**MR SOH TECK KWEE**  
Cluster Head (West), Silver Generation Office,  
Agency for Integrated Care (AIC)

WEST COAST

04

# West Coast Making It Their Own





“The more we seek to minimise the number of people falling through the cracks, the tighter the net must be. Weaving that net takes deliberate effort, trust, and open communication between partners.”

**MR CHAN TSIN DAMIEN**  
Community Engagement Manager,  
St Luke's ElderCare

# A Healthy Precinct is not one-size-fits-all

One thing became clear early on. Every neighbourhood is different, shaped by its people, spaces, daily rhythms, and social ties. For the Healthy Precinct approach to take root in a meaningful way, it must be thoughtfully adapted.

With an ageing population and growing interest in staying healthy, Mr Desmond Lee, Adviser to West Coast-Jurong West GRC GROs (Boon Lay & West Coast), brought partners together in September 2024 to form a workgroup.

**The aim was not to replicate what had been done in Boon Lay, but to shape a Healthy Precinct that made sense for West Coast.**

“When community partners speak the same language of support and care for residents in the precinct, those in need can be assured that there is someone in their community they can turn to. This has made a difference because residents no longer need to knock on multiple doors to get help. Instead, connecting with one partner effectively connects them to the wider network.”



**Mr Chan Tsin Damien**  
Community Engagement Manager,  
St Luke’s ElderCare



# Three focus areas for West Coast

- 1. Screening
- 2. Mapping of community spaces
- 3. Outreach to seniors

## Valentine's Mass Cardio Tea Dance

In February 2025, residents gathered at West Coast Community Centre for the Valentine's Mass Cardio Tea Dance. It was lively, social, and welcoming. Alongside the dancing and activities, basic health screenings were offered through a partnership between PA West Coast and NUHS.

About **150 residents** attended, and several signed up for follow-up support. The event showed that when health is woven into social settings, people are more open to taking that first step.

## Functional screenings in West Coast

Screening efforts continued beyond large events. Between October 2024 and November 2025, eight functional screenings were held across different parts of West Coast. In total, **611 residents** were screened. These sessions helped partners reach areas with lower screening uptake and connect with seniors who might not otherwise come forward.



February 2025  
**150** residents attended



Oct 2024 - Nov 2025  
**611** residents screened



**1**  
Screening



# Mr Leong Kang Chuen

Participant in the Bros Interest Group at SASCO@WestCoast Active Ageing Centre (Care)

As he grew older, Mr Leong began noticing changes in his body. *“Getting older, you start losing muscles. You feel tired doing things and sometimes don’t even feel like meeting friends,”* he shares.

Concerned about staying healthy, he asked a doctor what he should do. The advice was to keep moving.

Since then, Mr Leong has made exercise part of his daily routine. *“I wake up early, make my own breakfast, then go to West Coast Park for about an hour of morning exercise,”* he says.

When he discovered the Bros Interest Group at SASCO@WestCoast Active Ageing Centre (Care), it gave him another way to stay active while meeting others with similar interests.

One experience that left a strong impression on him was a darts session organised by the group. *“I really enjoyed the friendly competition and camaraderie during the game. I was proud to have won that day!”*

The experience stayed with him even after the session ended. *“I even bought my own darts equipment so I could practise regularly.”*

Over time, he noticed clear improvements. Just as importantly, the group added a social rhythm to his days. *“We meet people with similar interests, go on outings, and spend time together. The days seem shorter now,”* he says.



2

## Mapping of community spaces

Partners identified neighbourhood spaces where residents naturally gather, such as void decks, community corners, and other common areas. By bringing activities closer to where seniors already spend time, it becomes easier for them to join in.

## The Bros Interest Group

Not all seniors are drawn to structured programmes. Some are simply looking for a space to connect.

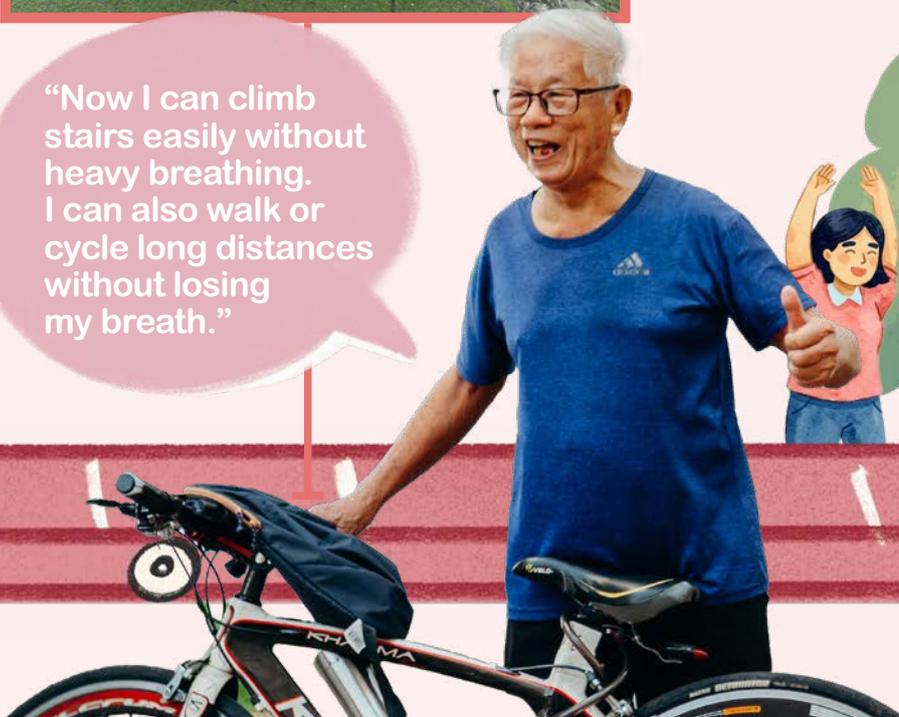
Interest-based meet-ups offer seniors, especially men, a way to gather regularly around shared activities in a setting where they feel comfortable, involved, and connected.

Formed in mid-2024, the group meets for activities such as darts, archery, pool, soccer match screenings, drone soccer, and fitness workouts. They also gather fortnightly for exercise sessions, health talks at the coffeeshop, and breakfast together.

This initiative is run through the Bros Interest Group at SASCO@WestCoast Active Ageing Centre (Care), supporting meaningful participation and community building within the Active Ageing Centre.



“Now I can climb stairs easily without heavy breathing. I can also walk or cycle long distances without losing my breath.”



## Increase active ageing programmes using community spaces

St Luke’s ElderCare also worked with community partners such as Grace Orchard School, The Bible Church, and Mount Carmel Bible-Presbyterian Church to run programmes across different locations.



These collaborations widened the range of activities available and helped partners coordinate more closely, so support felt more connected.



### Quarterly Wellness Activity Calendar

To help residents keep track of what is happening, West Coast plans to adapt an idea first tried in Boon Lay. The Quarterly Wellness Activity Calendar will bring together regular activities and upcoming events from different partners.

PA will maintain a shared activity list, while NUHS will support the design of posters to be displayed at Housing and Development Board (HDB) notice boards and digital panels, so seniors can easily see what is happening around them and feel encouraged to join in.

### National Day celebrations

In August 2024, seniors living in private estates were engaged during National Day celebrations through face-to-face outreach. Over two days, volunteers visited three condominiums, spoke with residents, and shared information about health screenings and Active Ageing Centre programmes.

These conversations led to more residents signing up, showing how a simple, personal approach can make a meaningful difference.

The outreach was carried out by St Luke's ElderCare, SASCO@WestCoast Active Ageing Centre (Care) and other community partners.

### West Coast Active Ageing Carnival

Held in November 2025, the West Coast Active Ageing Carnival also brought residents, volunteers, and partners together in a shared community space.

The event gave seniors the opportunity to mingle, take part in activities, and learn more about the support available in their neighbourhood.

Services from Active Ageing Centres and the Community Resource, Engagement and Support Team (CREST) were showcased at the event, which was held at West Coast Community Centre.

#### Collaboration with social enterprises and religious groups

As the work continues, West Coast is also exploring partnerships with social enterprises and religious groups to reach seniors who may not regularly attend PA events.

These efforts reflect the same guiding idea: **meet people where they are and make it easier to take part.**



3  
Outreach to seniors

# What we learned on the ground

“If other constituencies were to take only one lesson from the Healthy Precinct journey, it would be this: health is not a clinical outcome to be managed; it is a social outcome to be cultivated. The most successful part of this journey was not a specific medical intervention or a new piece of infrastructure. Rather, it was the realisation that a community’s health is deeply rooted in its social fabric and sense of agency.”



**MR SAMUEL TANG, BBM**  
Chairman, West Coast Citizens' Consultative Committee,  
West Coast Grassroots Organisation





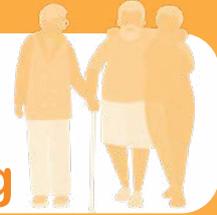
05

# What We Learned Through the Journey





## Building a community of belonging



“When we see seniors as residents of a shared community rather than clients of separate organisations, collaboration becomes practical and impact multiplies. This approach made collaboration practical on the ground, enabling smoother referrals, faster follow-ups, and more coordinated support.”

**MR SOH TECK KWEE**  
Cluster Head (West),  
Silver Generation Office,  
Agency for Integrated Care (AIC)

“One key takeaway is that people, not programmes, are the key to building a healthier community. We can curate the best programmes, but without the support of other community partners, success and sustained impact will be limited. The importance of forging strong communication and understanding between partners, and learning to listen to and gather feedback from seniors, cannot be overemphasised in our effort to build an active and healthy community.”

**MR JEREMIAH CHUA**  
Assistant Cluster Manager,  
Active Ageing Centres (West),  
NTUC Health

“Through this journey, we learned that seniors do not just want activities, they want to feel involved and valued. When invited to help shape activities, they become more confident and connected. Supporting seniors is not about doing everything for them, but about doing things together so they feel they belong.”

**MS LIZ KOH**  
Manager,  
Active Ageing Centre,  
SASCO Senior Citizens' Home

“We learned that seniors are not just beneficiaries, but active contributors to the community. It is important to engage them in open conversations and listen to their perspectives so that we can co-create activities with them rather than for them. The lived experiences of seniors are invaluable, and their insights meaningfully shape the co-creation of a healthier community.”

**MS SHERMAINE THAM**

Manager,  
SG Cares Volunteer Centre  
@ Boon Lay,  
Thye Hua Kwan Moral Charities  
(THKMC)

“We were pleasantly surprised by how small yet consistent touchpoints, such as familiar faces, shared routines, and accessible community spaces, could significantly motivate seniors to engage. This insight shifted our approach from delivering programmes in isolation to co-creating experiences that foster trust, belonging, and purpose.”

**MR B SASHITHARAN**

Senior Care Centre Manager,  
Jamiyah Nursing Home

“We cannot underestimate the power of social connections in motivating seniors to stay active. Physical activity and social connection go hand in hand. When we tap into what matters most to seniors, participation becomes meaningful and sustainable.”

**MS TABITHA SIM**

Team Lead,  
Planning & Capability  
Development, Active Health,  
Sport Singapore (SportSG)

## Delivering care and support where it matters



“Good health begins in the community. By anchoring healthcare support within neighbourhoods, strengthening prevention, and integrating care for residents with chronic conditions and after hospitalisation, we make care more personal and accessible to keep the population healthy and engaged.”

**DR ANDRE CHEAH**

Chief of Population Health  
and Community Care,  
National University Health  
System (NUHS)

“We learned that effective partnerships mean understanding what each organisation does best and creating clear pathways for referring residents to each other when needed. Instead of trying to do everything ourselves, we could connect residents to the right partner for their specific needs. Working as a team has shown us that when we combine our strengths, we can make real, positive changes that improve life for everyone in the community.”

**MS GIFT MUZE & MS FELICIA TO**

Senior Managers,  
Health Promotion Board (HPB)

“Through cross-sector collaboration, we have seen how each partner contributes unique strengths, whether through community connections, operational support, or specialised expertise. By bringing these strengths together and working closely with one another, we are able to deliver programmes and support on a greater scale, while creating richer experiences for the community we serve.”

**MS LIAW YING HONG**

Manager,  
Wellness & Community Health,  
Stroke Support Station (S3)

## Shaping healthier neighbourhood environments



“Healthy Precinct initiatives work best when they are localised. Every neighbourhood has a different demographic profile, and programmes need to be designed with flexibility in timing, language, and accessibility. We recommend starting small, piloting within one cluster or zone, building champions among residents, and scaling gradually. Community ownership works better than top-down programming.”

**MR CHIN KOK MUN, ERIC, PBM**  
Chairman,  
Boon Lay Citizens’  
Consultative Committee,  
Boon Lay Grassroots  
Organisation

“One key takeaway from the Healthy Precinct journey is that supporting seniors requires a personalised, community-driven approach. When activities are shaped around connections, even simple initiatives can strengthen both individual well-being and the wider community.”

**MR HONG ZHONGZHI**  
Senior Manager,  
Community Partnerships  
(Engagement),  
National Parks Board (NParks)

“One key learning is the importance of staying curious about what truly motivates seniors. Active ageing works best when we listen closely, stay open to their interests, and support them in finding purpose on their own terms. When we do that, participation becomes more meaningful and sustained.”

**MS KAYLEY CHANG SIAW CHING**  
Centre Manager,  
THK AAC @ Boon Lay

“For residents, the initiative has normalised health-seeking behaviour by embedding wellness into their daily environment, making health an accessible part of their lifestyle rather than a chore. For partners, it has shifted our collaboration from ad-hoc, project-based to a more institutionalised way of working. We no longer just ‘coordinate’; we integrate, sharing responsibility for the community’s health as a collective mandate.”

**MR TAN ZHIWEI**  
Deputy Director,  
Division of Community  
Health & Mental Health,  
Viriya Community Services

“What excites me most is not any single metric, but the fundamental shift in culture. By providing localised, concentrated support, we have moved beyond broad, impersonal services to something that truly touches the ground. This proximity allows the community to share its own stories, strengthening the collective narrative of what it means to ‘be healthy’ while weaving tighter social bonds between neighbours.”

**MR NARASIMMAN S/O TIVASIHA MANI (NARASH)**  
Chief Executive Officer,  
Empower Ageing



## Strengthening partners that enable action



“This journey has reaffirmed for us the value of being thoughtful and intentional in partnerships. Meaningful collaboration happens when organisations come together with a shared purpose and a clear understanding of how our strengths can complement one another. While the day-to-day demands of operations can be challenging, keeping sight of our common goals helps us work more effectively together and translate collaboration into tangible impact for the communities we serve.”

**MR ANDY SEET**

Chief Operating Officer,  
PCF Sparkle Care Limited

“Cross-sector collaboration takes time and effort to align, but shared goals make implementation stronger. By working across sectors, we were able to look beyond physical health and also address the social and environmental determinants that shape well-being. On the ground, this created a more connected support system and built greater confidence among partners to work together.”

**DR TAN WENG MOOI**

Head (Integrated Health Promotion) and Director,  
MOH Office for Healthcare Transformation (MOHT)

“Fragmented services often lead to resident fatigue. When partners work in sync, residents experience a “no wrong door” approach. Working with like-minded community partners transforms engagement from a series of isolated events into a resilient ecosystem. When organisations align their values and resources, the impact on the ground is not merely added, it is multiplied.”

**MR SAMUEL TANG, BBM**

Chairman,  
West Coast Citizens’  
Consultative Committee,  
West Coast Grassroots  
Organisation

“The whole is greater than the sum of its parts. Individually, each organisation has limited resources and expertise. However, when partners journey together as one precinct, connections are formed, trust is established, and support is extended for the good of the community we serve. Expanding the network across organisations helps ensure that, as far as possible, no one in our community is left behind.”

**MR CHAN TSIN DAMIEN**

Community Engagement  
Manager,  
St Luke’s ElderCare

“One key insight from our work is the importance of clear roles and strong alignment among community partners. Through regular dialogue and feedback from the ground, we were able to quickly identify service gaps and respond in a coordinated way. This approach not only made programmes more accessible, but also ensured residents received more holistic support beyond just activities.”

**MS CHONG SI YING & MR**

**RAPHAEL LIM JUN NAN**  
Constituency Director /  
Constituency Manager,  
Boon Lay Constituency  
Office

“We hope to see a community where seniors, families, and caregivers feel connected and supported in their everyday lives. By coming alongside other partners, we create opportunities for people to come together, stay active, and look out for one another.”

**MR ENGELBERT KOK**

Centre Manager,  
Lentor Health Senior Care  
Centre (West Coast)

# The Journey Continues

A Healthy Precinct grows over time. We try things, learn from them, adjust, and keep going. What has started in Boon Lay and West Coast gives us a clearer sense of what works, and just as importantly, what needs more thought.

As this continues, the same ideas will be brought into other neighbourhoods in western Singapore, but not in the same way everywhere. Each place has its own people, habits, and needs, and the approach will adapt accordingly.



## What will not change is the importance of working together.

Community groups, care providers, grassroots leaders, volunteers, and residents all have a part to play. The work is strongest when residents are involved, shaping activities and support in ways that feel useful and relevant to their daily lives.

Beyond programmes and partnerships, the longer-term goal is to nurture a culture of healthy living. For seniors especially, this means being able to stay active, connected, and supported in the neighbourhoods they call home.

Looking ahead, the Healthy Precinct framework will be adapted and extended to more constituencies in the western part of Singapore to reach more residents and communities, with the ultimate aim to build a healthier community.



We are transforming spaces, one neighbourhood at a time.



**Our sincere appreciation to all partners and contributors who have made this publication possible.**

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