

CHALK
2023

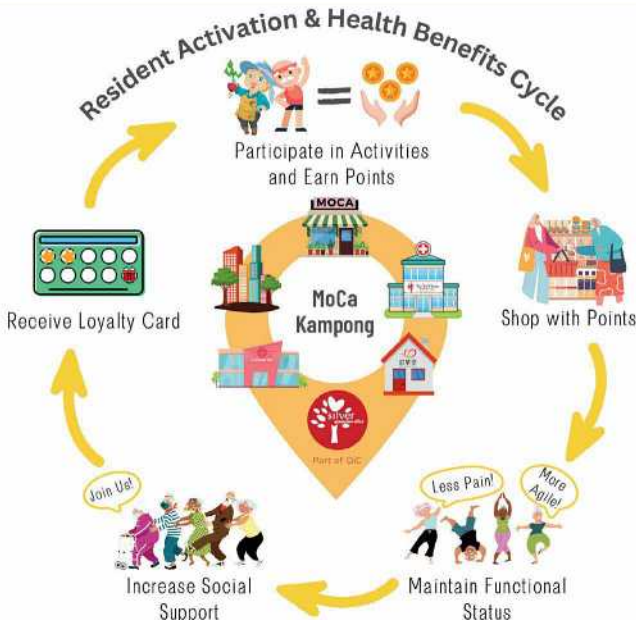
Poster
#9

PHASE 2: STAY ACTIVE, STAY HEALTHY WITH MOCA MINI MART!

TO ENHANCE SENIOR ENGAGEMENT IN ACTIVE AGEING PROGRAMMES, TACKLING THE WIDESPREAD ISSUE OF LOW PARTICIPATION IN THE COMMUNITY

Team Members:

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The integration of social support is crucial for enhancing the overall well-being of residents in any project. By fostering a sense of community and connection, social support contributes significantly to the success and sustainability of initiatives. In the realm of residential projects, this enhancement takes on added importance as it directly influences the quality of life for inhabitants.

Implementing social support mechanisms involves creating spaces and platforms for residents to interact, share experiences, and support one another. This can range from organised community events and forums to online platforms that facilitate communication. These initiatives not only strengthen social bonds but also provide a support network for individuals facing challenges or transitions.

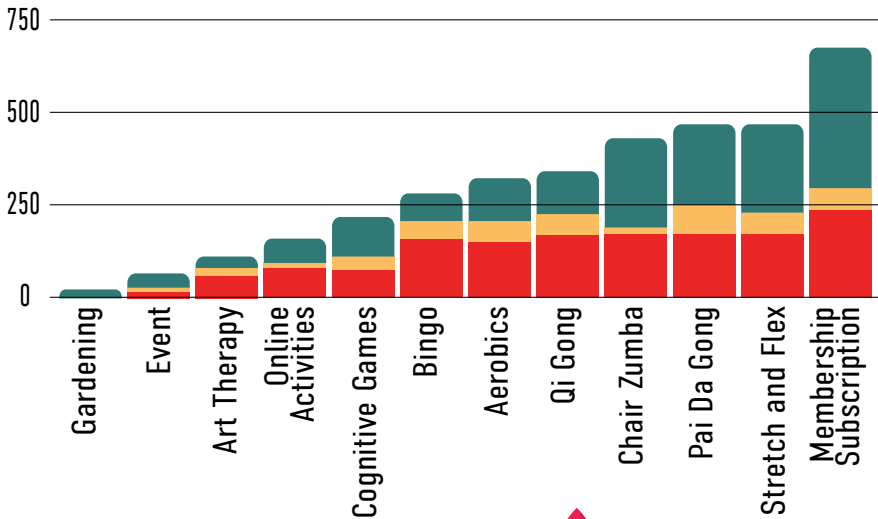
In addition to promoting a positive living environment, social support positively impacts mental health, reduces feelings of isolation, and enhances overall satisfaction with the project. Residents who feel connected and supported are more likely to actively engage in the community, fostering a sense of pride and ownership. Ultimately, the incorporation of social support within residential projects goes beyond the physical infrastructure; it creates a thriving and interconnected community, laying the foundation for long-term success and resident well-being.

At 86, I found myself shying away from physical activities and rarely interacting with others. For 5 years, I resisted Chong Hua Tong Active Ageing Centre's efforts to draw me into their Active Ageing programmes, content with just picking up my lunch there. But then **MoCa Mini Mart** started, and it sparked something in me. Now, you'll see me at the morning exercises and enjoying Bingo and cultural sharing in the afternoons. Not only have I started making friends, but I also feel healthier, more vibrant. **I'm truly living life again.**



Type 2 senior,
Mr Chung, age 86

Active Ageing Programme Participation Growth Chart



284%
Increase in
Membership
Subscription
since inception
in Oct 2022

Help Our Seniors Live Well!

Donate healthy groceries to MoCa Mini Mart.

Come to 47 Owen Road, #01-251, S210047

(Monday - Friday, 10 AM - 4 PM)

Your gifts keep our community
strong and joyful!

