

Future-Ready Society Conference

Peers, Places and Platforms – the Future of Empowered Communities

Community-Led Health at Wellness Kampung

Activating and Coordinating Community Assets

Dr Wong Sweet Fun

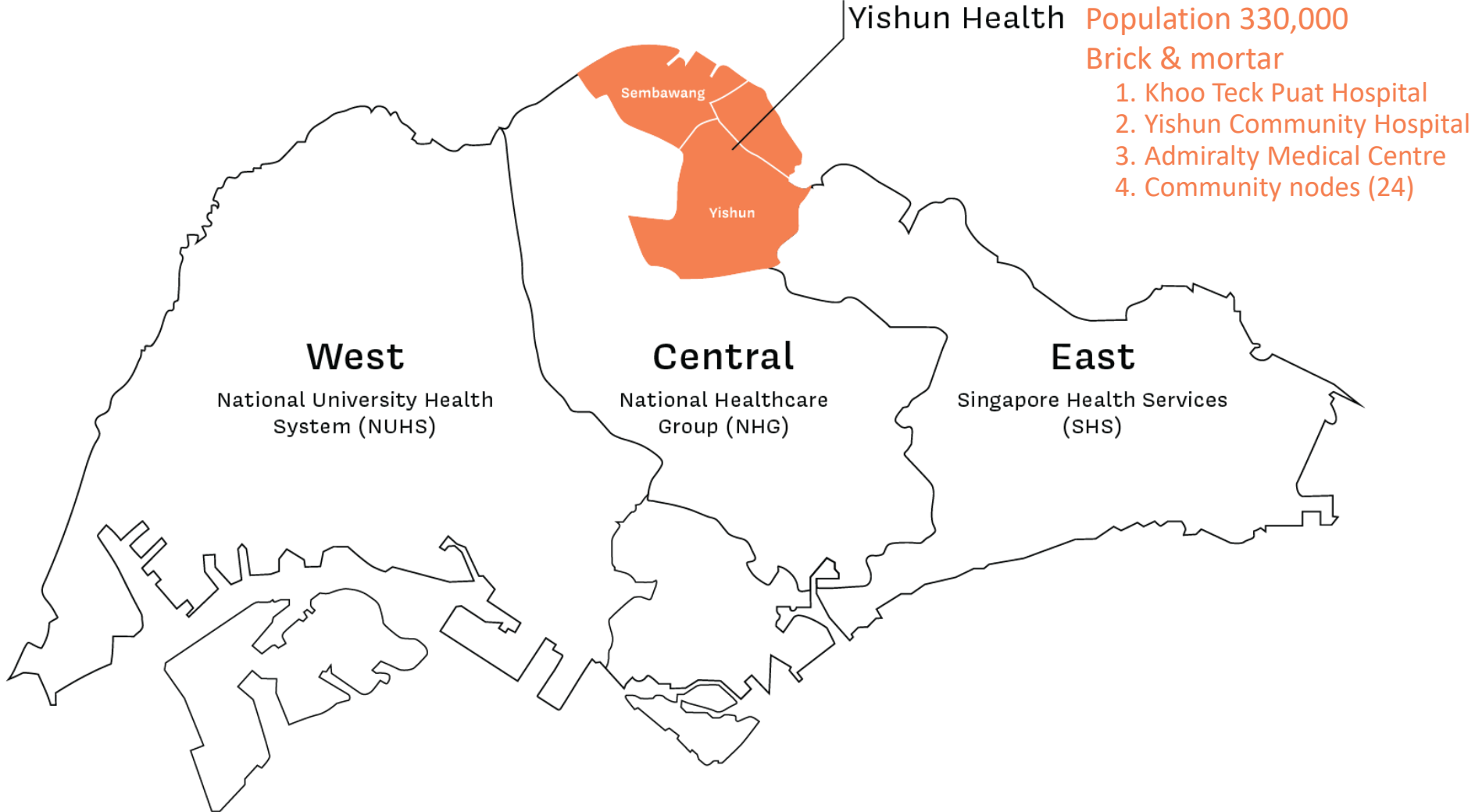
Dy Chairman, Medical Board | Community Care & Population Health

Clinical Director | Population Health & Community Transformation

Khoo Teck Puat Hospital & Yishun Health



Introduction to Yishun Health



“

What a remarkable place...
In my career as a public health physician since 1973, this was my second visit to a place where a hospital offers an infrastructure and tells clients or beneficiaries, *“This is your centre, you decide how to use it to live a happy, healthy life. We’ll just be present if you need us.”*

— Dr Jean-Louis Lamboray

Senior Public Health Specialist, The World Bank, 1987–1998



Wellness Kampung

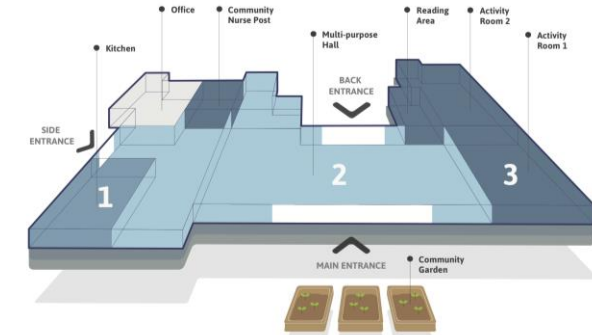
bumping spaces for a caring community
where localized & ordinary engagement
yields extraordinary impact

How Wellness Kampung is designed

Pursuit of localized and ordinary engagement for extraordinary impact



Wellness Kampung 115 Floorplan



Types of communal space

- 1 Functional space that brings the community together. (E.g. kitchen, maker space)
- 2 An open multipurpose space without fixed furniture for a wide range of activities with minimal & flexible set up. (E.g. dancing, calligraphy, IT classes)
- 3 A closed space for smaller group activities requiring quiet and/or privacy.

Geography

Small, localized & relatable (500m)

Frequency

Consistency of the everyday "hello"

Familiarity

Relevance through cumulative ordinary activities

BUILDING ECOSYSTEMS

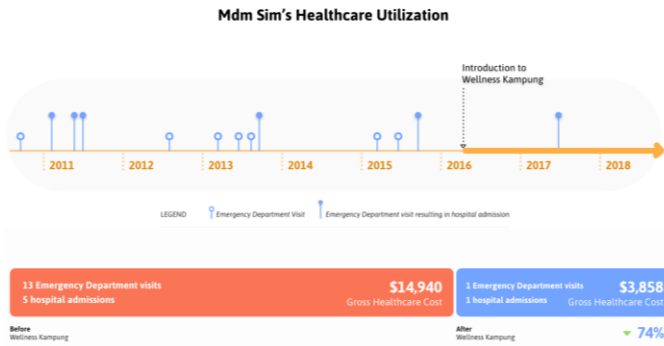
Putting local people at the heart of shaping their communities

Wellness Kampung is an active network of local residents who co-create a good communal life for themselves and each other. People see that the community is greater than the sum of its individuals to reach their individual and collective goals of achieving healthy, connected, satisfying and sustainable lives. With everyone contributing to and drawing from a common pool of resources, more possibilities for innovative human solutions can unfold, thereby building a creative sustainable ecosystem.



Impact of Wellness Kampung

Pursuit of localized and ordinary engagement for extraordinary impact



Personal Health

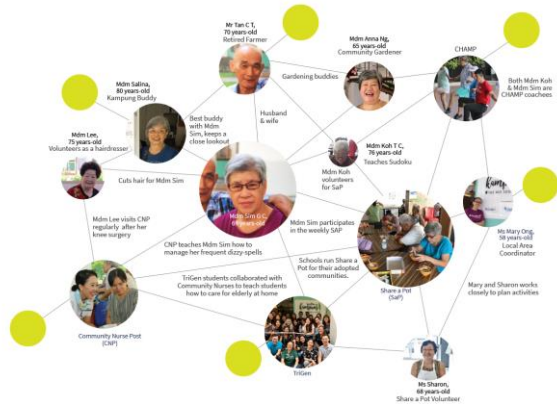
Decreased healthcare utilisation, extended support networks, greater resilience

Community Wellness

Increased activities and ownership within the community, looking out for one another

Societal Contributions

Preserved traditions, yet redefined good life through community-led participation



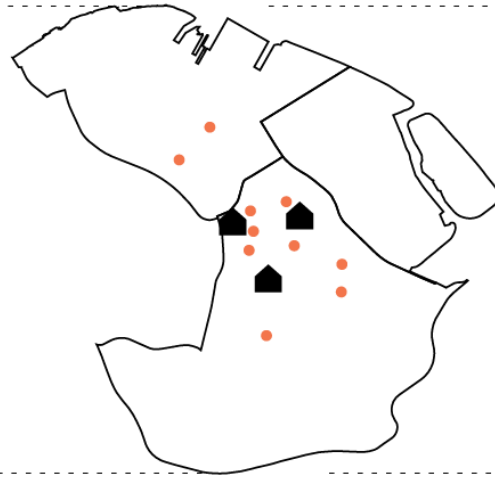
Caring Communities

Community Nodes: Growth



9 nodes outside of Yishun Health Zone

Phase 1
2014 - 2015



21 nodes outside of Yishun Health Zone

Phase 2
2016 - 2017



36 nodes outside of Yishun Health Zone

Phase 3
2018 - 2019



30 nodes outside of Yishun Health Zone

Phase 4
2020 - 2021

Caring Communities

Multi-Modal Access & Engagement Channels



Connector Rachel having a conversation on "what matters" with senior resident



Connector & WK manager Mr Wu introducing a neighbour



CCA Paul, H&A survey



Community visioning



Community visioning



Community visioning

Caring Communities

Residents Engagement: Building Capability in Self-Management & Mutual Help



CPR training by Yishun Health staff



CPR training by SCDF



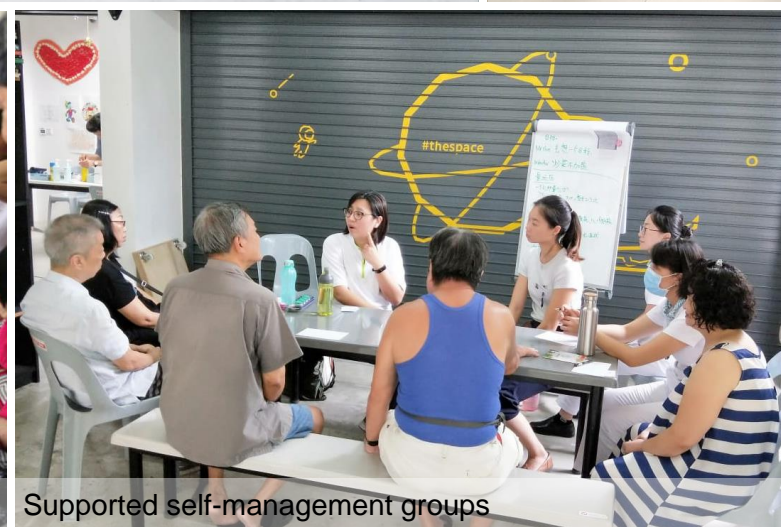
First-Aid training by SRC



Self management training by community nurse



Skill UP



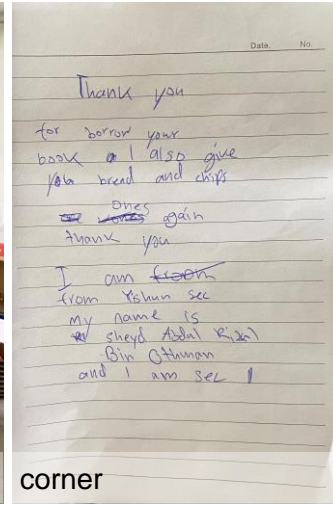
Supported self-management groups



Engagement of merchants for dementia-friendly communities

Caring Communities

Asset-Based Community Development: Production by Residents for Residents, Strengthening Communities



Mr Chia Kam Poi, 66, & his mobile community library, which has become a sharing corner

Food distribution & exchange



Swimming kaki: aunties & SportSG

Sharing meals & news at Iftar, rental block void deck

Fresh food distribution

IN COLLABORATION WITH @SMILESSALAMSG YISHUNSEVENTYONE

Walking kaki

Caring Communities

Asset-Based Community Development: Giving Literacy a Leg Up



Resident Networks in the Community

We work with residents and partners to increase touchpoints and opportunities for community participation. A network of residents in Yishun and Sembawang is built around these touchpoints.

STATISTICS

550,000
residents in the north

885
residents reached in Sembawang

6,009
residents reached in Yishun

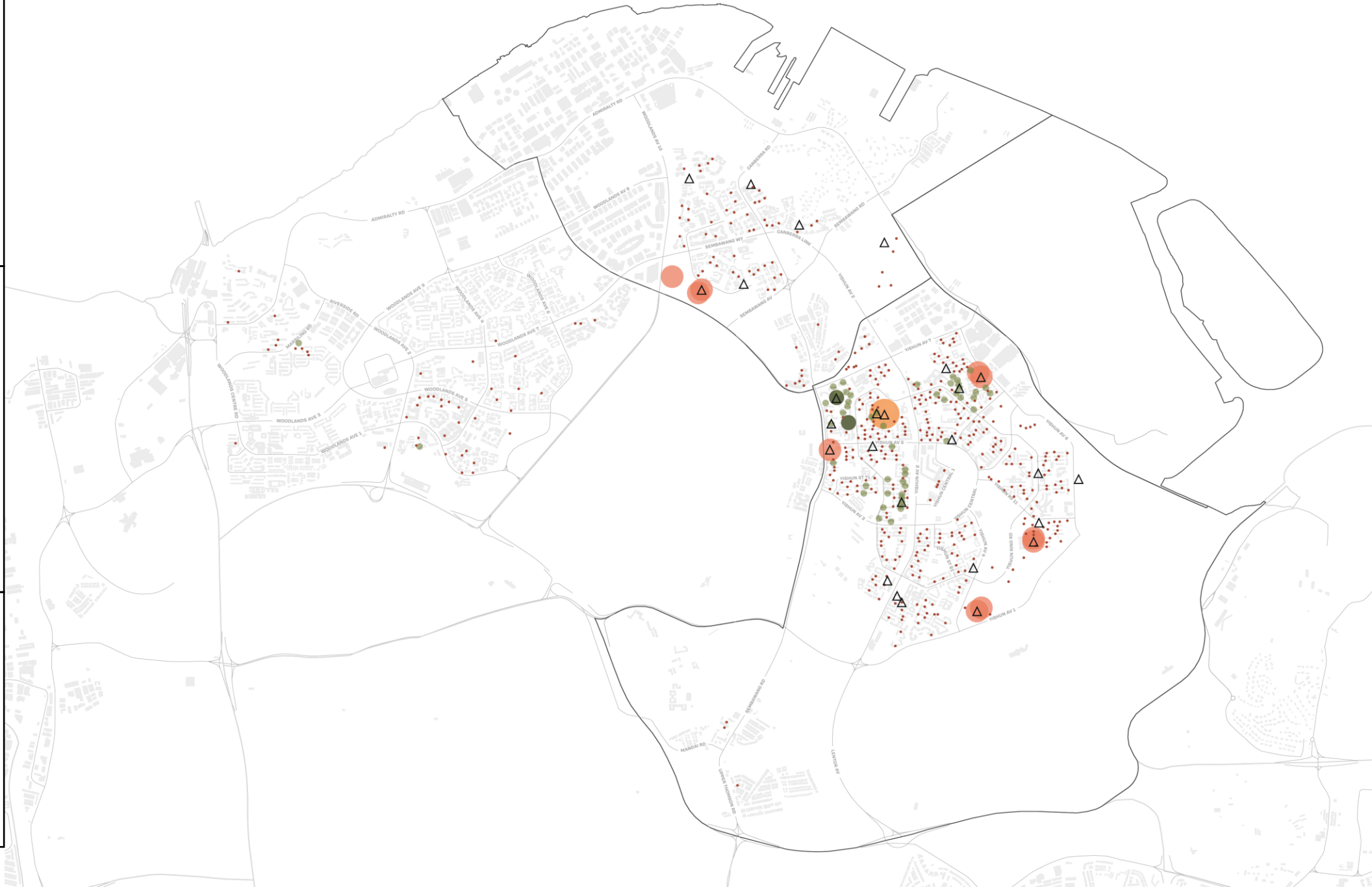
270
residents reached in Woodlands

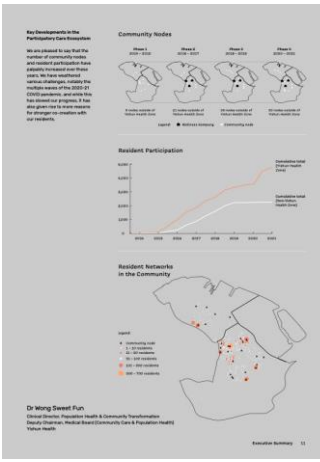
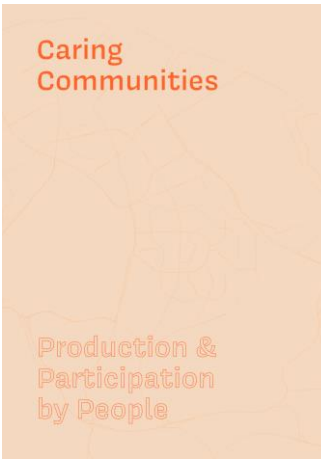
19
community nodes in Sembawang & Yishun

38
community projects

LEGEND

- △ community nodes
- 1-10 residents
- 11-50 residents
- 51-100 residents
- 101-500 residents
- 500-700 residents





Our Journey, Our Playbook

Building on research for what works and local communities that have been the best at the local level, we have developed a framework for building and sustaining caring communities. This is the outcome of an ongoing and iterative process of learning, testing, and refining our approach. All that we set out to do is to build a framework that is practical, evidence-based, and can be used by anyone to build a caring community. It is not a one-size-fits-all solution, but a framework that can be adapted to local contexts and needs.

Our Playbook

Building on research for what works and local communities that have been the best at the local level, we have developed a framework for building and sustaining caring communities. This is the outcome of an ongoing and iterative process of learning, testing, and refining our approach. All that we set out to do is to build a framework that is practical, evidence-based, and can be used by anyone to build a caring community. It is not a one-size-fits-all solution, but a framework that can be adapted to local contexts and needs.

Mainstreaming practical participation

- Participation cannot remain on the margin.
- Participation must be built into the fabric of everyday life.
- Understanding Society: The UK Household Longitudinal Study. Of 50,000 people surveyed, only 3% of people are involved in neighbourhood projects in the UK, while nearly 60% agreed that they were willing to work together to improve their neighbourhood (12% strongly agree).

PROJECT NAME	LOCATION	START DATE	PHASE	STATUS
102 Resident Involvement Drive Fund For All	102002	01/2020	Phase 1	Completed
Community Volunteer Team	102007	01/2020	Phase 1	Completed
Shower Clinic	102010	01/2020	Phase 1	Completed
Boarders' Wellbeing Campaign	102011	01/2020	Phase 1	Completed
Kangaroo Buddies	102012	01/2020	Phase 1	Completed
Men's Health Hub	102013	01/2020	Phase 1	Completed
Project Lunch Lunch	102014	01/2020	Phase 1	Completed
Project Lunch 2.0	102015	01/2020	Phase 1	Completed
Shower Support Support Group	102016	01/2020	Phase 1	Completed
Strong Women Group	102017	01/2020	Phase 1	Completed
The Chalkboards	102018	01/2020	Phase 1	Completed
Skills for Community	102019	01/2020	Phase 1	Completed
Shower UP	102020	01/2020	Phase 1	Completed
Board Games	102021	01/2020	Phase 1	Completed
Community Dance Groups	102022	01/2020	Phase 1	Completed
Dance UP	102023	01/2020	Phase 1	Completed
Supportive Exercise	102024	01/2020	Phase 1	Completed
Walking Exercise Groups	102025	01/2020	Phase 1	Completed
Shower UP 2	102026	01/2020	Phase 1	Completed
Shower UP 3	102027	01/2020	Phase 1	Completed
Singing Groups	102028	01/2020	Phase 1	Completed

Dance UP

Community dance programme to improve fitness and reduce health inequalities.

Start Date: 01/2020 | Phase: 1 | Status: Completed

Dance UP is a community dance programme that has been developed to improve fitness and reduce health inequalities. It is a free, open-access programme that is available to all residents in the community. The programme is delivered by trained dance instructors and is held in a community centre. The programme is designed to be inclusive and accessible to all residents, regardless of their age, ability, or background. The programme is held every week and is a great way to get fit, meet new people, and have fun.

Aspiration target

- 30% of residents participate regularly (three times a week) in community events.

Source: Participatory City

Swimming Kaki

Making a splash

Start Date: 01/2020 | Phase: 1 | Status: Completed

There is a new pool in the community centre. It is a great place to go for a swim and to meet other people. The pool is open every week and is a great way to get fit and have fun. The pool is also a great place to meet other people and to get involved in the community. The pool is a great place to go for a swim and to meet other people. The pool is open every week and is a great way to get fit and have fun. The pool is also a great place to meet other people and to get involved in the community.

Repair Kaki

Repair to reduce waste

Start Date: 01/2020 | Phase: 1 | Status: Completed

The Repair Kaki group is a great way to get fit and have fun. The group is open every week and is a great way to get fit and have fun. The group is also a great place to meet other people and to get involved in the community. The group is a great way to get fit and have fun. The group is open every week and is a great way to get fit and have fun. The group is also a great place to meet other people and to get involved in the community.

Superhero Library

A community library of books and brick knicks

Start Date: 01/2020 | Phase: 1 | Status: Completed

The Superhero Library is a great way to get fit and have fun. The library is open every week and is a great way to get fit and have fun. The library is also a great place to meet other people and to get involved in the community. The library is a great way to get fit and have fun. The library is open every week and is a great way to get fit and have fun. The library is also a great place to meet other people and to get involved in the community.

Wellness on Wheels (WoW)

Encouraging community involvement through a mobile podcast

Start Date: 01/2020 | Phase: 1 | Status: Completed

The Wellness on Wheels (WoW) project is a great way to get fit and have fun. The project is open every week and is a great way to get fit and have fun. The project is also a great place to meet other people and to get involved in the community. The project is a great way to get fit and have fun. The project is open every week and is a great way to get fit and have fun. The project is also a great place to meet other people and to get involved in the community.

Thank you 