



PRESS RELEASE

MOBILISING THE “KAMPUNG” SPIRIT: CARING FOR ONE ANOTHER YOUNG AND OLD

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Hormati yang lebih tua, sayangi yang lebih muda

Official Opening of Wellness Kampung

1. Wellness Kampung, an initiative comprising a network of three wellness and care centres for residents in the north, was officially launched on Thursday, 15 September at 9am. Advisor for Nee Soon Grassroots Organisations (GROs), Associate Professor Muhammad Faishal, will grace the event which will be held at Wellness Kampung @ 765 Nee Soon Central.
2. The three wellness and care centres are a pilot initiative under the Ministerial Committee on Ageing's Action Plan for Successful Ageing, to enable residents to age gracefully within a familiar setting that supports their changing needs. These centres provide a suite of eldercare services. These include wellness and active ageing initiatives like healthy cooking demonstrations, exercise and recreational activities, health screenings to keep our seniors physically, socially, and mentally active, and care services such as day care and rehabilitation to enable frail elderly to age-in-place within the community (see [Annex A](#) for a list of activities).
3. Launched as a partnership between Alexandra Health Systems (AHS), St Luke's ElderCare and Nee Soon GROs, Wellness Kampung aims to shift healthcare beyond the walls of the hospital and into the community.
4. Dr Wong Sweet Fun, Chief Transformation Officer of AHS said: "Wellness Kampung is for the community, for our residents. This initiative enables a support network for residents to inspire each other to adopt healthier lifestyles, in a close-knit "kampung" setting. Over time, we hope that Wellness Kampung will

become a beacon for healthy living in the neighbourhoods, and a test-bed for the development of a sustainable model of health across Singapore where residents take responsibility for their well-being.”

5. In addition, the initiative integrates services for the well and frail elderly in a community setting. Dr Kenny Tan, Chief Executive Officer of St Luke’s ElderCare, said, “A dementia client from our centres may engage in the Wellness Kampung programmes. At the same time, residents may also come to know of the types of elder care services available to them in the community.”
6. Since its soft launch in March this year, Wellness Kampung centres have served close to 620 residents through its various lifestyle programmes, social engagement activities, and a supportive healthcare network. Over time, 38 residents have come forward to become volunteers at the centres.
7. Mdm Zauridah Binte Suboh, 42, a volunteer since May this year told AHS: “I had benefitted from Wellness Kampung in terms of my physical and mental health. The centre allows me to meet new friends and take part in activities not usually available to me. By becoming a volunteer, I hope to contribute back and make a difference to the lives of the elderly residents here.”
8. Mdm Lee Choon Heong Salina, 77, another volunteer who has been visiting Wellness Kampung since its opening in April, said: “我每天一起身就盼望到中心参与不同的康乐活动。有了 Wellness Kampung（养身村）我的身理和心理健康都有所改善，我的身活圈子也比较广。同时，中心也教导居民如何保持活跃，保持健康。”
9. Through Wellness Kampung, the tripartite partners also aim to develop a self-management chronic disease programme, with the centre supervisors taking up roles as facilitators to support chronic disease patients with difficulties.

About Wellness Kampung

10. The three Wellness Kampung Centres are located at Nee Soon Central Block 765, Nee Soon East Block 260 and Chong Pang Block 115. They are open from 8.30am to 6.00pm from Mondays to Fridays.

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About Alexandra Health System

Alexandra Health System (AHS) is a regional healthcare system established on 1 April 2008 to take care of the 700,000 residents living in the northern part of Singapore. Alexandra Health's goal is to make a difference to the population by working together with our partners and empowering the community and residents to manage their health for life. AHS currently manages the 590-bed general and acute care Khoo Teck Puat Hospital (KTPH) in Yishun, which opened in June 2010. To better integrate care and serve the community in the north, the 428-bed Yishun Community Hospital (YCH) became operational in Dec 2015.

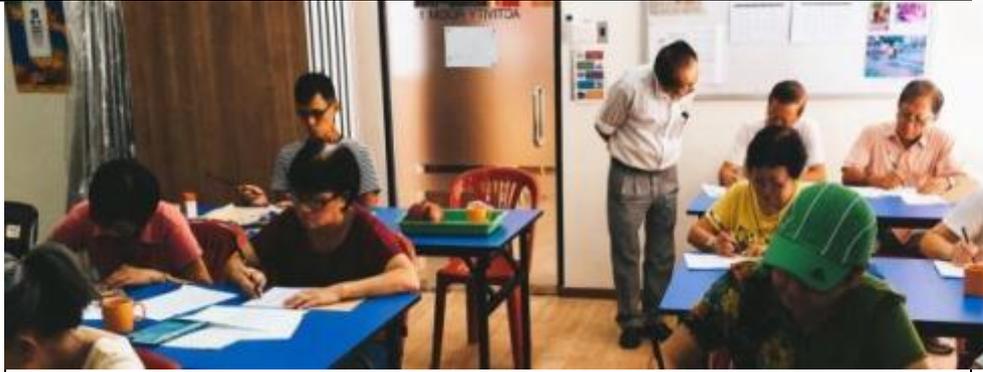
About St Luke's ElderCare

St Luke's is a Christian healthcare provider committed to enriching lives in the communities. St Luke's ElderCare is placed in the continuum of care for the elderly between the community hospitals and homes. Through the 13 eldercare centres located islandwide, SLEC offers services and programmes such as maintenance day care, day rehabilitation, dementia care, nursing care, respite care, home care, wellness programmes and transportation services.

List Of Programmes And Activities At Wellness Kampung

<p>Daily Exercise</p>	
<p>Taichi, Qi Gong, Zumba, Theraband etc.</p>	
<p>Food and Nutrition</p>	
<p>Weekly cooking demonstrations</p>	
<p>Social Engagement</p>	

Arts and Craft,
Basic English,
Calligraphy,
Chess,
Computer Class,
Community
Gardening,
Quilt Blankets,
Social Dance,
Singing,
Skills for Life
etc.



Health Literacy

Senior Health
Curriculum,
Nurture Your
Mind, Advance
Care Planning
and other
weekly talks



**Health
Intervention**

Share-a-Pot



Community Nurse Posts and free health screenings

