



# NHGP ENRICH

## ENGAGING and empoweRING our Community for better Health

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Theme: Neighbourhoods

### WHAT IS THIS INITIATIVE ABOUT?

ENRICH is a **social prescribing intervention** for patients aged 60 years and above with mild to low-moderate disease complexity, to **engage and empower them in the community for better health outcomes, through a Link Worker**. It is aligned with national Healthier SG (HSG) initiatives and addresses patient's social determinants of health and health behaviours, which contributes to 80% of health outcomes.

#### ENRICH Process

- Suitable patients would be identified by the healthcare team either during their HSG Health Plan discussion or during their chronic consultations and referred to the ENRICH Link Worker.
- ENRICH Link Worker provides active listening to understand patients' preferences in activities and align them with the care team's assessment to recommend suitable community activities, encourage participation and provide link-up with the AACs.
- Patients attend the programmes and are subsequently engaged by the AACs for continued participation.



### OUR IMPACT

916

Patients **engaged** as of Mar 2025

71%

Continued with other **community activities**

93%

Patient **satisfaction** with recommendations

100%

Would **recommend** ENRICH to others

Subset of patients were analysed for preliminary findings\*:

Patients who had completed the recommended community activity showed an **average improvement in physical activity level per week by 57.1 min**

*\*Full evaluation will be conducted after the POC phase*

### PLANS AHEAD

#### Spread of Intervention

- ENRICH is at a Proof-Of-Concept phase
- Currently available in Kallang and Khatib Polyclinics, and CN-PCN GP Clinics.
- We plan to expand our manpower capacity to extend the intervention to all NHG Polyclinics by end of FY2025.

#### Collaborations

- To increase our repository of community activities that we can introduce and recommend to our patients, we plan to establish partnerships with **Active Ageing Centres (AACs)** in the vicinity of our polyclinics.

### OUR OFFER

To expand ENRICH to other **NHG Polyclinics and PCN/GP partners** and further social health integration efforts in Central North. NHGP is also looking to **strengthen the partnership with neighbouring AACs and community partners** to facilitate **seamless patient handover** and data sharing of patient's attendance and well-being at the AAC.

For example, NHGP and AAC may co-organise activities (e.g. physical activity, arts and craft activity) within NHGP to attract attention and raise awareness of the programmes offered at the AAC, as patients may otherwise not be aware of the services provided.

We hope to continue to **engage more patients and people the community to be socially engaged, physically active and mentally healthy** through various community programs and seamless sharing of information of their progress between community partners and their healthcare teams. **A healthier community, striving towards the 15M mission.**

# INITIATIVE TITLE

ORGANISATION  
LOGO  
(HIGH-RES)

**Theme: Neighbourhoods/Schools/Workplaces**  
*(Please select the relevant theme and delete the others)*

## WHAT IS THIS INITIATIVE ABOUT?

Provide a summary of the initiative (service/programme/project) and how this supports health and well-being of:

- Young people and/or in school setting
- Adults and/or at workplace setting
- Seniors/young people/adults in neighbourhood setting

200 words

## INITIATIVE'S IMPACT

How has this initiative (service/programme/project) improved the health and social care within the community?

150 words

## PLANS AHEAD

What stage are you at?  
What are the next steps?  
Any plans to scale and/or to collaborate with other partners?

150 words



## OUR OFFER

What are you offering to share for learning about this service/programme/project?  
What are you offering to help others adopt from this service/programme/project?  
What are you offering to collaborate with others on from this service/programme/project?

200 words

Please include high-res images

# **Annex: Additional information to help you in ‘The Pitch’ segment**

## **What is this initiative about (description) ?**

- Who does it service?
- What does it aim to address?
- How does it address it?
- What are the outcomes so far? (As applicable)
- Other relevant info

## **Initiative’s Impact:**

- What’s the challenge or opportunity being addressed?
- What has changed?
- Results and/or achievements attained

## **Initiative’s Current Stage:**

- Operational (Fully implemented/Scaling stage)
- Development (At Proof of Concept/Value stage)
- Emergent (At Ideation stage)

## **Plans Ahead:**

- Next steps and/or development phase(s) of the initiative
- Plans for the initiative (where is it headed to?)
- Potential areas for collaboration with other organisations

## **Consult, Copy or Collaborate:**

- Best practices/insights that partners can take away from your initiative to consult and/or copy
- What are the areas that partners can collaborate with you to expand your initiative?

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## **Visitors to make an “Ask” upon viewing the exhibits/listening to the pitch at the Marketplace**

**(We will be consolidating all the Asks from our Partners to better connect and act together)**

## **What’s your Ask:**

- *What do you wish to learn about this service/programme/project?*
- *What is your ask regarding your exploring adopting the service/programme/project?*
- *What is your ask regarding exploring collaboration for this service/programme/project?*