



Children, look to your sides. We will pass by Canberra Plaza which I want to bring you to! They have a water playground on the third floor. Then one day we go Admiralty Place for makan!

Shopping malls are great for the children but I prefer to be among nature. This upgraded park looks so lovely!



Eh, date night here one day ok?

MALLS & Neighbourhood Centres

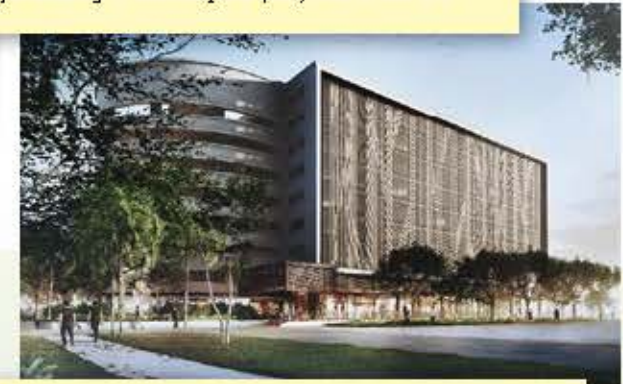


ADMIRALTY PLACE

Key connectivity nodes are the link-bridge (right), and the direct access pathways leading to the car park (left) and Block 678

Connectivity Is the key

The future Admiralty Place offers seamless connectivity to the neighbourhood's facilities. Cross the link-bridge to Kampung Admiralty's Hawker Centre, be it rain or shine, and access the Childcare Centre and housing units at Block 678 by a direct pathway. Connect with nature, too, through the pockets of green space at outdoor areas.



The existing multi-storey car park will have a new facade and lifts, and be connected to Admiralty Place

WOODLANDS REGIONAL CENTRE



CANBERRA PLAZA



Fun and functional facilities

An elevated linkbridge from Canberra MRT leads you right to Canberra Plaza's doorstep. Head down to level 1, where the 24-hour pedestrian access throughfare links to the precinct green, and check out the fitness and play facilities! You can also head up to the landscape deck at level 3 for a scenic view, or to cool down at the water playground.



Woodlands Regional Centre will be a sizeable commercial hub that brings jobs closer to homes in the North. It will provide a variety of flexible office and industrial spaces to suit a wide range of business needs, all within an attractive lush and green environment in proximity to an expansive waterfront. With the new TEL enhancing connectivity to key destinations in Singapore, Woodlands Regional Centre is poised to become a nexus of new opportunities for residents and businesses alike.





There are other ways for us to keep healthy, like sports. Luckily there are a lot of facilities for us to utilise.

SPORTS-IN-PRECINCT *Projects*

When the Sports-in-Precinct projects in Sembawang and Woodlands are completed, residents can look forward to more recreational spaces near their homes, including multi-purpose courts, fitness corners and badminton courts to keep fit and stay healthy. This also serves an additional platform for neighbours to interact with one another and build communal bonds.



WOODLANDS SPORTS PARK



BLK 508C WELLINGTON CIRCLE





The sign says medical centre but there's a garden, and the glass panels make this place look like hotel hor.



Pa, nowadays many new community hubs integrate greenery into their facilities. Like the upcoming Bukit Canberra, you know? It's opening progressively this year.

BUKIT Canberra

Bukit Canberra will be ready for you soon! The integrated hub is a five-minute walk from Sembawang MRT. Its facilities for young and old are set within a lush natural environment covering 12 hectares, giving ample space for visitors to enjoy the green paradise. Through its focus on greenery, Bukit Canberra ensures that greenery native to Sembawang is conserved.

A family carnival commemorating the start of construction works for this hub was held in July 2016. More than 800 residents attended the carnival, with some joining Sembawang Grassroots Advisers in planting the Sembawang tree (*Mesua ferruginea*).

Nature-integrated facilities include:

- Natural running trails of varying difficulty
- An air-conditioned health lab, inclusive gym, and nutrition studio with views of lush greenery
- An outdoor forest gym
- A community lawn
- Swimming pools for recreation and training purposes



Natural setting wading pool



Community lawn



Natural running trails



Forest gym



An 8-lane outdoor lap pool



Children's fun pool





Enjoy affordable hawker fare in a park-like environment.



Sembawang Grassroots Advisers and community leaders celebrating the start of construction works for Bukit Canberra.



Advisers planting the Sembawang tree to mark the start of construction work for Bukit Canberra.

Wellness and Health

ActiveSG Sembawang Sport Centre in Bukit Canberra will have Town Sport Centre features under the Sports Facilities Master Plan (SFMP).



Pick up preventive healthcare techniques through the Active Health Lab's workshops on physical activity, nutrition, sleep and screen time.



Singapore's biggest ActiveSG gym caters to people of varying physical abilities. Its lush green surroundings make your resistance, cardio, or weights workouts more scenic.



Cheer for your school or local sporting groups at the 500-seater indoor sports hall, which contains badminton, volleyball and basketball courts.



Gain dietary insights and knowledge at the health nutrition studio.



Treatment and consultation on acute and chronic diseases, women's health, and child health are available at the polyclinic.



Recreational, rehabilitation, and home-based care services at the senior care centre provide seniors with community support needed to age-in-place.

Greenery

The development and landscaping of Bukit Canberra is shaped around the existing terrain, and retains and highlights the hilly characteristics and lush vegetation.



The spacious, cool, sheltered community plaza is large enough to host crowds during community events and celebrations.



The semi-dense Fruit Orchard and Food Forest are suitable for community gardening and related, small-scale events.



Spot beautiful butterflies along the flower-lined paths of the butterfly garden.



The therapeutic gardens are a feast for the senses, with vivacious, fragrant blooms on full display. It is also wheelchair-accessible, and has shaded rest areas.

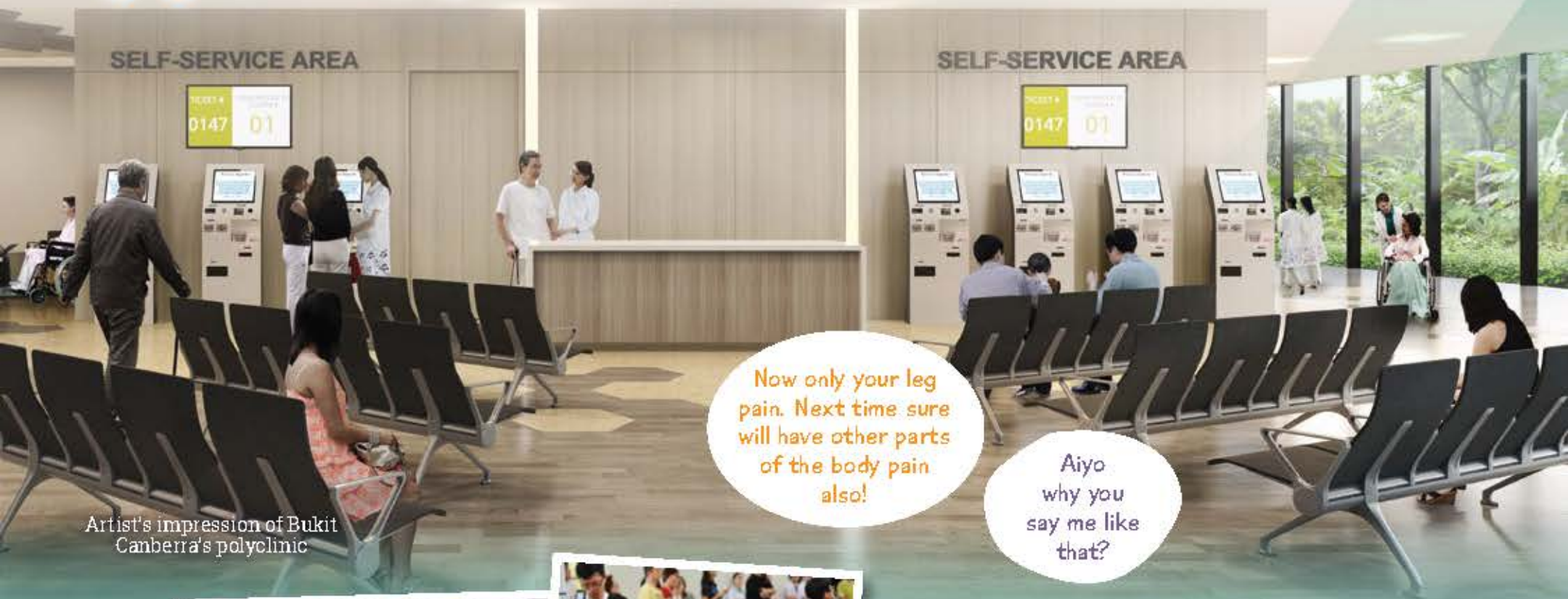


The sunken garden: a quiet, idyllic spot for reading or to catch a breather as you roam Bukit Canberra's ample green grounds.



Healthcare

Admiralty Medical Centre (AMC) in Kampung Admiralty places specialist outpatient consultation and surgical services at the heart of heartland living. Facilities include a day surgery & endoscopy suite, a rehabilitation gym, an X-ray & ultrasound suite, and medical laboratories.



Now only your leg pain. Next time sure will have other parts of the body pain also!

Aiyo why you say me like that?

Artist's impression of Bukit Canberra's polyclinic



From detection and treatment to education, AMC offers it all for diabetes patients

ADMIRALTY MEDICAL CENTRE

I'm not wishing that upon you la. Just being realistic about our ageing process only. Our lifestyle and eating habits create more stress on our bodies, compared to our parents' generation. We must be mentally prepared, and know where are the facilities to treat our ageing ailments mah.

For basic services like health checkups and screenings, treating common ailments, polyclinics are the best. Affordable, subsidised, and easily accessible.



WOODLANDS HEALTH CAMPUS

Then you have the Woodlands Health Campus. I read in ST that clinical and community care providers will work closely with WHC to ensure that care extends even after a patient's been discharged.



General practitioners, voluntary welfare organisations, and other social networks will work closely with WHC staff to empower patients and their families to take charge of their health



Specialist outpatient clinics in WHC



It's got specialist outpatient clinics clustered according to ailments, so you can consult specialists, nurses and therapists all in one visit. On top of that, it features a Healing Forest Garden that lets people interact with the natural environment for mental, emotional, and physical restoration.

Groundbreaking Ceremony



The ground breaking ceremony for WHC in 2017 was officiated by President Halimah Yacob, Health Minister Mr Gan Kim Yong, and Sembawang MPs





It's so great to be living in Sembawang...

...new MRT stations, improved bus services, many upgraded parks.

New town facilities and a vibrant community, with many more to come!

We can look forward to a *better Sembawang!*

