

**Embargoed until Saturday, 26 July 2014, 12.00pm**

**GROUNDBREAKING CEREMONY FOR BEDOK INTEGRATED COMPLEX  
FACT SHEET ON BEDOK SPORTS CENTRE**

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**Sports Facilities at Bedok Integrated Complex (operated by Sport Singapore)**

Sports Hall	8 badminton courts
National Training Centre	Sepak Takraw Silat
Swimming Pools	1 competition pool 1 sheltered training pool 1 leisure fun/learning pool 1 wading pool 1 interactive play pool
Fitness	Fitness Gym (800sqm) 2 Fitness Studios
Tennis	6 sheltered tennis courts

## **About ActiveSG**

- As the national movement for sport, ActiveSG creates a sporting ecosystem that provides innovative, well designed, enjoyable and affordable programmes for all through a network of sporting spaces.
- ActiveSG acts as an enabler to build a community where individuals, families and organisations come together to learn, socialise, train, compete and even host sports events.
- ActiveSG partners National Sports Associations, schools, the community, corporate companies and public organisations, sports clubs, etc., to co-create programmes that are affordable, inclusive and appropriate for all skill levels and age groups. This provides greater accessibility and opportunities for all to participate.
- ActiveSG will embark on a series of facility facelifts and makeovers to enhance the fun element of existing facilities, as to create richer and more impactful experiences for all.
- ActiveSG was officially launched on 26 April 2014 at Jurong West Sports Centre.
- ActiveSG has 465,000 members.

## **Sport Singapore's ActiveSG programmes at Bedok Integrated Complex**

- 1) Outdoor Sports, Health and Fitness
  - a. Running interest group
  - b. Walking interest group to scenic and historic sites in Singapore
  - c. Enhanced fundamental movements skills for kids
  - d. Sports Orienteering
  - e. Super Body Super Brain™
  - f. Modified Tennis for parent-and-child
  
- 2) Indoor Sports, Health and Fitness
  - a. Gym by the pool
  - b. School holidays sport camp
  - c. Health and nutrition talk (in relation to sport and fitness programmes)
  
- 3) Studio-activities
  - a. Masala Bhangra® Workout
  - b. Piloxing®
  - c. "Buddy Up" programme (Bring along another person and pair up to learn a sports programme!)
  - d. Enhanced SEP programs for schools
  - e. Floorball
  - f. Tchoukball
  
- 4) Aquatics
  - a. Aqua Spinning
  - b. Aqua Aerobics
  - c. Aqua Zumba
  - d. Flippa Ball
  - e. Water volleyball
  - f. Water basketball
  
- 5) Age-friendly activities
  - a. Hydrotherapy
  - b. Stair climbing interest group
  - c. Gym orientation
  
- 6) Team development through sport (for companies and schools)

## Highlights of Programmes

- **Sports Orienteering**

Sports Orienteering is a fun and challenging sport of navigation with map and compass. Participants need to navigate, walk or run to the different checkpoints shown on the map and reach the finishing line in the shortest amount of time. This sport exercises both the mind and body and is suitable for people of all ages and experience.

- **Super Body Super Brain™**

“Super body, Super brain” is a physical progressive exercise programme, which trains the brain as well as the body. The programme stimulates the networks in the brain responsible for movement through the incorporation of specific exercises that optimises brain functions. It incorporates balance, coordination and strength simultaneously in the same movement, thus optimising the strength training results.

- **Masala Bhangra® Workout**

Masala Bhangra® is a fun cardio workout in which you will learn high-energy dance moves, blended with modernised Indian folk dance steps, set to the pulsating beat of popular Bollywood and Bhangra music. Suitable for participants of all ages and different fitness levels.

- **Piloxing®**

Piloxing® is a non-stop, cardio fusion of standing pilates, boxing and dance that will push you past your limits for a *sleek, sexy, powerful™* you! Piloxing® uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of pilates to burn maximum calories, build lean muscles and increase stamina. Add to that the exhilarating dance moves, and you have a muscle-toning, fat-burning workout that will make you feel physically and mentally empowered!

- **Aqua Spinning**

Love to cycle but would like to keep cool and be in the pool at the same time? Then Aqua Spinning is for you! Aqua spinning is simply cycling on stationary bicycles in the shallow end of the swimming pool while listening to the tune of music. With water level being at your waist-to-chest height, you don't even need to know how to swim to join Aqua Spin.

- **Aqua Zumba®**

Splash your way into shape with an invigorating low-impact aquatic exercise. Also known as Zumba®pool party, this aqua dance fitness workout is suitable for swimmers and non-swimmers.

- **Flippa Ball**

Want your child to be a future Water Polo National player? Flippaball is the sport for your child! Flippaball is a modified water polo game played in the shallower end of the swimming pool so that children who are still learning to swim can also participate.

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## **GROUNDBREAKING CEREMONY FOR BEDOK INTEGRATED COMPLEX FACT SHEET ON KAMPONG CHAI CHEE COMMUNITY CLUB**

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### **Objectives**

Currently located at 200 Bedok North Ave 1, Kampong Chai Chee Community Centre organises various programmes for residents to promote bonding among residents.

2 The revamped Kampong Chai Chee Community Club (CC) will be located at levels 1, 2 and 3 of Bedok Integrated Complex (BIC). Co-located with other facilities in the BIC, it will open up a multitude of new possibilities for Bedok residents of all ages to enjoy the total wellness experience. For a start, members from the CC's various Interest Groups, such as Hip Hop Dance, Japanese Drum (Daiko), Tai Chi, and, will be able to pursue their interests and even perform for the community at the open plaza on the ground level of the BIC.

3 Seniors and their caregivers can attend wellness talks and care-giving courses organised by the CC and supported by the medical professionals from the Bedok Polyclinic and ElderCare Centre.

4 Residents can also utilise the affordable and comfortable multi-purpose, multi-size function rooms to hold their parties and functions, and even engage CC trainers to cook and host private dinners and family celebrations.

5 Kampong Chai Chee CC will cater to the needs of three-generation families – for instance, parents and their children can participate in story-telling sessions at the Bedok Public Library while the grandparents indulge in senior water fun courses conducted by the CC at the covered swimming pool. Alternatively, when parents drop off their children at the child care centre, playground or music class, they can sign up for Bokwa classes at the CC's new dance studios or hone their culinary skills by learning from celebrity chefs at the CC's new culinary studio.

6 At the end of a busy day of activities, these families and their neighbours can come together and enjoy a barbeque on the sky terrace, tend to their plants in their community gardens, or simply watch the movie screenings under the stars in the sheltered yet spacious semi-open atrium.

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## Revamped Kampong Chai Chee CC Facilities and Programmes

	<b>Nurturing the Young Ones – Children</b>	<b>New Programmes and Activities</b>
1.	Child Care Centre (Level 2)	Enrol the young ones in the PA Kiddies enrichment school holiday programmes for a variety of fun literacy and communication activities, as well as children-parent bonding programmes!
2.	Children’s Playground (Level 2)	Parents will find the children's playground great for keeping young ones occupied while enjoying the rest of the facilities.

	<b>Arts and Culture for All Ages</b>	<b>New Programmes and Activities</b>
1.	Four Music Rooms (Level 2)	The four music rooms provide an avenue for residents to pursue their musical interests in a convenient location, e.g. Jamming/Percussion and Japanese drums (Daiko) interest groups.
2.	Two Dance Studios (Level 2)	Stay active and join in Dancing and Keep Fit programmes for residents as part of a healthy lifestyle.
3.	Master Culinary Studio (Level 1)	<p>Learn how to cook up a storm like a true blue celebrity chef with local celebrity chef classes!</p> <p>Share culinary skills and recipes with fellow residents with our bi-monthly programmes by residents.</p> <p>Residents may also engage CC trainers to cook and host private dinners and family celebrations.</p>

4.	Foyer & Event Spaces (Level 1)	<p>Various interest groups can look forward to utilising the spaces here, e.g. Mass Zumba, Bokwa Dancing, and Arts Exhibitions.</p> <p>These foyer spaces also enable people of all ages to engage with the arts as audiences and performers.</p>
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	<b>Community Space for All</b>	<b>New Programmes and Activities</b>
1.	Customer Lounge & Reception (Front Office) (Level 1)	Residents can catch up with news at the Newspaper Reading Corner, and surf the Internet at the E-Corner.
2.	Conference Room (Level 3)	A venue for hosting corporate functions, meetings, seminars, workshops.
3.	Configurable Function Rooms with collapsible doors (Level 3)	Function rooms are equipped with versatile, collapsible doors which can easily be configured to match functions of all sizes, from small groups to large scale events. E.g. Residents' festive and birthday celebrations.
4.	Sky Terrace (Level 3)	<p>The sky terrace provides an intimate recreational space for residents to interact with one another through community gardening efforts.</p> <p>They can also enjoy a relaxing time and organise BBQs to entertain family and friends.</p>
5.	Events Room (Level 1)	Holding area for residents' activities.
6.	Four Commercial Spaces (Level 1)	Complementary programmes by tenants.

**Wider range of CC Programmes/Activities for all Ages under one roof**

Co-Locators	Joint Activities/Programming
<p><b>SportSG</b>  <b>– Physical and Social Wellness for All Ages</b></p>	<ul style="list-style-type: none"> <li>- Community Gardening</li> <li>- Annual Family Water Carnival</li> <li>- Community Games Competition</li> <li>- Inter-Zone Badminton /Tennis Competition</li> <li>- Water Safety Courses for residents and domestic helpers</li> <li>- Weekly Vertical Climbing Exercise</li> <li>- Low Impact Water Sports Classes</li> <li>- Senior Water Fun Courses</li> </ul>
<p><b>Bedok Public Library - Mental Wellness for All Ages</b></p>	<ul style="list-style-type: none"> <li>- Children Storytelling Competition</li> <li>- Parents Story Reading Programmes with Children</li> <li>- Weekly Storytelling Corner at Activity Area – Adapted from Roger Jerkins Story Telling</li> <li>- Half-yearly Treasure Hunt in CC</li> </ul>
<p><b>Bedok Polyclinic – Physical Wellness for All Ages</b></p>	<ul style="list-style-type: none"> <li>- Family Health Screening Packages</li> <li>- Mammograms; Blood Donation</li> <li>- Health Talks – General and Series of Targeted Health Talks</li> </ul>
<p><b>Eldercare Centre – Physical, Mental and Social Wellness</b></p>	<ul style="list-style-type: none"> <li>- Low Impact Water Sports</li> <li>- Language Classes</li> </ul>



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**GROUNDBREAKING CEREMONY FOR BEDOK INTEGRATED COMPLEX  
FACT SHEET ON SINGHEALTH POLYCLINICS - BEDOK**

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**Objectives**

The new SingHealth Polyclinics (SHP) - Bedok will adopt a wellness-centric approach and will empower patients to undertake self-care for their chronic conditions through patient education and community help programmes.

2 It will aspire to provide the pivotal link with the regional health system and community health partners to support patients across the continuum from prevention to palliation. The polyclinic building will also have age-friendly features (e.g. barrier free access, non-slip floors and hand-rails along corridors) so patients can navigate around the new polyclinic safely and efficiently.

**Facilities and Programmes**

<b>LOCATION</b>	Blk 212 #03-147 Bedok North Street 1 Singapore 460212 (Three-storey HDB commercial space)
<b>SIZE (FLOOR AREA)</b>	1,770 sq m over 1 level
<b>DATE OF OPENING (PUBLIC)</b>	October 1977
<b>PATIENT ATTENDANCE</b>	<b><u>Year 2013</u></b> Close to 276,000 Average 944 patients per day  <i>The majority of the polyclinic's attendances are drawn from Bedok and Tampines.</i>
<b>OPERATING HOURS</b>	Mon to Fri : 8 am to 4.30 pm Sat : 8 am to 12.30 pm Closed on Sunday and Public Holidays
<b>DEMOGRAPHIC PROFILE</b> <b>Race</b> <b>Age Group</b>	<b><u>Year 2013</u></b> 14 yrs & below 11.1% 15 to 29 yrs 16.3% 30 to 64 yrs 45.3% 65 & above 27.3%

<b>CURRENT SERVICES</b>	<ul style="list-style-type: none"> <li>• Comprehensive Assessment / Health Monitoring Station</li> <li>• Doctor Consultation</li> <li>• Shared Nursing Services <ul style="list-style-type: none"> <li>– Treatment</li> <li>– Direct Observed Therapy</li> <li>– Diabetic Foot Screening</li> <li>– Diabetic Retinal Photography</li> <li>– Health Counselling</li> </ul> </li> <li>• Nurse Clinician / Advanced Practice Nurse Service</li> <li>• Pharmacy <ul style="list-style-type: none"> <li>– Medication Review Service</li> </ul> </li> <li>• Women &amp; Children’s Health</li> <li>• Laboratory</li> <li>• Dietitian / Medical Social Worker</li> <li>• Dental Services</li> <li>• Family Physician Clinic</li> </ul>
<b>CLINIC DIRECTOR</b>	Dr Juliana Bte Bahadin

- Bedok Polyclinic will be co-located with People’s Association’s community centre, Singapore Sports Council’s facilities, National Library Board’s regional library and MOH’s senior care centre in a new integrated sports and community facility on a 2.2 ha site along Bedok North Street 1. The new integrated facility’s development will have a total gross floor area (GFA) of 43,590 sqm.
- With the relocation to the new building in 2017, Bedok Polyclinic will provide better care to patients in a conducive environment. Incorporating age friendly features, patients can navigate around the new polyclinic and enjoy the services in an efficient and effective manner.
- In addition to basic primary healthcare services, the redeveloped polyclinic will offer support services to improve chronic disease management as well as patient empowerment programs to facilitate holistic patient care.
- The redeveloped Bedok polyclinic will have an approximate gross floor area of about 5,866 sqm.

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**GROUNDBREAKING CEREMONY FOR BEDOK INTEGRATED COMPLEX  
FACT SHEET ON BEDOK PUBLIC LIBRARY**

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The upcoming Bedok Public Library (BEPL), located at the new Bedok Integrated Complex, will be a welcoming community space that brings visitors of all ages together to read, learn and discover.

2. BEPL will cater to residents, students, working adults within the neighbouring areas, and shoppers from heartland malls in and around the vicinity.
3. Library users can look forward to more inspiring reading and learning spaces that will be conducive for interaction, collaboration and creation among library users. Individual quiet reading and study areas, discussion spaces, and cosy lounges will be incorporated into the design of the new library.
4. To cater to the needs and interests of seniors, there will be an array of programmes and talks which are useful in their daily life. The library will also continue to offer story-telling sessions, arts and craft programmes, drama workshops and many more to visitors.
5. Users can browse and read electronic newspapers and electronic magazines in the library. The library will continue to offer a collection of books, magazines and audio-visual materials of a diverse range of topics catering to people of all ages.
6. More details of the library will be released at a later date.

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## **GROUNDBREAKING CEREMONY FOR BEDOK INTEGRATED COMPLEX FACT SHEET ON ELDERCARE CENTRE**

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### **Objectives**

The eldercare centre supports seniors with multiple care needs to age-in-place within the community as far as possible.

### **Facilities and Programmes**

2 The eldercare centre will integrate both health and social care services (e.g. personal care, meals and daily activities) to support the needs of seniors in the community. Occupying approximately 1,000 sqm, the Centre will offer a range of services under one roof for the convenience of our seniors:

- Social and recreational activities to promote healthy lifestyles and lifelong learning
- Day care services which provide personal care, meals and daily activities
- Healthcare services including physiotherapy, occupational therapy and basic nursing care.

3 This gives family caregivers an option to leave their loved ones in the centre's care with peace of mind when they are at work. The centre can support up to approximately 100 seniors per day.