



NNI FUN FEST - Re-Connect, Re-Energise and Re-Charge



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AIM

To create a holistic event for staff to socially re-connect, physically re-energise and mentally re-charge based on an institutional-level needs analysis.

METHODOLOGY

The NNI FUN (For U @ NNI) Committee was set up in FY21 to harmonise our Joy at Work practices. In January 2022, we conducted an institutional level survey asking individuals about their social, physical and mental needs. 102 staff (22% response rate) participated in the survey highlighting key themes:

- 1/5 of staff did not feel well emotionally or physically
- Interest in free events and prizes

We designed NNI FUN FEST, a month long event to focus on social, physical and mental wellbeing.

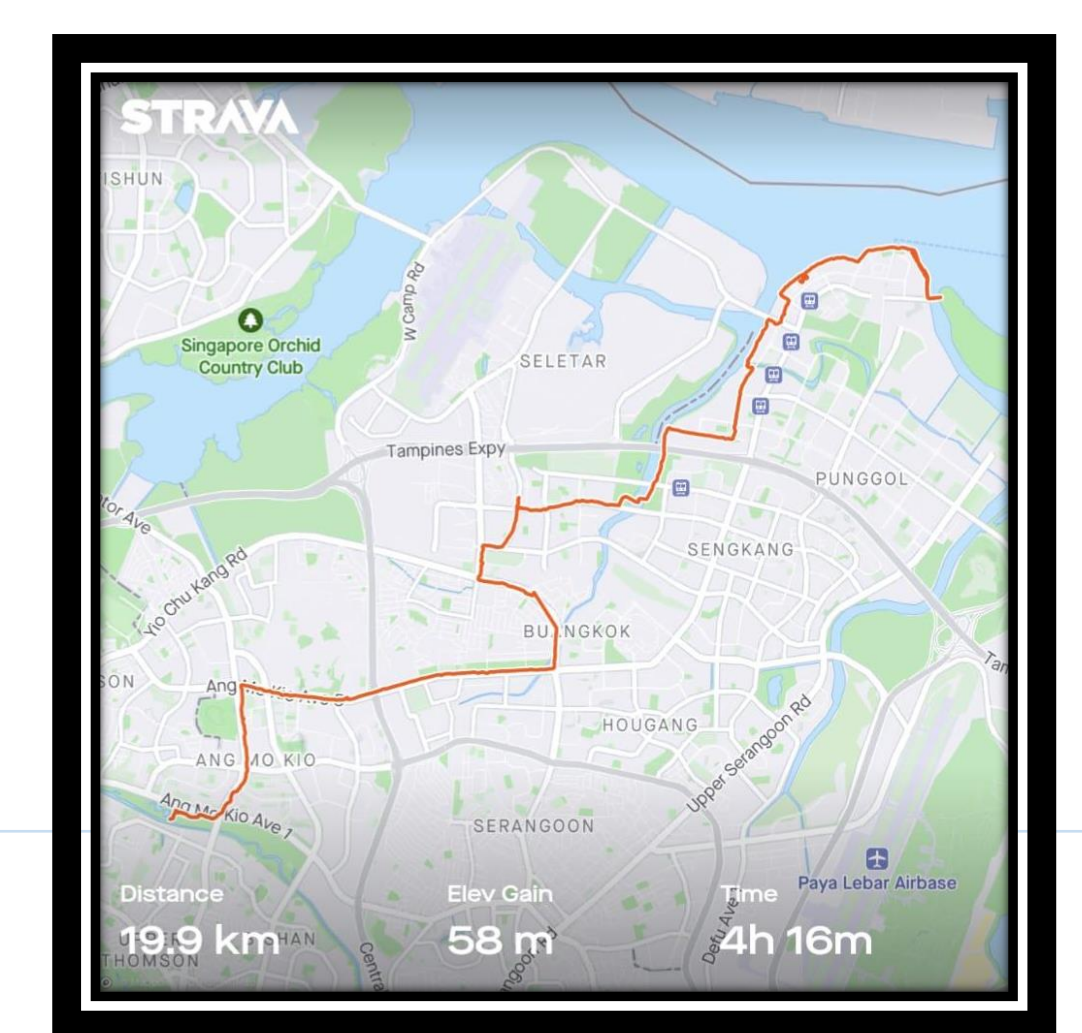


Re-Connect: Social Well-Being

Social interaction in the workplace was limited over the past 2 years due to the safe distancing measures put in place. To enhance staff's social well-being and interaction at the workplace, a **Virtual Wheel of Fortune** game was held for staff to re-connect and have fun with each other and colleagues from other departments. Staff formed teams of 5 to compete in the game. Teams that made it to the final round also won vouchers as their prizes.

Re-Energise: Physical Well-Being

We created **NNI Cycling and Hiking Trails** to get staff moving and included a point-based rewards framework utilising the GPS maps submitted of their physical activity. Staff could form teams to explore various cycling/hiking trails all over Singapore and clock their distance to earn points. The team with highest points would receive prizes. This also encouraged staff to interact with one another (improving social well-being) while on the trails.



Re-Charge: Mental Well-Being

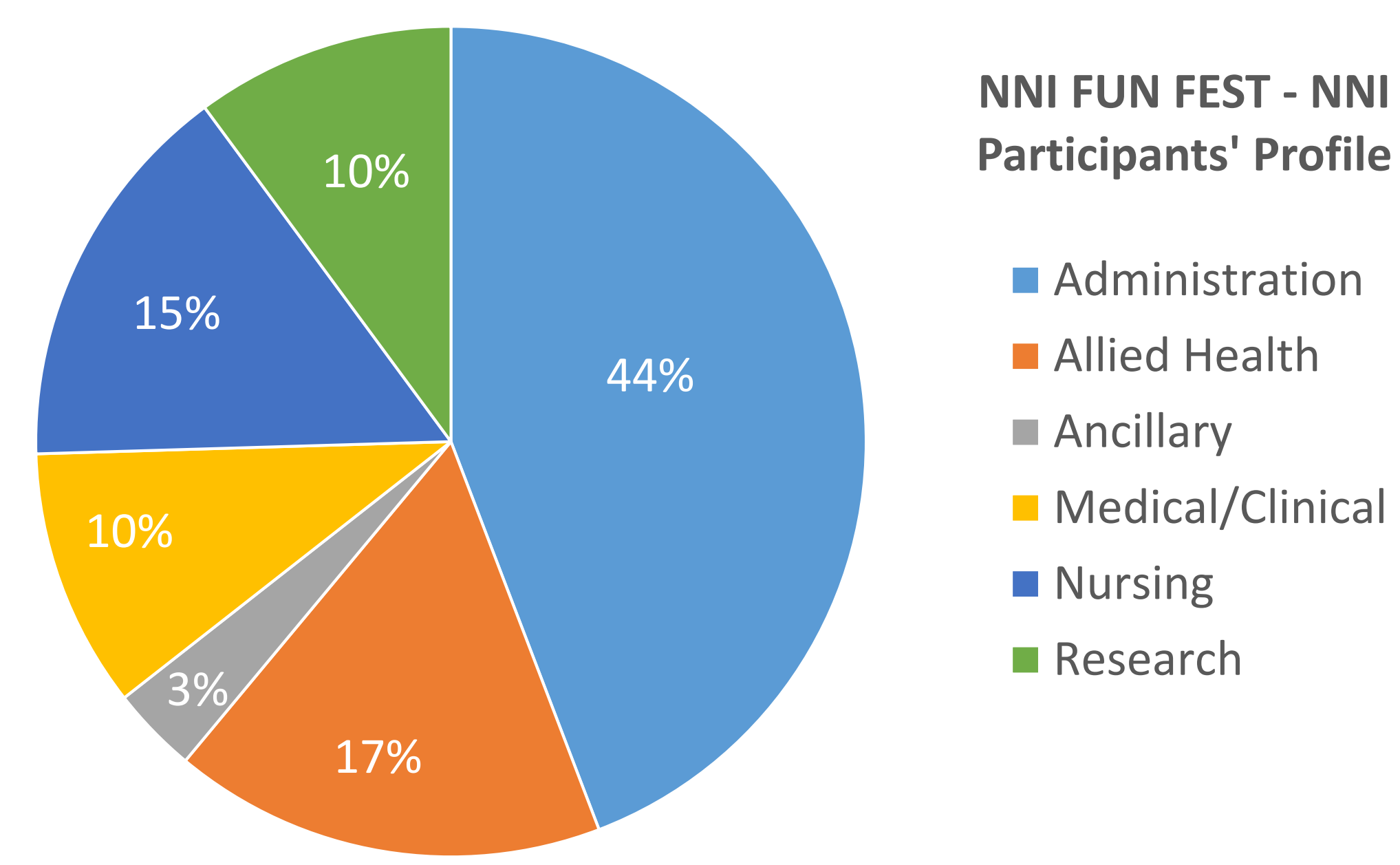
We engaged the **Resilience Institute and Health Promotion Board** to conduct 5 lunchtime webinars and online talks focusing on: coping with pressure, managing energy, nutrition, office ergonomics and tips to have better sleep.



RESULT

There was enormous support from the staff for the NNI FUN FEST.

- **55** NNI staff from multiple campuses participated in the Virtual Wheel of Fortune game. 3 teams were interdepartmental or interprofessional in membership.
- **26** NNI staff participated in the Cycling/Hiking trails and clocked **1,050.92 km** over 3 weeks.
- **186** NNI staff (40% of NNI staff) + **64** staff from other SingHealth institutions participated in the lunchtime webinars and talks.



Conclusion

The pandemic has put a strain on our physical, mental and social well-being. Utilising a needs analysis approach, we have created a bespoke event (NNI FUN FEST) which has shown significant interest and participation from staff. With the success of NNI FUN FEST, we intend to make this a yearly activity for staff to re-connect, re-energise and re-charge.