



# Small WONDERS

ARTS & HEALTH FESTIVAL 2023


20 - 22 SEPTEMBER 2023

VARIOUS LOCATIONS IN NTFGH AND JCH

Supported by

JurongHealth  
Fund





**Discover the simple joys in life and delight in the little things, moments and memories that spark happiness at this year's Arts&Health Festival. The Festival features new exhibitions by local artists with patients, community partners, caregivers, staff and public, all centered around the theme of "Small Wonders".**

Soak up the happy vibes from the favourite things and stories contributed by children and seniors, be inspired by the dreams and hopes of patients with dementia brought to life with Artificial Intelligence (AI), and immerse yourself in the colourful tales of travel from a wanderlust artist.

From captivating art exhibitions to feel-good performances and fun art activities, there are plenty of reasons for everyone to smile at this year's Arts&Health Festival.



Supported by JurongHealth Fund

#### **ARTS&HEALTH BY JURONGHEALTH CAMPUS**

Arts&Health by JurongHealth Campus started in 2014 with a mission to integrate different art forms into healthcare and community settings for therapeutic, educational and expressive purposes to create a healing environment and experience for our patients, families, visitors and staff. Harnessing the collective creativity of local artists, performing groups and volunteers, Arts&Health aims to connect and build partnership to foster a healthy and caring community in the west.

Contact us: [JHCampus\\_artsandhealth@nuhs.edu.sg](mailto:JHCampus_artsandhealth@nuhs.edu.sg)

**Find out more**





# PERFORMANCES

Groove to the energetic beats, join in the musical fun and sing-along with local musicians as they treat you to their renditions of familiar favourites and their own compositions.

20 - 22 September, 12.15pm - 3.30pm,  
Link Bridge and Wards

20  
SEP



Kindermusik



Heartstrings

21  
SEP



Charmaine and David



Asher Mendelsohn

22  
SEP



SoundcheQ



AFTERGLOW



Zip Zap Zoom Collective

# WORKSHOPS

LEARN  
-A-  
CRAFT



## Tote-Bag Art Jamming

NTFGH, Tower A, Level 2  
(Next to Subway)

### SESSION 1

**20 September**  
11.30am – 1pm

### SESSION 2

**21 September**  
11.30am – 2pm

**The activity requires 15 – 30 minutes.  
Up to 60 participants per session,  
one bag per person. No registration required.**

Create your very own one-of-a-kind canvas tote bag. Be sure to show off your unique bag at your next grocery run! Art materials, assorted designs and tote bag provided or B.Y.O cute designs and doodle away!

For  
Inpatients  
Only



## In Moving & Grooving Company

by Howone

JCH, Tower C, Wards

**20 September**  
3.30pm – 5pm

Bask in the presence of good cheer and vibes, and get ready to bond with the joy of movement! Led by Denise, a dance facilitator, patients will unleash their inner dancer, sway to the rhythmic music and interact with one another in this creative dance and movement sessions!



Recharge, relax and take a creative break on us in these hands-on fun for everyone.

\*Each participant can only register for one workshop, on first come first serve basis.

LEARN -A- CRAFT



## Colours of Joy: Nagomi Art

by Hui Ting of Quirkyting Art Studio

NTFGH, Tower A, Level 2  
(Next to Subway)

21 September

Limited to 15 pax per session.

SESSION 1

12.15pm – 1pm

SESSION 2

1.15pm – 2pm

Relish in a quiet me-time to relax, and discover the inner artist in you through pastel Nagomi Art and experience the ultimate joy of creating your own little bookmark.

Register here for these 2 events



LEARN -A- CRAFT



## Fun with Paper Pets!

by Cheryl Teo of LULO Paper Studio

NTFGH, Tower A, Level 2  
(Next to Subway)

22 September

Limited to 15 pax per session.


SESSION 1

12.15pm – 1pm

SESSION 2

1.15pm – 2pm

Learn to make a paper sculpture from local paper artist and put your own spin on your very own little companion pet in this workshop!



# EXHIBITIONS

The Festival features 6 art exhibitions with a diverse range of artworks including paintings, mixed media and digital works co-created by local artists with patients, youths and seniors in our community. View the works from each series as a collage of different moments of joy and gratitude, and delight in the ordinary things of our daily lives that are often overlooked and taken for granted.

Catch the public exhibitions by November before the artworks are put up permanently in the wards and waiting areas to create a healing environment for patients, their families and staff.

– EXHIBITION PERIOD –  
20 September to Mid-November

– LOCATION –  
NTFGH, Towers A & B, Level 2  
(Unrestricted Public Access)



## Collection of Happiness

by artist Fish Jaafar, youths and seniors from REACH Community Services and residents of Hong Kah North

*First exhibited at Block 417 Bukit Batok West Ave 4*

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Take a peek into pockets of happiness filled with stories and visual quirks, just like the neighbourhood of Hong Kah North. The colourful series is an assemblage of happy memories that hold a special place in the hearts of the residents. Each panel tells a story of a joyous place, time, or moment – in some, even evoking shared experiences that would bring a smile.



## Precious Moments

by artist Teo Huey Ling, patients of JCH, and seniors from Loving Heart Multi-Service Centre (Jurong); with pom-pom sculptures contributed by staff, volunteers and art practitioners

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This mesmerising series comprises an installation of suspended pom-pom sculptures and a collection of felt portraits of people, pets, sceneries, and food. It evokes a sense of happiness and positivity that allows viewers to contemplate, appreciate and treasure the cherished moments and personal memories in life.



## To Pause

by artists Catherine Chong and Karen Koh,  
and residents of Bukit Batok

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As we constantly move from place to place, do we still recall and remember the little moments associated with these places that we have visited? The artist duo invites you to take a closer look and pay attention to the beautiful parts of everyday life encapsulated in each tiny soft clay models.



## Art Outside of the Box

by artist and NTFGH caregiver, Anja Elstner

Artworks are available for sale.

**All proceeds will be donated to JurongHealth Fund to support patient care, community health and medical education.**

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Discover how seemingly mundane materials like discarded cardboard boxes can evoke wonderful memories. Turning the recycled cardboard boxes into creative joy, let artist and caregiver, Anja Elstner, take you on a colourful journey inspired by her travel tales, pandemic experience and international house moves following her return home to Singapore from Hong Kong.





## PortrAIts: Small Things That Matter

by Art Therapist Lee Sze-Chin and his art collective,  
Kronoscapes, in collaboration with patients from JCH

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Relive the happiest memories of yesteryears that brought joy and meaning to our patients with dementia. Immerse yourself in their stories from their younger days and cherished time spent with family, recalled, reminisced and reimagined with the aid of Artificial Intelligence (AI). Bring a small special moment from the past into the present, and savour every bit and sensation relating to the memory once again.



## Simple Joys Arts Exhibition

A showcase of shortlisted entries from  
Simple Joys Arts Competition

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Discover the small wonders of ordinary and seemingly routine aspects of everyday life, expressed through drawings, photography, paintings and poems selected from over 100 entries to Simple Joys Arts Competition, from participants as young as 5 years old.

Vote for your favourite!

Public votes will make up 20% of the total score.

**Voting ends on 23 October 2023, Monday.**



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