

September 2024

# Synergise

## Inspiring A Healthier Community

Enriching the Lives  
of Stroke Survivors

02

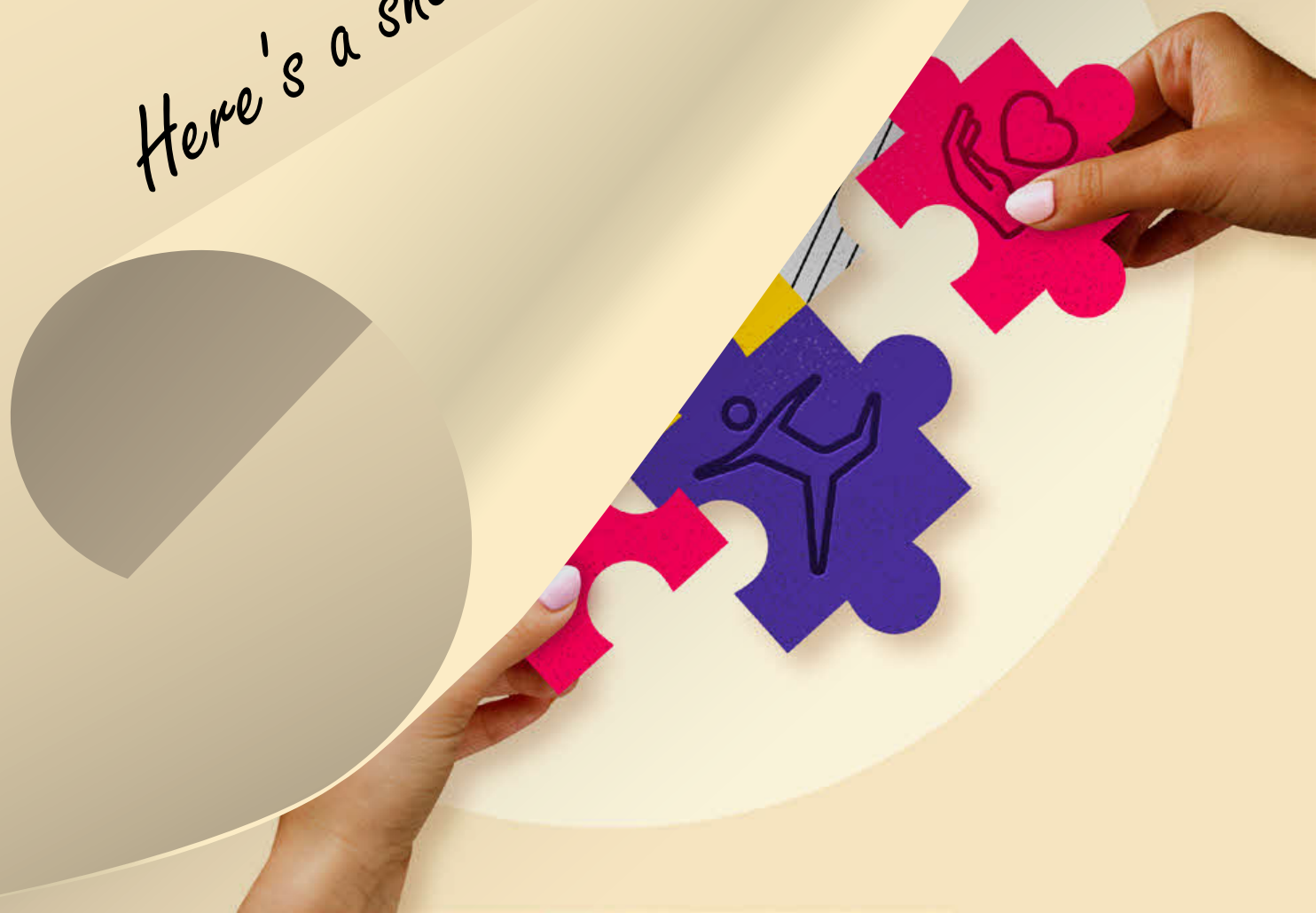
Anchoring Palliative  
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Steady as They Go:  
Seniors Stepping Up  
to Manage Fall Risks

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*Here's a sneak peek!*



## Foreword

**Synergise:**  
to combine or work  
together in order to be  
more effective.

(Cambridge dictionary)

Back in November 2023, NUHS together with our community partners identified and wanted to better connect the vast and varied network of partners and share the good work that each of us are doing to build a healthy and engaged community in the western region of Singapore.

This is a sneak peek into a project we hold close to our hearts, a collaborative labour of love for the community by the community. It is in the final stages of refinement, and we are excited to present it in November 2024.

Want to know more or find out how you can contribute to **Synergise**? Get in touch with us! Email the editorial committee at [rhs@nuhs.edu.sg](mailto:rhs@nuhs.edu.sg).

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## Enriching the Lives of Stroke Survivors

Since 2022, Stroke Support Station has collaborated with Fei Yue Community Services to organise annual enrichment programmes for stroke survivors. Run by qualified trainers, these programmes are specially curated to enhance the participants' experience at each session.

An example of these programmes is the Glockenspiel workshop, which has been receiving overwhelmingly positive responses. The trainers use numbered and colour-coded Glockenspiel bars to simplify the learning process of making music with the instruments. Participants have reported significant improvements in their motor skills, hand-eye coordination and cognitive function. Many of them also found that the Glockenspiel workshop not only aided their physical rehabilitation, but also benefitted them emotionally and mentally as they felt a sense of accomplishment upon completing the sessions. Additionally, they had the opportunity to interact with other participants and form friendships that help to make their journey to recovery more enjoyable and less isolating.



These enrichment workshops are free and allow the participants to bring home items from the session to practice their newly learnt skills on their own. Stroke Support Station and Fei Yue Community Services are committed to creating a supportive environment for stroke survivors of all functions to thrive, stay active and learn new skills.



Contributed by **Stroke Support Station**

## Anchoring Palliative Care in the Community

To meet the growing needs of an ageing population, building basic palliative care capabilities in nursing homes, as well as home care and primary care in the community is critical. This includes bereavement care, support for caregivers and enhanced financial support to enable palliative care providers to support their clients' preferences to pass away at home or in community care settings.

Econ Healthcare, an eldercare service provider, sees the importance of embarking on a shared care programme journey to anchor care in the community, and has been actively strengthening their teams' skills and capacities to support this initiative.

In April this year, together with care providers from the private and public sectors in the western region of Singapore, teams from Econ Healthcare attended the inaugural Foundation Course on End-of-Life Care. Conducted by the National University Health System (NUHS) Regional Health System Office (RHSO), this platform brought together like-minded providers to share their experiences, best practices and resources to enhance care services for our elderly residents.

Contributed by **Econ Healthcare**



## Steady as They Go: Seniors Stepping Up to Manage Fall Risks

Two years ago, 79-year-old Mdm Fharida fractured her left leg after losing her balance and falling at home. While she has regained full mobility, the same cannot be said of many other seniors. She decided that she would not take her recovery for granted and was one of 30 seniors from Lions Befrienders Active Ageing Centre (LB AAC) @ Clementi 420A who voluntarily signed up for the Fall Prevention Programme in July 2024. Free to join, the programme is held at various LB AACs, located at convenient sites in the neighbourhood.

The Fall Prevention Programme developed by SATA CommHealth, and conducted in collaboration with Lions Befrienders' Communities of Care team, seeks to educate seniors on fall prevention and bone health to mitigate such incidents. The sessions begin with a talk by physiotherapists, followed by assessments such as visual acuity checks, cognitive screening, body composition analysis and a 'Time Up and Go' (TUG) test to determine a senior's fall risk. Seniors who are identified to be at moderate or high risk of falling would be administered a Bone Mineral Density test and prescribed treatment accordingly.



Mdm Fharida was pleased to find that she was at low risk for falls, and appreciative of the dietary advice provided on how to maintain a healthy weight. She shared that the programme helped her to understand her body better and to know where she was (in terms of risk of falling) on a day-to-day basis.

Contributed by **Lions Befrienders**



# NUHS Health Together Carnival



The second NUHS Health Together Carnival, proudly co-organised with People’s Association, was held on 11 May 2024 at Teck Whye Shopping Centre. This event aimed to share the importance of preventive health and wellness, and encouraged residents to embrace healthy living with interactive booths and educational activities at the carnival. The event saw more than 1,200 attendees, and garnered 303 Health Together sign-ups and 109 Healthier SG enrolments.

NUHS worked with community partners and agencies including AIC, SGO, Fei Yue AAC, REACH AAC, HPB, SportSG, IMDA, St Luke’s Eldercare and Caregiver Alliance. The event was also graced by Guest-of-Honour Minister Gan Kim Yong, alongside senior leadership from NUHS and PA.



**1200** Event Attendees



**303** Sign-ups



**109** Healthier SG sign-ups

**18** Partners  
(6 NUHS Institutions & 12 External)

**3** Brand Sponsors



**17** Health and Wellness booths

**2** Health Talks

**1** Zumba Workout



*\*Health Together is an initiative by the NUHS and its community partners to support the health and wellness needs of residents in the western region of Singapore.*



## Want to be a contributing partner to our e-newsletter?

If you would like to share about your experiences and initiatives regarding community health, do write in to

[rhs@nuhs.edu.sg](mailto:rhs@nuhs.edu.sg)

# Get Involved!

## Opportunities with Active Global Home & Community Care

Active Global's Active Ageing Centres are located at Ghim Moh, Telok Blangah and Fernvale Glades.

Active Ageing Centres (AAC) are hubs for activities, learning and community engagement. To cater to the needs and interests of seniors, these centres offer a wide array of programmes and services.

Active Global encourages seniors to lead healthy and active lifestyles by collaborating with healthcare providers, community partners, corporate organisations, schools, volunteers and interest groups. Through these partnerships, AACs enhance the well-being of seniors and strengthen community ties.



### Looking to get involved? Here are some ways to make a difference in the lives of seniors:

- If you have a few hours every week or every month to spare, **volunteer your time** to lead activities or offer companionship to seniors.
- If you have expertise in areas such as fitness, arts and crafts, or technology, **share your skills** by conducting workshops or classes for seniors.
- If you represent a business, community partner or school, **partner with us** to help create an environment where seniors are valued, active and engaged.

To register your interest, visit <https://www.activeglobalcaregiver.sg/volunteer-us>

Contributed by **Active Global Home & Community Care**

## Events Calendar

### Viriya Mental Wellness Campaign 2024

Viriya Mental Wellness Campaign (VMWC) aims to raise awareness for the community and offer support for those facing mental health challenges. Themed "Building Compassionate Communities for Mental Health", VMWC 2024 shares on this topic through engaging booths and activities.

**6 October 2024, Sunday | 12.00pm – 5.00pm**

Bidadari Community Club  
The Woodleigh Mall 11 Bidadari Park Dr, #01-60, Singapore 367803

### Health Together Carnival @ Jurong

The bi-annual Health Together Carnival — as part of the Health Together initiative by NUHS and its community partners — empowers residents to take ownership of their well-being and stay healthy. This event is held in the heartlands of Singapore's western region and comprises interactive health and wellness booths, activities, talks, and more!

**12 October 2024, Saturday | 8.30am – 1.00pm**

Jurong Spring Community Club  
8 Jurong West Street 52, Singapore 649296

### NUHS RHSO Community Partners' Engagement Event

The annual Community Partners' Engagement Event invites community partners and thought leaders to discuss initiatives and developments in the West. This event will also showcase the contributions of the Regional Health System's partners towards Population Health.

**2 November 2024, Saturday | 12.00pm – 3.30pm**

Location to be confirmed

### Stroke Prevention and Awareness Talks by S3 Public Education Team

These talks raise awareness on Singapore's stroke prevalence, types and signs of stroke, preventive measures, risk factor management, lifestyle recommendations and post-stroke care. Participants will also gain hands-on experience on the daily challenges faced by stroke survivors.

**12 – 14 November 2024 | Various timings**

Lions Befrienders' AACs @ Clementi 344,  
Clementi 420A and Mei Ling 150