

## **MEDIA RELEASE**

**For immediate release**

### **Launch of New Reminiscence Walks for the Silver Community**

*The National Heritage Board and SAGE Counselling Centre join hands  
to co-develop and launch a new age-inclusive heritage programme*

**Singapore, 18 December 2018** – The National Heritage Board (NHB), in collaboration with SAGE Counselling Centre, launches *Reminiscence Walks*, an age-inclusive programme designed to encourage the empowerment of, and social interaction amongst, seniors, through guided heritage tours. *Reminiscence Walks* is a new programme under NHB’s Silver Hubs @ Heritage Institutions initiative, which presents meaningful and enriching heritage experiences for seniors at NHB’s three heritage institutions – the Sun Yat Sen Nanyang Memorial Hall, Malay Heritage Centre and Indian Heritage Centre – in collaboration with partners from the health and social care sectors.

2 Jointly developed with SAGE Counselling Centre, *Reminiscence Walks* is a signature Silver Hubs programme that seeks to enhance the psychological and social well-being of seniors vis-a-vis guided tours of selected traditional trades that can be found in historic precincts. Through the process of reminiscence and recall, seniors can be socially and emotionally engaged through meaningful conversations, where they are encouraged to share their stories and memories.

3 In addition to the guided tours, the programme involves the training of senior volunteers to be *Reminiscence Walks* ambassadors. At the end of the training sessions, these ambassadors will conduct guided tours for other seniors around the vicinities of the heritage institutions (i.e. Balestier, Kampong Gelam and Little India), and facilitate conversations triggered by the sights, smells and sounds experienced along these walks.

4 Ms Shannen Ang, Centre Manager and Senior Counsellor of SAGE Counselling Centre said: “Based on our data, lack of self-esteem, loneliness and social isolation were highlighted as main factors of seniors succumbing to depression. Our volunteers, mostly seniors themselves, were exposed to fundamentals in befriending, identifying signs of

depression/dementia and given an overview of gerontology. We believe that every senior has wealth of experience to share and contribute if we engage and listen to them.

5 The first series of *Reminiscence Walks* will focus on the Balestier area and the guided tours will commence in December 2018. The monthly guided tours will be available throughout 2019 and for more information about the monthly tour schedule, please refer to [Annex A](#). In April 2019, NHB and SAGE Counselling Centre will introduce *Reminiscence Walks* for Little India and Kampong Gelam. Seniors who are interested to find out more about *Reminiscence Walks* may enquire with SAGE Counselling Centre.

6 Mr Alvin Tan, Assistant Chief Executive (Policy and Community) of NHB said: “Through the programme, we hope to encourage active senior participation in society and empower seniors to help other seniors. We are also gearing up our development and implementation of new age-friendly programmes because we hope to future-proof our institutions and ensure that they are ready to meet the needs of an ageing population.”

7 Under *Our SG Heritage Plan*, NHB is committed to developing a targeted suite of programmes to engage the silver community and to promote active ageing at the heritage institutions. *Reminiscence Walks* is NHB’s second age-inclusive programme, following the *Conversation Starter Kit for Seniors*, which was introduced jointly with the National Council of Social Service and four community care partners in November 2017.

8 Please refer to:

- Annex A – Schedule of *Reminiscence Walks* for Balestier
- Annex B – Quotes from *Reminiscence Walks* ambassadors

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### **About the National Heritage Board**

The National Heritage Board (NHB) was formed on 1 August 1993. As the custodian of Singapore's heritage, NHB is responsible for telling the Singapore story, sharing the Singaporean experience and imparting our Singapore spirit. NHB's mission is to preserve and celebrate the shared heritage of our diverse communities, for the purpose of education, nation-building and cultural understanding. It manages the national museums and heritage institutions, and sets policies relating to heritage sites, monuments and the National Collection.

Through the National Collection, NHB curates heritage programmes and presents exhibitions to connect the past, present and future generations of Singaporeans. NHB is a statutory board under the Ministry of Culture, Community and Youth. Please visit [www.nhb.gov.sg](http://www.nhb.gov.sg) for more information.

### **About Silver Hubs**

*Silver Hubs* is an initiative of Our SG Heritage Plan. It aims to position the National Heritage Board's three heritage institutions (the Indian Heritage Centre, Malay Heritage Centre and Sun Yat Sen Nanyang Memorial Hall) as community spaces which offer meaningful and enriching arts and heritage experiences for the silver community. Through strategic collaborations with partners from the health and social care sectors, *Silver Hubs* will co-curate age-inclusive programmes for, and with, seniors at the heritage institutions.

### **About SAGE Counselling Centre**

SAGE Counselling Centre aims "to enhance the total well-being of the older persons and their caregivers with a special focus on the psychological and social aspects of their health" and "to promote the well-being of older persons by listening and responding appropriately to their concerns and needs".

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**Schedule of Reminiscence Walks for Balestier**

1. Reminiscence Walk Session 1  
Tuesday, 22 January 2019  
10 am to 2 pm
2. Reminiscence Walk Session 2  
Tuesday, 22 January 2019  
10 am to 2 pm
3. Reminiscence Walk Session 3  
Tuesday, 12 February 2019  
10 am to 2 pm
4. Reminiscence Walk Session 4  
Tuesday, 12 March 2019  
10 am to 2 pm

For more details on the schedule of walks for the rest of 2019, please contact:

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ANNEX B

**QUOTES FROM REMINISCENCE WALKS AMBASSADORS**

Jerry Low, 65.

I wish to acknowledge our forefathers' accomplishments in building modern Singapore and appreciating our history. At the same time, I hope to engage my peers in sharing their experience and memories. Letting them know that, we have built a socially inclusive community.

Wang Kwei Fang, 75.

我在乐龄辅导中心上课时，知道中心有这类的怀念活动。我在新加坡住了40年对新加坡的多元种族历史很感兴趣。我想和其他年长者一同分享这宝贵的历史。