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**COMMUNITY PROGRAMME FOR THE MENTAL WELL-BEING OF SENIORS  
PARTNERSHIP BETWEEN HEALTH PROMOTION BOARD AND CHONG PANG  
GRASSROOTS ORGANISATIONS**

The Health Promotion Board (HPB) and Chong Pang Grassroots Organisations (GROs) have partnered to pilot a community mental well-being initiative called Nurture Your Mind (NYM) Programme, for senior citizens in Chong Pang.

**Nurture Your Mind Pilot Programme**

2 To be launched in May 2011, this pilot mental wellbeing programme comprises a series of workshops and activities to raise awareness of mental wellbeing among seniors aged 50 and above as well as empower them with the information and skills to inoculate themselves against diseases such as Dementia. A study conducted by *Verghese et al. (2003)* has shown that participation in such cognitive leisure activities is associated with a reduced risk of dementia.<sup>1</sup>

3 Through three interactive and creative workshops using music, drama and role-playing, the participants will learn about what mental wellbeing is, the importance of resilience, what dementia is, and how they can enhance their interpersonal skills. They will also be encouraged to express themselves and share their life experiences.

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<sup>1</sup> Source: *Joe Verghese et al., 2003, Leisure activities and the risk of dementia in the elderly, New England Journal of Medicine, 348: 2508–2516.*



**i) Print me on Memory Lane! – Understanding Mental Wellbeing**

Participants will be introduced to the concept of mental wellbeing and the importance of resilience. Using unique modalities, fingerprint art is used to engage the seniors in reminiscing and revisiting their childhood/teenage memories. This activity encourages senior participants to renew interest in past hobbies and re-live past times, increasing their sense of worth and providing them with a sense of achievement.

**ii) Mental-thon! – Dementia Prevention via Mental Stimulation**

Participants will learn about the risk factors of dementia and how mental deterioration may affect the elderly. Various forms of challenging mental stimulation activities that require memory recall will be used in the workshop. Simple tips on improving memory will be shared.

**iii) Know You, Know Me! Enhancing Positive Relationships**

Participants will be equipped with ways to enhance their interpersonal skills through role-playing and a group skit. They will learn how to build positive relationships with those around them, including the younger generation, for a richer and fulfilling life.

4 The participants will also engage in Mentallympics, a series of mentally stimulating activities. Regular mentally stimulating games and competitions such as Mahjong, Rummi-O, A Million, and Bingo, will be organised to encourage them to keep motivated and remain socially engaged with their community.

5 HPB Chief Executive Officer, Mr Ang Hak Seng said, “Our population is ageing. By the year 2030, 20% of our population would be aged 65 years and above. As one ages, mental wellbeing becomes even more vital for continued good health, especially as seniors become more prone to dementia.”

6 On the importance of a community programme, Mr Ang added, “Studies show that social interaction and mentally stimulating activities may lower the risk of dementia. HPB’s Nurture Your Mind Programme will engage seniors aged 50 years and above in a series of creative and mentally stimulating workshops and activities using music, drama and role-playing. These workshops encourage thinking, planning and positive recollections, while they interact with fellow seniors in their community setting.”

7 Mr Teo Choon Hock, BBM (56 years old, Businessman), Chairman of the Chong Pang Community Club Management Committee said, “We are happy to be part of this

initiative as the NYM programme empowers our elderly residents to take charge of their own health and mental well-being through participating in mentally stimulating activities. They will also be able to widen their social network through the regular interaction with other elderly residents.”

**Issued by Health Promotion Board and Chong Pang Community Club**