



# Anew

5<sup>TH</sup> ARTS & HEALTH  
FESTIVAL 2021

29 – 30 SEPTEMBER 2021

Supported by

JurongHealth  
Fund



Celebrating 10 Years of  
Making A Difference

***ANEW* takes you on an immersive journey of discovery, memories, and imagination, to see this world afresh, from new perspectives as we rediscover and adapt to the redefined normalcy.**

Celebrating the creative collaborations in the last year, this first hybrid Arts&Health Festival brings together artistic expressions of artists, musicians and community partners, with themes revolving around a myriad of emotions and responses that unveil hope, resilience and positivity to our shared experiences during these challenging times amidst the COVID-19 pandemic.

Join us as we bring creative visual arts, inspiring performances, fun and enjoyable online art workshops and talks to engage the community, patients and staff in refreshing new ways.

**[www.artsandhealthfestival.sg](http://www.artsandhealthfestival.sg)**



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 here



# PERFORMANCES

Go on a lyrical journey and sing-along with local musicians as they treat you to their renditions of familiar favourites and their own compositions that celebrate hope and life.

Watch all performances on Arts&Health Festival Event Website from:

**29 September,  
3pm (GMT+8)**



## A New Voice of Hope

by Crystal Goh

 **29 September 2021**

Immerse yourself in the powerful and moving performance of singer-songwriter Crystal Goh as she taps into her reservoir of strength and inner voice following an ordeal with a rare neurological condition affecting to her vocal chords.



## Kopi Break

with Two Of Us

 **29 and 30 September 2021**

Hum along with Two Of Us, as the talented multilingual husband-wife duo, as they bring you memorable songs of yesteryears such *Beautiful Sunday*, *Top of the World*, 喜欢你 (*Xi Huan Ni*) and much more while you savour your afternoon tea. Stroll down memory lane with your classic evergreens re-sung in new and interesting renditions.

# WORKSHOPS

Get creative and crafty with these easy-to-follow online workshops. Learn to move and groove and get great tips from professionals on how to use photography and music for engagement and self-expression.

Registration is required for Webinars or watch from Event Website. Recorded workshops will be available from **29 and 30 September**. Find out more from Event Website.

## Snap, Share and Win



Get creative and try painting or weaving after attending the workshops. Snap and post a photo of your masterpiece on your Facebook or Instagram and receive an Exclusive Arts&Health Colouring Book Set!

### Here's how:

- Tag us @jhcampus (IG) / @JurongHealthCampus (FB) and include #JHCArtsandHealthFest
- Set your account to public so we can find you
- Campaign runs from 29 September to 28 October 2021
- Participants will be notified

## STICKER, DOODLE, DO!


WITH MUZART



Webinar

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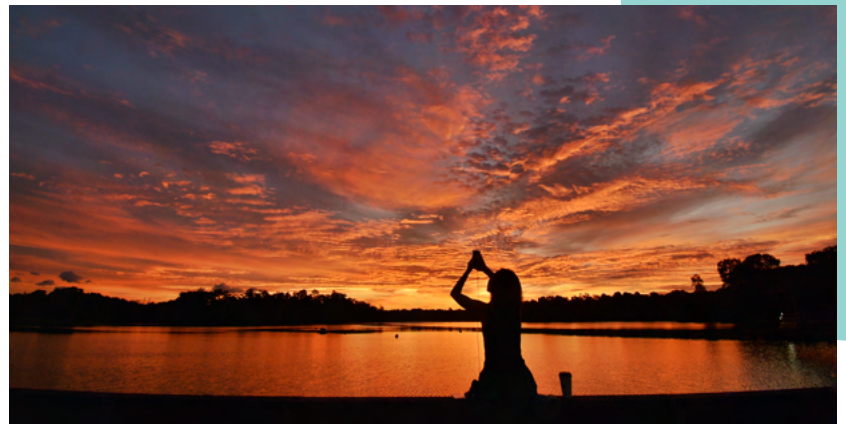
with MuzArt

 **29 September 2021**  
1pm - 2pm (GMT +8)



Register here or watch Live Webinar from Event Website


Learn to doodle with MuzArt and turn your stay-home doodles into adorable stickers on WhatsApp to spice up your group chats! Send your personalised stickers when you check in on those who matter most.



Webinar

## Mind's Eye - The Art of Story-telling Through Photography

by Adj Asst Prof Daniel Kwek, Senior Consultant, Department of Psychiatry, NTFGH

 **30 September 2021**  
1pm - 2pm (GMT +8)



Register here or watch Live Webinar from Event Website

There is more than meets the eye when it comes to photo-taking. Learn how to create captivating images from different angles and perspectives that can convey your feelings and inner consciousness from Adj Asst Prof Daniel Kwek, an avid photographer and soulful storyteller.



## Welcome to Our Digital Kampong (Ubi Kayu) - Virtual Tour with Village Chiefs!

by Lee Sze-Chin and Moses Sia

Live Virtual Tours will be conducted on 30 September for patients in selected wards in Jurong Community Hospital. Recorded sessions will be available from 1-28 October 2021.

Go on a virtual kampong stroll and experience kampong life as the "village chiefs" lead you on a digital tour of a Kampong modelled after the last village of Singapore - Kampong Lorong Buangkok. The Virtual Tour is adapted from *VR Time Capsule - Kampong Ubi Kayu*, a project by artist Lee Sze-Chin supported by the National Arts Council, Singapore.

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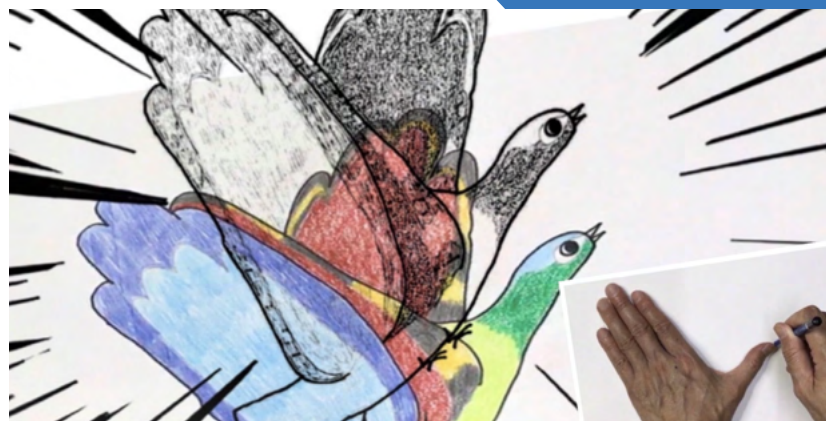


## Weave with Me – Textures of Tranquillity Workshop

by Karen Koh

 29 September 2021

Follow artist and art therapist, Karen Koh as she guides you through this therapeutic and easy to follow weaving workshop using your own homemade loom. Discover the simple pleasure of creating something beautiful with everyday objects.



## A Hand Full of Art

with Tan Haur

 30 September 2021

Get hands-on, literally, with artist Tan Haur in this fun-filled hand-tracing and drawing workshop and discover how you can use your hands to create amazing works of art, from simple animals, to beautiful landscape painting.



## At Home With Music Therapist

by Fontane Liang, Music Therapist,  
Jurong Community Hospital

 29 and 30  
September 2021

Learn the benefits of music therapy and gain useful techniques in using music and movement to improve the mood and support the emotional well-being of your loved ones especially the seniors at home. Get tips on choosing the right music, singing, rhythms and movement in a 3-part workshop and demos, which will be conducted with a senior living with dementia.



## Let's Cha Cha – Move with the Groove!

by The DanceSport Academy®

 30 September 2021

Dance, jive, and have the time of your life! Unleash the dancer within as you cha-cha-cha away with The DanceSport Academy. Suitable for all ages and abilities, you will master simple dance moves, seated or standing, in 15 minutes just by swaying to these fun and easy steps.

# COMPETITION

Calling all budding artists, young and old from ages 7 to join our drawing competition and win attractive prizes. Put what you've learnt at our Mind's Eye photography webinar to good use. Go out there and take some stunning photographs and enter them for our photography competition. Find out more from Event Website.



## The View Through Your Window! Drawing Competition

(Children and Adult Categories)

 Competition period from 6 September to 28 October 2021, 12pm (GMT +8)

Take some time off working from home. Slow down, look out and draw! Get inspired by View Through a Window Exhibition and stare out the window to discover pockets of joy amidst your hectic schedule. Download the template and let art relax you – draw and express what you see and feel while taking a breather. Send it our way and the masterpiece with the highest number of likes on our Facebook Competition, will win attractive prizes!

Submit at:



Prizes limited to entrants from Singapore only  
Terms and Conditions applied

**Download template on Event Website**



## Mind's Eye Photo Competition

 Competition period from 30 September to 28 October 2021, 12pm (GMT +8)

Put what you've learnt into practice and stand a chance to showcase your photographs in a photo exhibition, and win prizes too. Whip out your phone or your camera, step out, observe intentionally with your mind's eye, be inspired by everyday wonders and start taking some soulful photos to the theme of "Anew".

Submit at:



Prizes limited to entrants from Singapore only  
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# EXHIBITIONS

Exhibition opening hours:

**Monday to Sunday, 8am to 8pm**

Location:

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

The Festival features 5 art exhibitions with over 100 diverse artworks including paintings, tapestries and crochets, mixed media and digital works co-created by local artists and students and seniors in our community. 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.



## **Grit – A Tribute of Messages and Artworks to NUHS Healthcare Heroes from the Public**

**Curated by artists Dr Felicia Low and Lee Pheng Guan**

A dedicated tribute to the healthcare heroes in our National University Health System (NUHS) hospitals, showcasing over 30 heartfelt messages selected from more than 10,000 cards and artworks received from the public, Grit is Singapore's salute to our healthcare heroes for their selflessness in the face of adversity during the COVID-19 pandemic. The exhibition acknowledges and affirms the frontline workers who have been courageous in facing risk to oneself and their loved ones, who have endured adversities and till today, continue to go above and beyond their normal duties, making sacrifices and remaining committed and steadfast in their care for people in this nation.

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## Textures of Tranquillity

by artist Karen Koh and seniors of Tzu Chi SEEN@Bukit Batok

The series of 16 woven tapestries co-created by artist and seniors who are first time weavers, explores the concepts of tranquillity through simple slow weaving craft. The artist and participants embarked on a journey to (re)discover the unassuming moments in life that are often missed out. The artworks are personal reflections and shared stories of the seniors on the meaning of peace and how it can be found in their daily lives – from taking a stroll, enjoying beautiful sights of nature to picking up a new hobby to recharge.



## Sunny Dreamcatchers

by artists Joey.Spl and Cynthia Foong with students from Princess Elizabeth Primary School

A two-part series consists of mixed-media artworks inspired by the seasons and its colours. Sunny Dreamcatcher #01: Mandala Curtains comprises cascading reflective curtains of colourful dreamcatchers created by students with weaving patterns using colourful threads onto recycled CDs. Sunny Dreamcatcher #02: Summer Series, Winter Series is the brainchild of a tag-team between the two artists, describes the cyclical nature of seasons as a metaphor for life. Echoing the phrase, "This too Shall Pass", the series, encourages and remind us that better things will come. Imbued with positive and hopeful vibes, the two series welcome and encapsulate positive energy for patients, family members and staff of Ng Teng Fong General Hospital.



## View Through a Window

by artist Muhammad Izdi and students from Chua Chu Kang Secondary School

See the wonderful world of plants, animals, mountains and rivers through the eyes of the students and artist in this colourful display of 14 layered paper collages and a digital stain glass art. The square collages act as windows, to encourage and inspire viewers to slow down, look out 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.



## Journey to the West

by artist Barry Yeow, members of CANVAS and youths from Boys' Town, conceptualised by Global Cultural Alliance

Inspired by the novel about a group of pilgrims' discovery of virtue and cooperation as they embark on an arduous journey to enlightenment, the unique collaboration between youths from Boys' Town and members from CANVAS produced this series of 20 mixed-media photography artworks, which reflects a physical and metaphorical passage of discovery. Using subject matters that are familiar to the patients and residents from west region of Singapore, but presented with a refreshing twist, the artworks bring many surprises to familiar and comforting scenes with a whole new reimagined perspective, conveying themes of hope, gratitude and resilience.