



CO-CREATED

THE MAKING OF
HEALING ARTS IN
NTFGH & JCH



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Cover art: Colours of Love by Nanette Zehnder

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A man with dark hair and glasses, wearing a white button-down shirt and a name tag, stands with his arms crossed. He is positioned in front of a wall decorated with large, stylized botanical illustrations in green, orange, and blue. The background also features a faint illustration of a person in a blue shirt performing a yoga or stretching pose.

FOREWORD

“里仁为美。择不处仁，焉得知？” Everything has beauty, but not everyone sees it. – Confucius

We see beauty when we become more aware, more sensitive, more inquisitive to the things around us. When we take on the perspective of a different person (the artist), we begin to admire, align, and appreciate. This process comforts and sustains us, and helps us discover the beauty of connecting with others and the joy of embracing larger ideals and shared wisdom. It nourishes the soul and makes us more mindful.

This is why I am passionate about bringing the arts to caregiving, which I believe can inspire hope, stimulate imagination and reflection, encourage patients to feel welcomed, and make us better healers.

In 2014, JurongHealth embarked on the Arts&Health programme to integrate art into the design of the new hospitals to promote healing. The forward-thinking pioneer leaders and the JurongHealth Fund Board believed in the benefits of art to patients, families, and staff, and, today, we have maintained our commitment. We are proud to showcase over 800 unique artworks co-created by our community to enliven our wards, clinics, operating theatres, and public spaces across Ng Teng Fong General Hospital (NTFGH) and Jurong Community Hospital (JCH).

This publication is a celebration of the power of co-creation. Almost every artwork in the hospital is a labour of love, contributed by community participants and local artists. Arts&Health is an integral part of our community engagement, where we intentionally collaborate with the community through co-creation of artworks. Every art workshop in the community is an opportunity to build bonds and engage in deeper dialogue about health and well-being with the residents.

Access to art is also central to healthy ageing. Residents, especially seniors, benefit from arts engagements, which involves social interaction that helps reduce loneliness and prevents isolation. It is always a joy to witness our community participants, some as old as 80, beaming with pride when they see their artworks displayed in the hospitals.

I am deeply grateful to JurongHealth Fund for enabling thousands of participants and partners in the community, patients, caregivers, and the healthcare family at NTFGH and JCH to access art and experience creative expressions. I want to express my appreciation to the artists and participants from all walks of life for their generosity, and the effort that went into creating each unique art piece. Each sculpture, painting, tapestry brings colour and life, conveys stories that uplift, and transforms the space it occupies.

I am delighted to share the stories behind the making of our art collection. I welcome you to visit the hospitals to view the marvelous artworks by the many talented artists within our community.

Dr Quek Lit Sin

Chief Executive Officer

Ng Teng Fong General Hospital

THE GARDEN

Artist: Composite Art & Design

Year: 2016

Medium: Mixed media paper sculpture

Location: NTFGH Tower A, Radiology, Clinics
A24, A31 to A34 & A64; NTFGH Tower B,
Ward B6

Co-created with:

Jurong West Primary School, Lianhua Primary
School, Yusof Ishak Secondary School,
Zhenghua Secondary School, Concern & Care
Society, Singapore



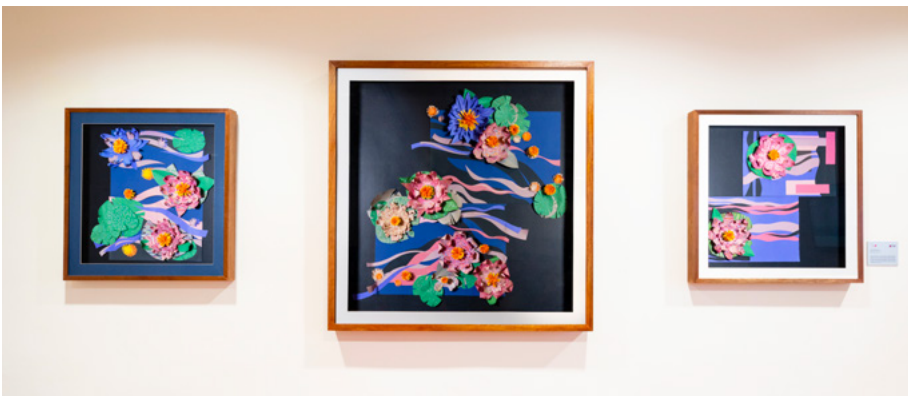


“The Garden” is a co-creation between Composite Art & Design and over 600 students and senior citizens from various schools and senior activity corners in the west. In the span of five months, a total of 420 garden-themed three-dimensional paper sculptures were created for permanent display across three towers in Ng Teng Fong General Hospital and Jurong Community Hospital.



Inspired by renowned Impressionist and contemporary artists such as Claude Monet, Vincent van Gogh, Georgia O’Keeffe and Wu Guanzhong, the artworks transform the hospital space into a soothing ‘vertical garden’ to aid our patients’ rest and recovery.

Each wall exhibits a series of flower-themed installation, inspired by each artist’s preference and response to nature. To bring the flowers to life, students were taught techniques such as stacking and pleating to create a pop-out effect. Commissioned artists were further engaged to assemble parts of the artwork into a complete composition for the final installation.



CURIOUS EVERGREENS

Artist: William Sim and Lush Tan

Year: 2015

Medium: Hand-painted mural

Location: NTFGH Tower B, Intensive Care Unit
(ICU), Pod 2

Image: Courtesy of the artist





“Curious Evergreens” is a set of 15 murals illustrated by visual artist duo William Sim and Lush Tan for the Intensive Care Unit (ICU) rooms in Pod 2 of Ng Teng Fong General Hospital. The series is a study of nature, a theme found often in the artists’ work, with a tinge of quirkiness. Its visual format is conceived from design thinking and composed specifically to soften the angular corners and clinical feel of a room. The artwork brings nature in through the windows, and along with it a calming and healing effect. Colours were carefully selected, taking into consideration a patient’s

mood and feelings while staying in the ICU. Each piece of mural is hand-painted, thus it is unique and an original work of art.

This project aims to create an oasis of calm amidst the whimsical landscape of plants and animal motifs that adorn the walls, breaking the perception of ICU wards being a sterile and harsh environment. Instead, the artwork recreates a conducive healing environment that would inspire hope and optimism amongst patients and staff.



LOVE BLOSSOMS FROM A SEED

Artist: Ranae Lee-Nasir

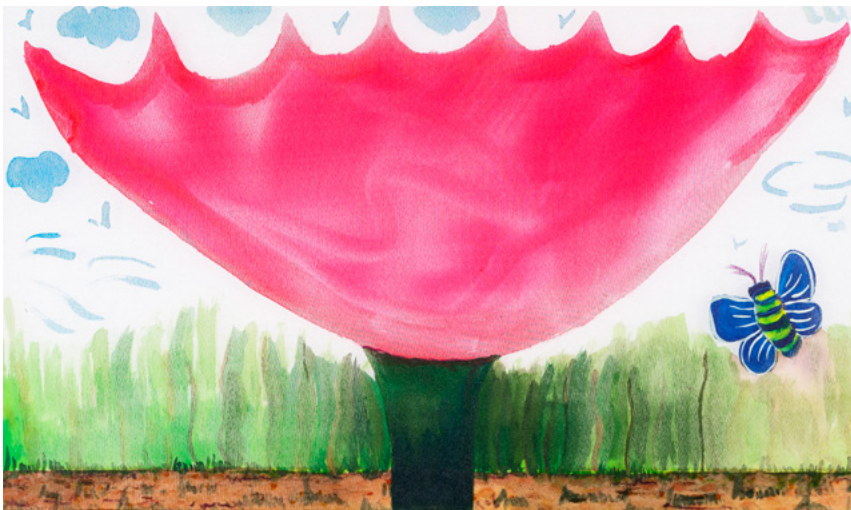
Year: 2017

Medium: Acrylic on stretched organza

Location: NTFGH Tower A, Radiology, Clinics A51 to A54, Satellite Pharmacy A5; NTFGH Tower B, Radiology; JCH Tower C, Lift Lobbies C1 & C3

Co-created with:

Grace Orchard School



*More behind
the scenes!*



“Love Blossoms from a Seed” is a series of over 30 cheerful acrylic paintings co-created by artist Ranae Lee-Nasir and youths of Grace Orchard School. Exuding childlike innocence, the delightful artworks capture the garden through different stages of growth and rebirth as imagined by the young artists.

Inspired by two children’s books – The Tiny Seed by Eric Carle and Planting a Rainbow by Lois Ehlert – the artist used illustrations of nurturing a garden as well as the journey of a tiny seed blooming into a mature flower to reflect the experience and challenges of growing up with autism.

Created over a four-day art camp held at the school, and supported by families and volunteers, the students had fun creating their renditions of gardenscape, transforming the empty canvases with dazzling colours of flowers, butterflies and mushrooms. These vibrant artworks are displayed permanently in the clinics and wards of Ng Teng Fong General Hospital and Jurong Community Hospital, delighting patients, visitors and staff.

“ The art-making journey strengthened the bonds between the students and their caregivers. It reminds us to slow down, take time to look at the environment, and give meaning to the art when we reconnect with nature, which has the visual aesthetic and other sensorial qualities to heal both the mind and soul.”

– Artist Ranae Lee-Nasir



FOREST OF JURONG – LOST AND FOUND

Artist: Foo Kwee Horng and Richard Lim

Year: 2016

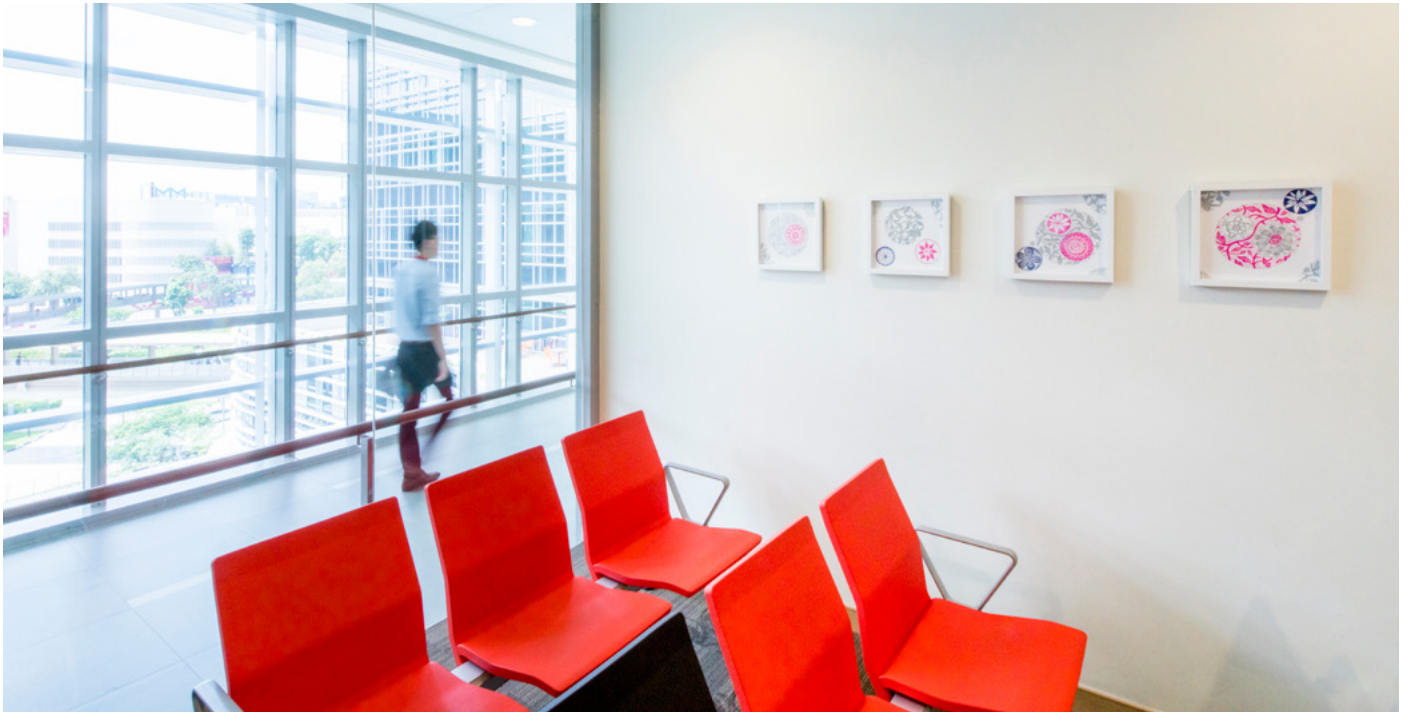
Medium: Mixed media on paper, linocut print
and oil on canvas

Location: NTFGH Tower A, Clinics A41 to A43

Co-created with:

Bukit View Secondary School, Hua Yi
Secondary School





“Forest of Jurong – Lost and Found” is a series of 30 oil paintings and mixed media artworks inspired by the primeval freshwater swamp forest of Jurong in the 1930s. The artists took the students on a visual journey to recreate the ‘lost’ forest of Jurong before human habitation and development.

To bring the forest of Jurong to life, students were taught techniques such as linocut printing and canvas oil painting. Both artists also contributed their own interpretation of the theme in the final installation. The ‘green forest’ showcased along this art wall is a direct representation of the dense woodlands above ground.

“ I think this art project is very meaningful as the works help patients feel better and bring out a positive atmosphere in the hospital by adding colours to the white corridors and wards. I am honoured to be part of this project. I learnt a lot of theory behind painting techniques. It takes patience to complete an oil painting as it is a meticulous process.”

– Fitra Fasial, student, Bukit View Secondary School

Another series of abstract representations of the forest can be found in the swamp's reflection in the clinics and pharmacy on Level 4 in Tower A. These inspired artworks transform the hospital into a soothing 'vertical garden' for our patients' rest and recovery.





“ An authentic and meaningful project for all involved. Students were given a rare opportunity to learn about the healing impact of art in a hospital setting. It is a great honour to have our works contribute towards the well-being of all at JurongHealth.”

– Artists/Art educators Foo Kwee Horng & Richard Lim



DANCING HUES OF LIFE

Artist: Tan Sock Fong

Year: 2015

Medium: Glass sculpture

Location: NTFGH Tower B, Level 1, Lobby

Jointly Supported by:

CPG Consultants, GS Engineering & Construction, Langdon & Seah, Penta-Ocean Construction, PM Link, Studio 505, HOK, WSP Parsons Brinckerhoff and JurongHealth Fund

Commemorating the official opening of NTFGH on 10 October 2015.

“Dancing Hues of Life” is a celebration of the spirit of our patients, staff and partners in building Ng Teng Fong General Hospital and Jurong Community Hospital. Inspired by our mission to “Stay Well, Heal and Empower”, the artist created three colourful clusters of fused glass that flow and weave into layers, emulating the curves of the architecture and conveying a sense of movement and energy. The shiny red dot represents Singapore and marks the exciting journey of the new hospitals to serve the community in the west.





TIES THAT BIND



Artist: Tay Bee Aye
Year: 2016
Medium: Fabric collage
Location: NTFGH Tower B, Ward B10

Co-created with:
Residents of Jurong



“Ties That Bind” is a series of 15 artworks co-created by artist Tay Bee Aye with residents of Jurong. Concerned with how technology is rapidly changing the way we communicate and interact with each other, the artist employed weaving and knotting techniques to create the concept of connection and unity.

Fabric pieces were collected, patched and beautifully transformed into gardenscapes, blue skies and three-dimensional insects, conveying the traditional symbolic significance of patchwork – to protect, love and care. Through her artworks, the artist intended to bridge bonds by encouraging strangers to come together for a chat while

knotting beautiful pieces of fabrics. The art-making process allowed participants to rediscover the simple joys of being in a heartfelt conversation that is lost in our present-day society.





JURONGHEALTH FAMILY TREE - TIES FROM THE WEST

Artist: Terence Lin

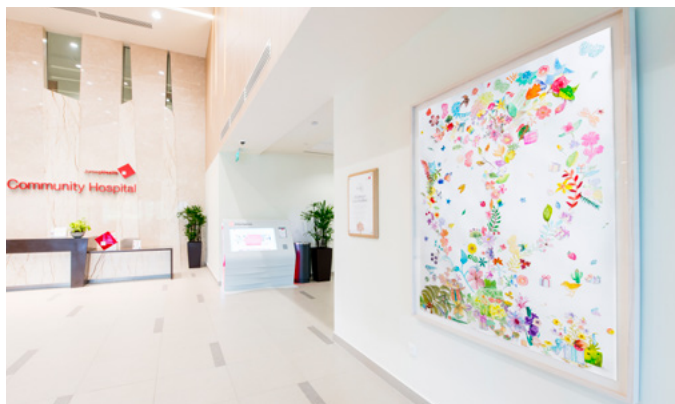
Year: 2016

Medium: Mixed media on paper

Location: JCH Tower C, Level 1, Lobby

Co-created with:

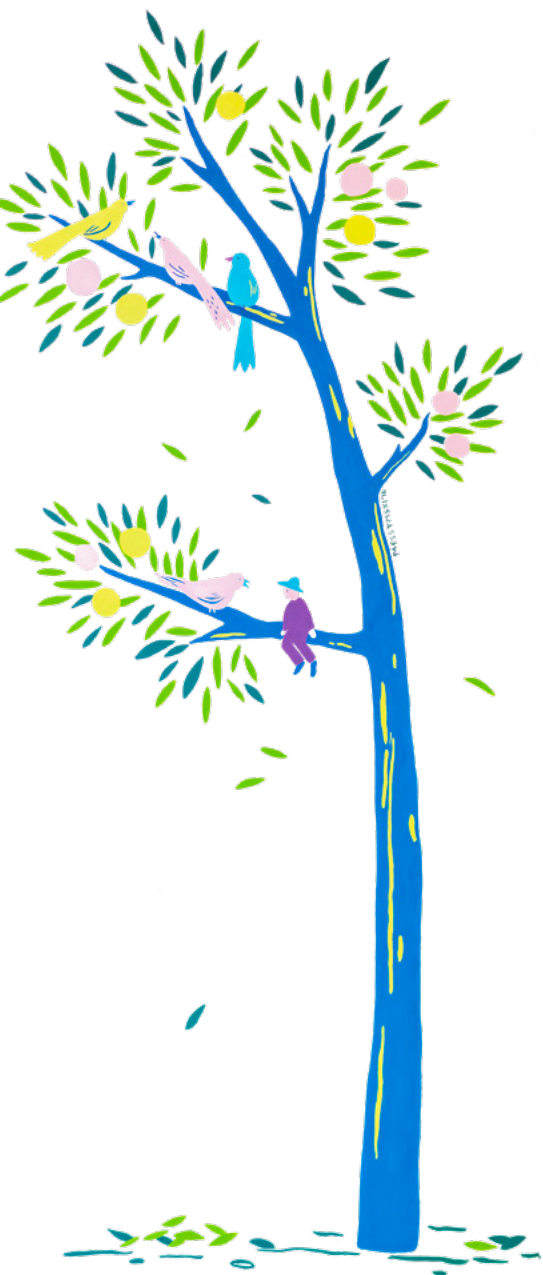
Jurongville Secondary School, Ngee Ann Polytechnic, St Luke's Eldercare, Thye Hua Kwan Senior Services @ Taman Jurong, Yuan Ching Secondary School, patients and staff of JCH



An illustrated collection of personal objects and flora arranged like a family tree – this art piece saw the participation of more than 200 people from Yuan Ching Secondary School, Jurongville Secondary School and animation students from Ngee Ann Polytechnic. Seniors from Thye Hua Kwan Senior Services Centre @ Taman Jurong, St Luke's ElderCare, patients and staff of Jurong Community Hospital also contributed their illustrations of presents and flora to wish all at JurongHealth well. The gesture of gifting in this project is an expression of support, love and all things positive, as well as a celebration of community contribution from all walks of life.

Various iconic flora of Jurong and Singapore in general, such as Vanda Miss Joaquim, hibiscus, and frangipani, were used as motifs for this work. The time and effort put in by the hands of our community was reflected through various mixed media techniques, such as linocut, colour pencil and watercolour.





A WALK IN THE PARK

Artist: Tan Zi Xi (MessyMsxi)

Year: 2016

Medium: Hand-painted mural

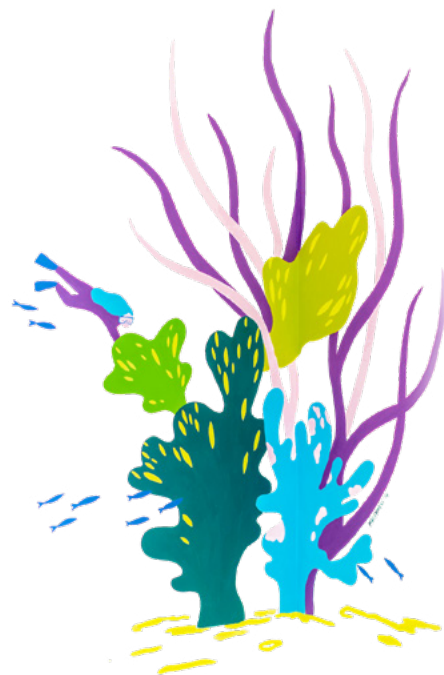
Location: NTFGH Tower B, Intensive Care Unit (ICU), Pod 5

“A Walk in the Park” is a set of 13 murals hand-painted by illustrator Tan Zi Xi (MessyMsxi). The artwork aims to create an oasis within Pod 5 of the Intensive Care Unit (ICU) at Ng Teng Fong General Hospital to help take patients’ minds off their conditions. Playing with scale, the artist illustrated a mystical garden filled with whimsical elements. Hidden details of tiny human figures engaging in leisure

activities like cycling, swimming in a pond, resting and reading can be spotted amidst the lush and vast gardenscape.

Through her quirky and uplifting illustrations, the artist inspires patients to conjure up an imaginary space where they are free to let their minds wander.





COME WANDER WITH ME

Artist: Hong Huazheng (H)

Year: 2018

Medium: Photographic prints on vinyl sticker

Location: NTFGH Tower B, Operating Theatres

Image: Courtesy of the artist

“Come Wander with Me” is a series of 13 landscape photographic prints by Singaporean fine art photographer Hong Huazheng (H) specially selected by staff for the operating theatres. The vast images of mountains, rice fields and starry nights were shot in places untouched by civilisation and technology, a deliberate attempt by the artist to reflect on the impact of technology on people and the environment.

To create a harmonious environment that the operating theatre staff can call their own, feedback and votes were gathered

during the image selection process. The artist engaged some of the staff to better understand how different images evoke different emotions before narrowing down the selection of images.

The expansive and visually impactful landscapes immerse viewers by bringing nature indoors, creating a serene and tranquil healing space for the staff, who operate in a highly stressful environment. Wander with the artist to discover the hidden harmony and sublime beauty in his landscapes.





“ Our world is compressed by connectivity. In our island city-state filled with manufactured landscapes, we tend to fall into the trap of not seeing the beauty of nature, as we are too busy trying to recreate it. We need to dream and regain our sense of scale.”

– Artist Hong Huazheng



COLOURS OF LOVE

Artist: Nanette Zehnder

Year: 2016

Medium: Mosaic

Location: NTFGH Tower A, Energy Centre

Co-created with:

Patients, staff and visitors of NTFGH and JCH, St Anthony's Primary School, South View Primary School, Westwood Primary School and Thye Hua Kwan Senior Services @ Taman Jurong

Made up of over 380,000 mosaic tiles, "Colours of Love" is a 35-metre-long centrepiece at JurongHealth Campus Community Wellness Park. It is created by Singaporean mosaic artist Nanette Zehnder with more than 800 participants from schools, senior activity centres, patients and JurongHealth Campus staff. The bare wall of the Energy Centre has been transformed into a spectacular piece of art that represents the community's collaborative spirit, beautifully captured through a myriad of colourful tiles, mirrors, ceramic and glass pieces.





Guided by the mosaic artist, participants from 8 to 80 years old used different techniques to create more than 800 unique mosaic hearts – each an emblem of their love and effort in creating the art wall. The project not only allowed participants to express their creativity but also brought the communities closer as they created a welcoming and colourful space together.



The completed artwork exudes vitality and vibrancy, capturing the richness and love for life and celebrating the beautiful and colourful community collaboration in a shared space, to inspire and delight.





MEMORIES

Artist: Kamal Dollah

Year: 2017

Medium: Batik

Location: NTFGH Tower B, Wards B11 & B12;
JCH Tower C, Wards C4 & C6

Co-created with:

Ren Ci @ Bukit Batok Street 52





“Memories” is a series of over 30 batik paintings co-created by artist Kamal Dollah with 15 senior care centre clients and nursing home residents of Ren Ci @ Bukit Batok Street 52. Inspired by nostalgic scenes of yesteryear, the series takes participants down memory lane as they reminisce about the carefree kampong days and the sights, sounds and smells of bustling open air markets.

Using batik, a traditional Southeast Asian art form, the artist guided the elderly participants in applying colourful dye to cloth with pre-waxed designs depicting vanished scenes of Singapore, local flowers and fruits. During the workshops, participants also engaged in heartfelt conversations about their favourite fruits and revisited attap houses in kampongs and street markets, with peddlers selling fresh produce laid out on the ground, evoking bittersweet memories.

The vibrant art pieces adorn the walls of Jurong Community Hospital and Ng Teng Fong General Hospital, bringing to life stories and experiences of our shared heritage and history.

BLOOMS IN BLUE

Artist: Cheryl Teo and Kong Chong Yew

Year: 2015

Medium: Cyanotype giclée print

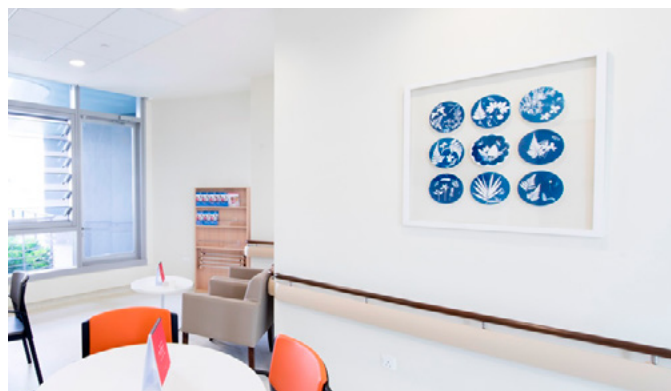
Location: NTFGH Tower B, Endoscopy
& Ward B5

Co-created with:

Staff of NTFGH and JCH



“Blooms in Blue” is a series of vibrant flora and fauna prints in blue. It is a collaboration between 80 staff of JurongHealth Campus and artists Cheryl Teo and Kong Chong Yew. The staff created a wide array of plant and flower imprints over several workshops using cyanotype – one of the earliest photographic printing methods. The project allowed them to preserve fond memories of the lush greenery in Alexandra Hospital (where they used to work) and bring them to life in Ng Teng Fong General Hospital, in the form of permanent prints which now adorn the corridors of Endoscopy and Ward B5, for all to enjoy.



BLOSSOM COLOURS OF LIFE

Artist: Tan Haur

Year: 2017

Medium: Fabric collage

Location: JCH Tower C, Ward C5

Co-created with:

Patients of JCH



“Blossom Colours of Life” is a series of 15 fabric collage artworks co-created by artist Tan Haur and patients of Jurong Community Hospital with the assistance of our Friends of JurongHealth volunteers. Strolling down memory lane with the patients, the artist gathered heart-warming stories through heartfelt conversations and craft sessions, and translated them into a visual journal of colourful fabric collages.

The art-making process allows patients to revisit those nostalgic scenes of yesteryear and reminisce about their favourite food, the simple life and the good old kampong days. These stories were then stitched together to form intricate fabric collages of iconic landmarks such as the former National Theatre and objects such as tingkat (multi-layered tin cans) and rotary dial phones – each rekindling a connection between the past and present.

The pattern-rich art pieces adorn the walls of Jurong Community Hospital, bringing to life stories and experiences of our shared heritage and history, and allowing patients to relive fond memories and be inspired with hope.



“ I enjoyed decorating and working in my craft space, just like how cats relax and play at their own pace and time. Life used to move at a much slower pace compared to now.”

– Mdm Ho, patient of JCH

When Mdm Ho was younger, she made her own clothes with a traditional sewing machine. She would use old newspapers for her dressmaking patterns.

RISE ABOVE

Artist: Mary Bernadette Lee (Mrydette)

Year: 2017

Medium: Hand-painted mural and
linocut print

Location: NTFGH Tower A, Clinics A71 to A72
& Chemotherapy Bay

Co-created with:

Singapore Cancer Society

*More behind
the scenes!*





“Rise Above” is a series of hand-painted murals by Singaporean artist/illustrator Mary Bernadette Lee (Mrydette) and linocut prints, co-created with participants from Singapore Cancer Society.

Bringing the power of nature indoors, the artist transformed the Chemotherapy Bay at Ng Teng Fong General Hospital into an oasis of calm and serenity. Inspired by Frances Hodgson Burnett’s “The Secret Garden” and personal stories of

cancer survivors, the murals illustrate a mystical oasis filled with whimsicality. Tiny human figures explore the garden, taking flight on birds and supporting one another onto larger-than-life flowers, metaphorically narrating the underlying themes of courage, resilience and hope.





The garden extends out to the clinic's waiting area with 26 vibrantly coloured linocut prints, created by participants from Singapore Cancer Society over a series of workshops conducted by the artist. The workshops provided the cancer survivors with an outlet for self-expression as well as a space to bond, which helped sustain them through difficult times. The colourful blooming garden represents their relentless positivity and strength in the face of illness.

Tapping into nature's intrinsic healing quality, the artist aims to create a soothing voyage, a gardenscape of comfort and respite that would inspire patients with hope and optimism.



TEXTURES OF TRANQUILLITY

Artist: Karen Koh

Year: 2020

Medium: Tapestries

Location: JCH Tower C, Ward C12

Co-created with:

Tzu Chi SEEN @ Bukit Batok

“Textures of Tranquillity” is a series of woven tapestries co-created by artist Karen Koh with 13 senior residents of Tzu Chi SEEN @ Bukit Batok. The project explores concepts of tranquillity through simple slow weaving. The artist and participants embarked on a journey to rediscover unassuming moments in life that are often missed out. What does tranquillity mean? Do we notice tranquillity in experiences or people? Through the art-making process, the seniors reflected on these questions to share their fresh perspectives.

Learning to weave for the first time, participants translated their thoughts into forms of texture and colours, filling empty looms with white fluffy clouds and rolling hills in soothing tones of blue and purple. The co-creations are personal reflections and shared stories on the meaning of tranquillity and how it can be found in their daily lives – taking a stroll, enjoying beautiful sights of nature, picking up a new hobby, and recharging.

Slow down, take a deep breath, relax and enjoy the intricate, texture-rich art pieces that adorn the walls of the hospital, creating a conducive healing environment that would inspire hope and optimism amongst patients and staff.





BEAUTIFUL IN ITS TIME

Artist: Kng Mian Tze

Year: 2016

Medium: Print on wood

Location: NTFGH Tower B, Wards B6 & B7

Co-created with:

Staff of NTFGH



“Beautiful in Its Time” is a series of vibrant monoprints co-created by 20 Ng Teng Fong General Hospital nurses with artist Kng Mian Tze. Inspired by the book “The Little Prince”, the artist used flowers as metaphor for the little things that unexpectedly evoke fond memories of people and occasions. Participants were asked to choose a flower bearing great significance to them, and recreate

an image of it through monoprinting. The prints were then transferred to lenticular format and circular format to allow them to be seen from different perspectives.

Behind every flower print is a story – a memory of someone or an occasion that brought joy, inspiration or the strength to carry on.

The series brings together honest and beautiful stories behind the flowers and transforms them into artworks displayed in the wards for all to admire.



“ Flowers are all around us. We often buy flowers to pay respect to someone, celebrate an event or simply to cheer someone up. Flowers have become an integral part of our lives – birthdays, courtships, graduations, weddings, anniversaries, childbirth, hospitalisation, and eventually at the final phases of our lives.”

– Artist Kng Mian Tze



IMPRESSIONS OF NATURE

Artist: Pearl Yang

Year: 2018

Medium: Ceramics

Location: JCH Tower C, Lift Lobbies C2, C7,
C10 & C11

Co-created with:

Residents of Bukit Batok East





"Impressions of Nature" is a series of 13 ceramic relief sculptures co-created by artist Pearl Yang with residents of Bukit Batok East. Over a four-day workshop, participants learnt simple clay modelling, kneading and imprinting intricate motifs of leaves and flowers. The ceramic pieces were carefully glazed with their favourite colours before being fired in the kiln.



Inspired by the wonders of nature, the colourful ceramic leaves and flowers were assembled by the artist into a magical garden. Guests and participants who attended the Arts&Health Festival 2018 also contributed to the making of these beautiful ceramic pieces.

DAWN TO DUSK AT HO CHING ROAD

Artist: Felicia Low & Lee Pheng Guan (PG Lee)

Year: 2018

Medium: Acrylic on paper

Location: NTFGH Tower B, Ward B14; JCH
Tower C, Lift Lobby & Ward C8

Co-created with:

NTUC Health SilverACE (Taman Jurong)





“Dawn to Dusk at Ho Ching Road” is a series of acrylic paintings, co-created by artists Felicia Low and Lee Pheng Guan (PG Lee) with 15 senior residents of Taman Jurong, inspired by the lush green landscape within the HDB estate.

“Taman” means garden in the Malay language, and it is no surprise to find the estate surrounded by tall trees and plants. Turn into Yuan Ching Road and one is met with rows of pine trees

that sway quietly in the wind. Further up on Ho Ching Road, other types of pines can be discovered – large cypress trees grow neatly in open green areas, adding contrast and variety to the rows of HDB blocks beside them, while the Scots pine leans to the side, sturdy and tall in odd places. Based on this unique feature of the neighbourhood, the artists conducted a series of workshops to encourage residents to observe the surrounding pine trees and learn various painting techniques to capture them.

Coming from all walks of life, some have never attempted to draw and paint. These artworks tell the stories of the pine trees and animals that are unique to Taman Jurong.





“ This is my first attempt at painting. I have learnt to use the paintbrush and I find this activity very therapeutic as I have to concentrate on my artwork.”

– Mdm Seah, resident of Taman Jurong



A GARDEN OF HEALING

Artist: Shirley Soh

Year: 2019

Medium: Digital print on ceiling board and vinyl sticker

Location: NTFGH Tower B, Post-Anaesthesia Care Unit (PACU) 1

“A Garden of Healing” is a series of digital prints on ceiling board by artist Shirley Soh. Inspired by the visual splendour of nature and its restorative healing powers, the artist sees the garden as a reminder that all folk remedies began life as plants before turning into modern medicine today.

Local medicinal plants were specially selected and photographed to turn the Post-Anaesthesia Care Unit (PACU) 1 into a lush garden of herbaceous plants and flowers. The artist created a surreal healing garden and coloured spheres representing the spectrum of light to provide respite and quiet contemplation for patients and staff in this intense environment.



TOUCH THE SKY, LIKE THE TREES

Artist: Shirley Soh

Year: 2019

Medium: Digital print on ceiling board and
vinyl sticker

Location: NTFGH Tower B, Post-Anaesthesia
Care Unit (PACU) 2





“Touch the Sky, Like the Trees” is a series of digital prints on ceiling board by artist Shirley Soh. Captivated by the lofty quality of trees, the artist explores their importance by encouraging viewers to seek solace and contemplate in its majesty from a bottom-up view as if being under the shade of trees.

Grounded and physically useful, trees provide shelter, building materials, food and the essence of life itself in the air we breathe – a vital role of sustenance. Local trees were specially selected and photographed to turn the Post-Anaesthesia Care Unit (PACU) 2 into a surreal woodland for healing, giving patients and staff a break from the stressful surroundings.

SUNNY DREAMCATCHERS

Artist: Joey.Spl and Cynthia Foong

Year: 2020

Medium: Mixed Media

Location: NTFGH Tower A, Level 8

Co-created with:

Princess Elizabeth Primary School

“Sunny Dreamcatcher” is a two-part series consisting of mixed media co-created by students of Princess Elizabeth Primary School and artist Joey.Spl, in collaboration with crochet artist Cynthia Foong.

Inspired by seasons and their colours, the project kicked off in 2020 with a series of three workshops conducted by Joey.Spl. Channelling positive thoughts and vibes into the art-making process, the students weaved patterns with threads in seasonal colour schemes onto recycled CDs. Each piece was then artfully joined together to form curtains of colourful dreamcatchers, titled *Sunny Dreamcatcher #01: Mandala Curtains*.





Sunny Dreamcatcher #02: Summer Series, Winter Series is the brainchild of two artists, each employing their respective forte – Joey in constructing and Cynthia in crocheting. The artists used the cyclical nature of seasons as a metaphor for life. One may be going through a difficult phase as harsh as the blistering colds of winter, but amidst this winter tide there may still be pockets of joy in every situation. Summer will soon follow, bringing with it warmth, blossoms and bloom, bidding goodbye to the cold. The phrase “This too shall pass” echoes in this series, encouraging and reminding us that a bad or unpleasant situation will eventually end, and better things will come our way.

Coincidentally, the project, which was completed right before the COVID-19 situation escalated in Singapore, serves as a strong reminder that gloomy days and the pandemic will soon be over, and better colourful days are yet to come.

Displayed close to each other, the artworks, imbued with positive and hopeful vibes, welcome and encapsulate positive energy for patients, family members and staff of Ng Teng Fong General Hospital and Jurong Community Hospital.



VIEW THROUGH A WINDOW

Artist: Muhammad Izdi

Year: 2021

Medium: Paper collage

Location: NTFGH Tower B, Wards B8 & B9

Co-created with:

Chua Chu Kang Secondary School's Art Club

*More behind
the scenes!*



“View Through a Window” is a series of 15 paper collages co-created by artist Muhammad Izdi with Art Club students from Chua Chu Kang Secondary School. These imaginative, abstract works of art are heavily influenced by close-up observations of natural phenomena and forms.

In this hyper-real digital age, it is easy to forget, and even resist, that we are susceptible to natural forces. Nature in art takes many visual forms – from photorealism to abstraction – and, through nature, artists and their subjects can shed their inhibitions and celebrate the freedom of mind and body. In a series of six workshops, the students described, analysed, and interpreted their relationship and understanding of human connections with nature by applying elements of art and principles of design.



Using a pair of scissors and drawing stylistic references from French artist Henri Matisse, the students transformed coloured papers into a world of plants, animals, landscapes and figures by cutting organic shapes and arranging them into compositions. The cut-outs were carefully mounted by the artist to give layered dimensionality.

The series acts as a window, encouraging and inspiring viewers to slow down and appreciate nature and its beauty outside the concrete jungle. For our patients, these windows transport them to a colourful, conducive environment that would inspire hope and optimism throughout their healing journey.

OUR STORIES

Artist: Joanne Lio
Year: 2018
Medium: Mixed media on canvas
Location: JCH Tower C, Lift Lobby & Ward C9

Co-created with:
SASCO Senior Citizens' Home



“Our Stories” is a series of shrink plastic collage works co-created by artist Joanne Lio with residents from SASCO Senior Citizens’ Home. The artist gathered heart-warming stories from senior participants and translated them into a visual journal of 13 collage artworks.

Participants engaged in conversations about their favourite pastime and reminisced about their shared memories. With the help of the artist, participants carefully drew, trimmed and assembled familiar scenes and objects like local snacks, bonsai and attap houses, rekindling bittersweet memories that hold a special place in their hearts. Through the art-making process, the artist bridged generation gaps, documenting and illustrating these stories that shape our collective Singaporean identity.

The artworks are displayed on the walls of Jurong Community Hospital, allowing patients to revisit cherished memories and find encouragement.

“ I hope to design a channel for them to express their thoughts and dreams, building their confidence through the ageing process.”

– Artist Joanne Lio



TRACING RIPPLES

Artist: Wild Dot

Year: 2022

Medium: Botanical ink on canvas

Location: NTFGH Tower B, Level 2,
Community Art Wall (as at 30 June 2023)

Co-created with:

Commonwealth Secondary School's Eco Club
and patients of JCH

*More behind
the scenes!*





"Tracing Ripples" is a series of 20 paintings inspired by the koi pond in the Healing Garden at Jurong Community Hospital.

A collaborative workshop began with students getting up close with nature, foraging in the lush gardens within their school compound for plants and earth to create natural pigments for painting.

Mimicking the movement of water when wind blows across the surface of the pond, the students applied handmade botanical colours on ripples created by the artists. Guided by the students, patients of JCH brought the paintings to life by adding goldfishes and koi.

The art-making process encourages viewers to appreciate and explore what nature has to offer while contemplating and rediscovering the joy of interaction through intergenerational learning and mingling between the seniors and youths.

The completed artworks transport viewers into an imagined pond, with fishes swimming carefreely as lotus plants sway in the warm afternoon breeze. Slow down, take a deep breath, and watch the ripples fade away with this series.



“ I enjoyed myself as it gave me a sense of achievement. I used to craft goldfishes out of ang baos – just like the fishes in the pond. This is the sort of happiness money can’t buy.”

– Mdm Foo, patient of JCH



PAUSE BENCHES

Artist: Ernest Goh

Year: 2022

Medium: Mixed media

Location: NTFGH Tower A, Level 2, Link Bridge

Co-created with:

Thye Hua Kwan Active Ageing Centre @
Bukit Batok East, staff of NTFGH and JCH



*More behind
the scenes!*



“Pause Benches” is a series of art furniture co-created by artist Ernest Goh, staff from Ng Teng Fong General Hospital and Jurong Community Hospital, and seniors of Thye Hua Kwan Active Ageing Centre @ Bukit Batok East.

Made out of post-consumer and ocean plastics, the artworks provide

a sustainable and innovative solution where plastic waste can be upcycled into functional works of art to brighten up the environment. It invites patients, visitors and staff to pause for a moment, sit down, recharge and reflect on the impact of plastic on our oceans and environment.





HANDMADE HEARTMADE

Artist: Catherine Chong

Year: 2019

Medium: Fabric collage

Location: JCH Tower C, Ward C4

Co-created with:

Sew Into it, Fashion Makerspace, Fashion Pulpit, Alzheimer's Disease Association New Horizon Centre (Jurong Point), Alzheimer's Disease Association New Horizon Centre (Bukit Batok), Montessori for Dementia Care, SAGE Counselling Centre, Be Kind SG, Mustard Tree, Holy Innocents' Primary School, Ai Tong School, Grace Orchard School, Singapore Cancer Society and Taman Jurong Active Ageing Sewing Circle

*More behind
the scenes!*





“Handmade Heartmade” features over 180 unique sensory mats, lovingly hand-sewn by the community for persons with dementia. The colourful and interactive artworks were selected from over 700 mats, contributed to the community sewing project, facilitated by Singaporean artist Catherine Chong, over a span of six months. Participants from all walks of life, from sewing enthusiasts to students, staff, individuals and even seniors with dementia, came together to create these masterpieces of love.

Made of various fabrics, textures and sensorial objects, these sensory mats provide a stimulating and relaxing activity for persons with dementia and have been shown to help reduce agitation and restlessness. The mats are also suitable for persons with autism.

Each piece tells a story of personal experience and inspiration, capturing the elaborate thought processes behind the choice of colour, fabric and material suitable for persons with dementia. Nature motifs and adorable characters, formed and embellished with everyday objects such as shoe laces, buttons and strings, were creatively stitched and transformed into fun works of art that encourage engagement. The heartfelt contributions from the participants were sewn into sensory blankets and presented to patients with dementia in our hospitals and other organisations that can benefit from them.



THE GIVING TREE

Artist: Laura Soon

Year: 2019

Medium: Prints on paper

Location: NTFGH Tower B, Ward B15

Co-created with:

Epworth Literacy

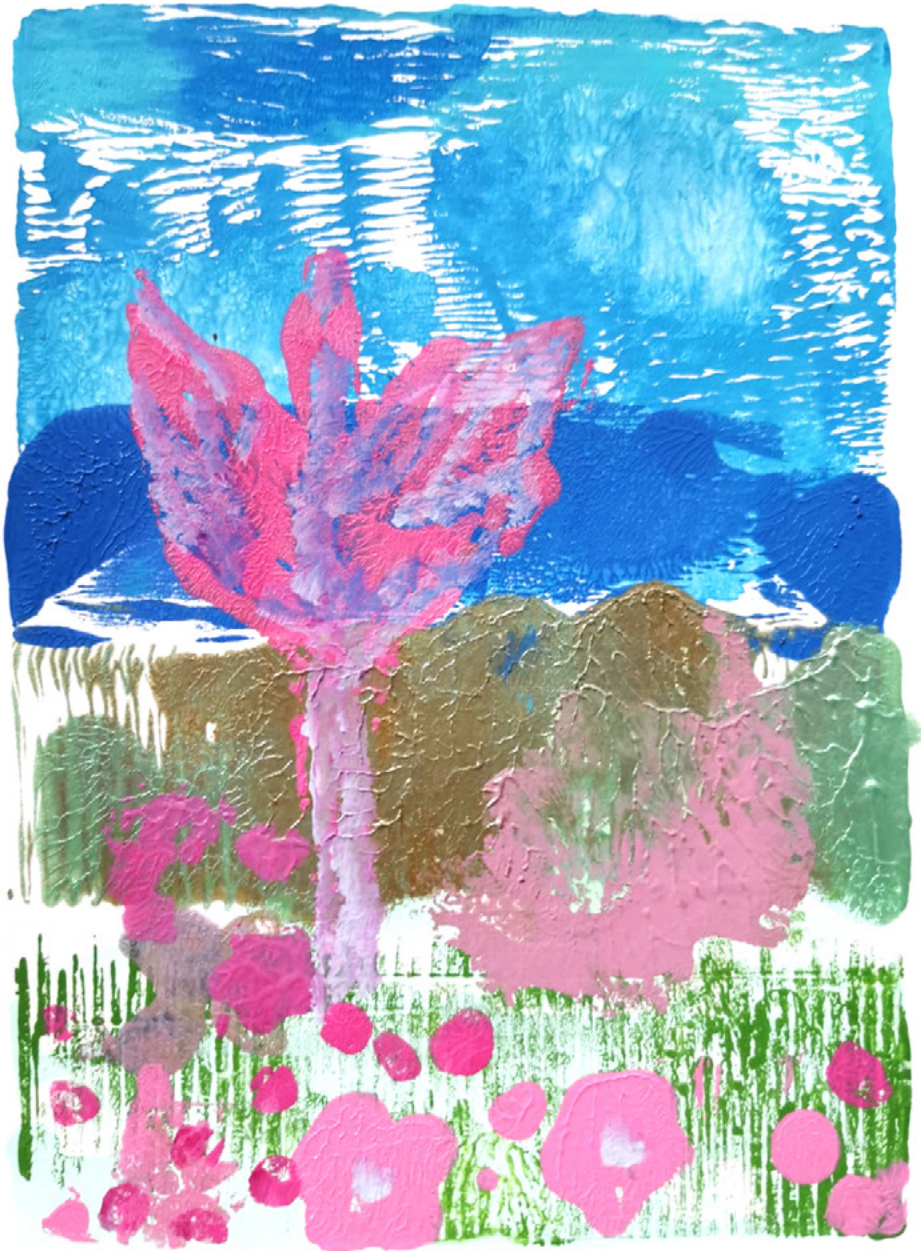


“The Giving Tree” is a series of 38 prints co-created by Singaporean artist Laura Soon with students from Epworth Literacy. Inspired by Shel Silverstein’s “The Giving Tree”, which narrates the unconditional love between a tree and a boy, the students created prints based on their interpretation of the story.

Completed over a three-day workshop, each unique print exudes childlike

innocence, illustrating dazzling, colourful landscapes and nature as imagined by the young artists. The artist engaged the students in a storytelling session of the graphic novel before letting them experiment with Gelli printing. The 16 children and their mothers had fun layering, stencilling and stamping – employing new skills to create their very own versions of the story.

Explore and enjoy these vibrant artworks contributed lovingly by the young talented artists. Their gifts will continue to delight patients, visitors and staff when they are displayed permanently on the walls of waiting areas and wards in Ng Teng Fong General Hospital and Jurong Community Hospital.





OUR CULTURE IN COLOURS

Artist: Adrian Tan and David Gan
Year: 2018
Medium: Acrylic on canvas
Location: NTFGH Tower B, Ward B13

Co-created with:
 Clementi Primary School's Art Club





“Our Culture in Colours” is a series of acrylic paintings co-created by artists Adrian Tan and David Gan with students from Clementi Primary School. Drawing inspiration from Singapore’s rich cultural heritage, students created motifs and subjects derived from local and traditional food, costumes, ornaments and musical instruments over a series of art workshops.



Working hand in hand in smaller groups, students of different levels painted on 20cm by 20cm canvases before assembling them to form a bigger series of vibrant paintings. The art-making process reflects the students’ united effort in showcasing cultural diversity that defines and celebrates our unique Singaporean identity.

GRIT - A TRIBUTE TO NUHS HEALTHCARE HEROES FROM THE PUBLIC

Curated by: Felicia Low and
Lee Pheng Guan (PG Lee)

Year: 2020

Location: NTFGH Tower A, Level 2,
Community Art Wall (as at 30 June 2023)

Check out some of
the artworks here!



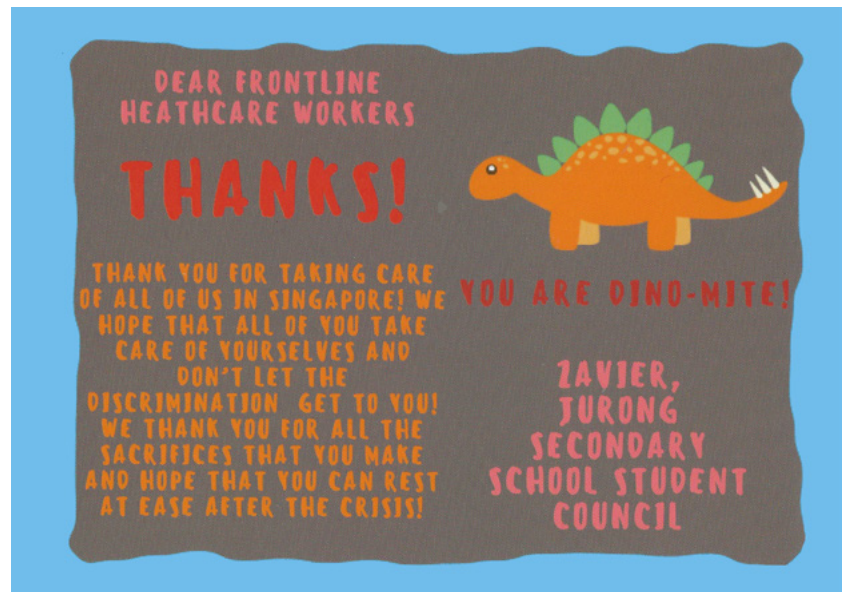
“Grit” is Singapore’s salute to our healthcare heroes for their selflessness in the face of adversity during the COVID-19 pandemic. Inspired by the perseverance and commitment of frontline healthcare workers who have battled COVID-19 since January 2020, there was an outpouring of gratitude, well wishes and appreciation to doctors, nurses, housekeepers, and security workers from people of all ages across the island in a show of solidarity and support.

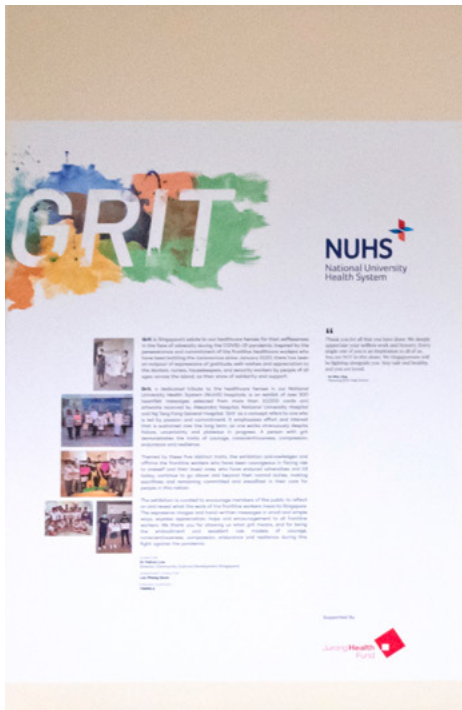
“Grit”, a dedicated tribute to the healthcare heroes in our National University Health System (NUHS) hospitals,

is an exhibition of over 100 heartfelt messages selected from more than 10,000 cards and artworks received by Alexandra Hospital, National University Hospital and Ng Teng Fong General Hospital.

Held concurrently in three hospitals in 2020, the exhibition acknowledged and affirmed frontline workers who had been courageous despite risking exposure to themselves and their loved ones. They have endured adversities and, till today, continue to go above and beyond their duties, making sacrifices and remaining committed and steadfast in their care for people in this nation.

The exhibition was curated to encourage members of the public to reflect on the contributions of frontline workers and what this means to Singapore. The expressive images and handwritten messages, in their small and simple ways, expressed appreciation, hope and encouragement to all frontline workers.



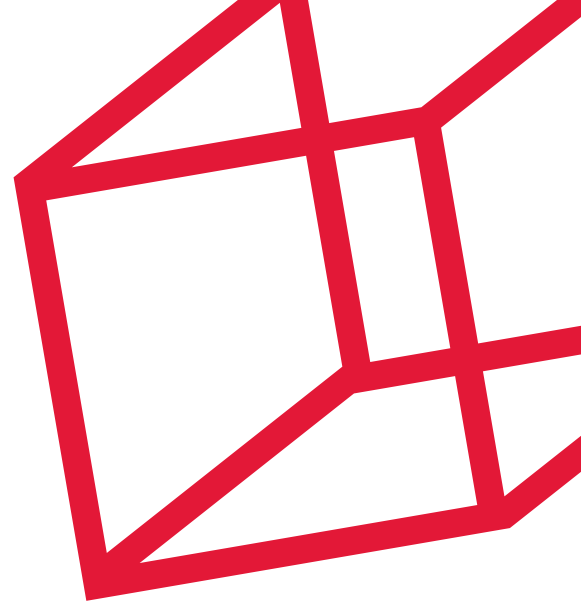


“ Thank you for all that you have done. We deeply appreciate your selfless work and bravery. Every single one of you is an inspiration to all of us. You are NOT in this alone. We Singaporeans will be fighting alongside you. Stay safe and healthy, and you are loved.”

– Ku Wan Jing, Nanyang Girls’ High School



ABOUT ARTS & HEALTH BY JURONG HEALTH CAMPUS



Bringing Creativity to Care

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 partnerships to foster a healthy and caring community in the west. The hospitals offer creative platforms that bring organisations and people from different walks of life together to co-create art, contribute their artistic talent to inspire patients to express themselves, and improve their health and well-being.

*Find out
more here*





Art-on-the-Move / Art Cart

From making aromatic mandalas with spices to folding paper carnations to celebrate Mother's Day, our patients enjoy a variety of interactive and sensorial art experience at their bedside brought to them by our volunteers. Art-on-the-Move offers patients a positive diversion, takes them down memory lane, improves their fine motor skills, and inspires self-confidence.

The Art Cart is another programme that makes art part of a patient's hospital stay. It brightens the ward environment with a selection of art reproductions from renowned local and overseas artists. Patients get to enjoy conversations with volunteers and decorate their bedsides with colourful artworks.



Community Visual Arts

The programme aims to collaborate with the community in the southwest district, as well as healthcare workers and patients, to co-create healing artworks with local artists for the hospitals.



Music-on-the-Move and Concerts

Music-on-the-Move brings live music to the bedside to cheer and comfort patients. Working with schools in the region and performance groups, musicians visit NTFGH and JCH regularly to perform uplifting classical music, familiar favourites and oldies that patients can hum along and reminisce together. Regular concerts featuring orchestras and dance performances are held at JCH Community Hub to bring cheer to a larger audience.



Arts&Health Festival


The Festival is an annual celebration of our creative collaborations with community partners and local artists to transform the hospital into a soothing and healing environment for our patients, visitors and staff.

Be an Arts Volunteer

Do you believe the arts can improve patients' physical and mental well-being?

If you are passionate about art making or performing, or enjoy interacting with patients, we invite you to share your artistic talents and support our programmes and events to bring the joy of music and art to patients. Contact us at JHCampus_artsandhealth@nuhs.edu.sg





This book tells the stories and inspirations behind 800 artworks co-created by artists with patients, staff and the community, displayed across NTFGH and JCH. The artworks are carefully curated to bring healing, reflection, stimulation and support to patients, caregivers as well as healthcare staff. We gratefully acknowledge JurongHealth Fund and all who have contributed to Arts&Health at JurongHealth Campus.

Supported by:

