



Uplift

Arts & Health Festival 2022


28 to 30 September 2022

Various locations in NTFGH and JCH

Supported by

JurongHealth
Fund





***Uplift* invites you on a journey filled with (re)imagined possibilities, to reflect on our relationships with one another and the environment.**

The festival showcases creative responses of Singaporean artists, musicians and community partners, on themes surrounding sustainability, while strengthening the environmental awareness of participants and visitors and inspiring them to take actions.

Reimagining the potential of repurposing everyday objects, the festival seeks to reframe our perception on unwanted materials. From performing a repertoire of unique beats with instruments transformed from trash bins and domestic items, to creating artworks using ocean plastic trash, as well as discovering the wonders of discarded textiles and botanical inks extracted from inconspicuous everyday flora, the festival explores creative ways in which we redefine “waste” as precious resources, made useful and beautiful – giving a new meaning and cycle of life to art and objects.

Embark on this multifaceted sustainable journey with us as we bring eco-conscious visual arts, uplifting performances, and enjoyable fringe activities that will bring cheer and delight to our patients, staff and visitors.



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

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.

28
SEP



Bring the Beat In!

with Green Drumming

NTFGH
Tower A, Level 2
(Next to Subway)
2.15pm – 3pm

Wards
3.30pm – 4.30pm

Let Green Drumming's energetically rhythmic performance invigorate your sleepy afternoons. Feel the pulsating energy from their repurposed drums made from recycled household items, and join them in drumming up sustainability efforts by creating your own percussion instruments.



Mid-Week Rhapsody

with 闲杂人等 The ETC

NTFGH
Link-bridge
12.30pm – 1.30pm

Wards
3pm – 4pm

Sing along with Tristan and Joey from the ETC as they bring you familiar favorites at our Link Bridge! Sharing the joy of music, the duo welcomes you take a break, be part of their band, and enjoy a good mid-week noon time with them.

29
SEP



Strumming on the Dulcimer

with Ivan Ng

NTFGH, Tower B,
Level 1, Lobby
12.30pm – 1.30pm

Wards
3pm – 4pm

Immerse yourself in the soothing sounds of the Appalachian Mountain Dulcimer and let Ivan, possibly the only dulcimer player in Singapore, transport us into the world of old-time American and Irish folk music with his unique string instrument.



T.G.I.T

with Jing Xuan & Guo Tong

NTFGH
Link-bridge
1pm – 2pm

Wards
3pm – 4pm

Warm up your vocal cords and sing out loud to classic English and Mandopop tunes with our two passionate musicians, Jing Xuan and Guo Tong.

30
SEP



Let's Jam

with JamiJam

NTFGH
Link-bridge
12.30pm – 1.30pm

Wards
3pm – 4pm

Wind down on a Friday afternoon with the uplifting voices of Zuo En and Si Ming of the JamiJam, and sing your way into the weekend with the talented duo.

Workshops

Get creative and crafty with these eco-art workshops. Screen-print your own tote bags, make your own paintbrush from seeds or craft your masterpieces out of soda can tab. Take part in experiential talks with artists who we have collaborated with to create sustainable artworks for this festival.

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



LEARN
-A-
CRAFT

28 September 2022
11.30am – 1pm

- Open to public, limited quantities available, one bag per person.
- First come, first serve.

Screen-Print Your Own Eco-Bag

Save the environment, reduce our plastic footprint! Screen-print your own reusable eco-friendly tote bag with designs from artist, Cheryl Teo, that are inspired by the collection of artworks exhibited. Be sure to use it for your shopping!

Register for any of these events here!



29 September 2022
12pm – 2pm

Limited to 15 pax per session.
Session 1: 12pm to 12.45pm
Session 2: 1pm to 1.45pm



LEARN
-A-
CRAFT

Art That ROCKS!

Turn the humble garden rock into a work of art in this relaxing workshop conducted by Mr Ang Gee Seng, a cancer survivor and self-taught artist from Jurong East. Learn to make your own paint brush out of betel nut and create unique masterpieces that can double up as decorative paperweight, or pet rock.



LEARN
-A-
CRAFT

ReMake It: Upcycled Pull Tab Bracelet!

Challenge your creativity and upcycle aluminium soda pull tabs into unique crafts and bracelets. Express your artistic side and get creative tips from sculptor and NTFGH patient, Mr Richard Ashworth.

28 September 2022
12.45pm – 1.30pm

- Open to 50 pax
- Sandwich lunch is provided



ARTIST
TALK

Credit: Ayer Ayer Project

Ayer Ayer: Art and Ocean Plastic

Learn more about sustainability and the impacts of ocean plastics! Join artist Ernest Goh as he shares about his ecologically-engaged journey on the Ayer Ayer Project. Have a go at picking up microplastics from shore debris of Punggol Beach.

30 September 2022
12.15pm – 1pm

- Open to 20 pax
- Sandwich lunch is provided



ARTIST
TALK

Credit: Wild Dot

Natural Colours: Botanical Inks!

Discover the little gifts that nature has to offer. Go on a journey with artists-duo, Wild Dot, to explore the wonders of nature with botanical inks and pigments extracted from plants and earth. Pick up tips on how to look out for sources of natural colours and try your hands at mixing and muddling the pigments.



Exhibitions

The Festival features 6 art exhibitions with a diverse range of artworks including paintings, tapestries, mixed media and digital works co-created by local artists with students, patients and seniors in our community. Be inspired by the artistic responses to environmental changes by repurposing everyday objects, discarded plastics and what nature has to offer into artworks that bring cheer and delight.

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

• Exhibition opening hours •
Monday to Sunday, 8am to 8pm

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

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Pause Benches

by artist Ernest Goh, staff of NTFGH and JCH, and seniors of
Thye Hwa Kwan Active Ageing Centre @ Bukit Batok East

Have a seat, close your eyes and take a moment to pause. Handmade out of recycled post-consumer and ocean plastics, the set of art furniture along the Link Bridge of NTFGH invites us to take time to relax and re-center ourselves every now and then, while considering the impacts of plastics on our oceans and environment, and how these plastic waste can be upcycled into functional public furniture.



Tracing Ripples

by artists Wild Dot, patients of JCH, and students from
Eco Club of Commonwealth Secondary School

Watch the swimming fishes and water ripples, and immerse yourself in the relaxing world seen through the eyes of the patients, students and artists. Inspired by the pond in the Healing Garden at JCH, the series of 30 botanical ink paintings, made of natural pigments extracted from plants and earth in the lush gardens within Commonwealth Secondary School, evokes a sense of serenity and positivity that allows viewers to take a respite from their hectic routine and appreciate what nature has to offer.



HeartStrings

by artist Natalia Tan with residents of Bukit Batok East
and Jurong East View RC

Discover the upside to upcycling by turning recycled materials like discarded textiles and plastic packaging into a series of tapestries. Collectively woven by the community and the artist, this series weave not only an experience, but also, the people that contributed together. Each tapestry created is made by many hands, building on the work of those who wove before them.



Nature Animated: Let's Go Birdwatching!

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

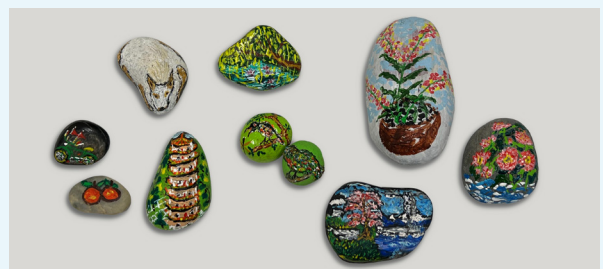
Enter a nature sanctuary filled with garden and urban birds, reimagined by patients from JCH. Watch the colourful birds take flight, and let their joyful birdsong serenade you as our patients with dementia reminisce about their fondest memories relating to our feathered friends.



Dancing in the Light

by Richard Ashworth, a sculptor and NTFGH patient

Be mesmerised by the dancing dragonflies shimmering under the sunlight. Made out of recycled soda can pull tabs, these dragonflies were artfully sculpted by Richard Ashworth, a sculptor, an avid gardener and NTFGH patient.



Pebble, Paper, Plant

by Ang Gee Seng, self-taught artist and cancer survivor

Discover the simple beauty and joy of everyday life through the vibrant colours and expressive brushstrokes of Ang Gee Seng, a self-taught artist and cancer survivor, who paints on unique surfaces using hand-made brushes crafted out of betel nut.