



UNIVERSITI
MALAYA



“Our Art, Our Stories”

Artworks by Members of Malaysian Parkinson's Disease Association



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“Our Art, Our Stories”

Artworks by Members of Malaysian Parkinson's Disease Association

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Azmi Bibon, Siti Rahimah Nor Rahim (carer), Ng Yoke Yin, Wong Kok Thong,
Lillian Wong (carer), Zainalabidin Yusuf, Angie Ang, Tommy Ong, Cindy Ong (carer),
Piergiacomo Mottino, Seow Su Mei, Leong Wai Yin, Theresa Chew, Vincent Chong, Alice Tan,
Saari Sungib, Wong Hock Beng, Leong Lee Ling (carer), Yaakof Ismail, Siti Aishah Hj Pin (carer)

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Preface

With approximately 20,000 people diagnosed with Parkinson's in Malaysia and a projected prevalence of 120,000 by 2040, more needs to be done to raise awareness of this condition. Funded by the Ungku Aziz Centre for Development Studies UM, this project is run by Poverty Research Lab UAC 3.0 Team (UMG004-2025UAC) in collaboration with Malaysian Parkinson's Disease Association (MPDA).

Three workshops: Puddle Pour Scribble, Fancy Finger Painting, Chop! Chop! Chop! have been conducted at MPDA and attended by 15 persons with Parkinson's and 5 carers. With the generous support from Universiti Malaya Central Library, all artworks were showcased in a physical art exhibition at the library's exhibition space from 4 to 25 July 2026.

On top of the physical art exhibition, a virtual gallery which can be accessed at <https://metasteps.com/viewer/b3ace935-4e90-401e-b36f-de63807f0d7b>, has been created to permanently house the artworks so the voice of persons with Parkinson's could travel far and wide.

The physical and online exhibitions, together with this art catalogue, are a celebration of resilience, creativity and insights of the Parkinson's community. Each unique artwork offers a glimpse into the artist's personal journey, story and perspective. Through the interplay of colours, shapes and patterns, the participants share their own narratives of strength, hope and life experiences in adversity that transcend words. Their works remind us that art offers respite, a safe space to slow down and focus on the present, and that art can be a form of expression which empowers us.

We are pleased to present this art catalogue as an additional effort in preserving the participants' artistic creations as well as exploring possibilities of utilising the artworks to enhance socioeconomic status of the artists, especially those facing financial constraints. Some of the paintings could be printed on mugs, bags, fabric, apparel, notebooks or calendars, just to name a few. Please contact us as we look forward to collaborating with corporate organisations, agencies, sponsors or institutions in future endeavours.

We invite you to pause, reflect and connect with these artworks—because in every piece, there is not only art, but also a real story and the enduring spirit of humanity.

Dr Yeo Siang Lee
Project Leader
Poverty Research Lab UAC 3.0 (UMG004-2025UAC)
Universiti Malaya

Able Through Art - A Curatorial Note

As a delicate, quivering hand began to dispense acrylic paint from a little paper cup onto the pristine canvas, my gaze remained fixed on an innocent visage...anything beyond that became obscured by my own tears. Each action the project participants executed evolved into an erratic choreography. The action demonstrated a lack of formal artistic education while remaining captivating.

As the time ticked away, I thought things were going to move more slowly, but everyone remained focused on the "assignment" that was given to them. The shakiness of the hands was gradually disappearing, and their body was gradually becoming more at ease and responding to the activity.

They worked with different primary colours, one at a time. They seemed to be enjoying the moment. When asked about how they felt, some said it reminded them of their childhood recollections in school.

The feeling of wet, cold paint on bare hands encouraged them to be messy and brought out the unstructured creativity, which was why they were enjoying the moment so thoroughly. For myself, this scene strongly evoked the universal childhood experience of finger painting or playing with poster paints during school art classes.

The memory of this moment lingered inside me the whole day. I continued to relive the scene and search for a more profound significance, and then something simply clicked...I learned to be more patient, more compassionate, and more appreciative of life and its many blessings. Guess I was blessed for being able to work with them. I was blessed for the opportunity to share my thoughts and "skill" with them.

Creative activities may improve quality of life for people with Parkinson's, helping them express their thoughts and feelings, connect with others, and maintain a sense of purpose and personal identity. Certain creative activities have also shown potential in helping to improve visual-cognitive skills, hand dexterity, general motor function, and more. I say this a lot...if we think disability is a problem, the problem lies with us. We do not have their disability to start with. They are struggling and adjusting to the situation and the fact remains that they will be forced to depend on others for many things. If we think they are 'disabled', how 'normal' are we? In my book, they are not disabled, they are able in their own way.

Dr Hazlin Anita Zainal Abidin
Universiti Teknologi MARA
Puncak Perdana Campus
Shah Alam
July 2026

Speech By MPDA President

It gives me great pleasure to present this art catalogue, featuring the creative works of our members who participated in the Our Art, Our Stories exhibition at Universiti Malaya Central Library. This collection is more than an exhibition of art—it is a testament to strength, courage and the power of self-expression.

For individuals with Parkinson's, art provides a unique avenue to communicate beyond words, to share emotions and to reclaim a sense of identity often challenged by the condition.

This exhibition embodies MPDA's mission to empower patients and caregivers, to foster awareness and to build bridges of understanding between the community and those affected by Parkinson's. We are deeply grateful to Universiti Malaya, especially the Poverty Research Lab UAC 3.0 Project Team (UMG004-2025UAC) and Central Library for organising this meaningful event, and to all collaborators and student volunteers whose support made this project possible.

May this catalogue inspire readers to appreciate the profound role of art in healing, advocacy and connection. Above all, may it remind us that creativity knows no boundaries, and that every story—told through colours and patterns—deserves to be heard.

Ms Sara Lew
President
Malaysian Parkinson's Disease Association (MPDA)

Photos From The Workshops



Malaysian Parkinson's Disease Association artists :

Azmi Bibon, Siti Rahimah Nor Rahim (carer), Ng Yoke Yin, Wong Kok Thong, Lillian Wong (carer), Zainalabidin Yusuf, Angie Ang, Tommy Ong, Cindy Ong (carer), Piergiacomo Mottino, Seow Su Mei, Leong Wai Yin, Theresa Chew, Vincent Chong, Alice Tan, Saari Sungib, Wong Hock Beng, Leong Lee Ling (carer), Yaakof Ismail, Siti Aishah Hj Pin (carer)

Photos From The Workshops



Photos From The Opening Ceremony



PUDDLE POUR ART



Alice Tan



Seow Su Mei



Vincent Chong



Piergiacomo Mottino



Wong Hock Beng



Leong Lee Ling (carer)





Saari Sungib



Leong Wai Yin

Angie Ang



Zainalabidin Yusuf

Lilian Wong (carer)



Wong Kok Thong



Azmi Bibon



Siti Rahimah Nor Rahim (carer)



Ng Yoke Yin



Tommy Ong



**CHOP!
CHOP!
CHOP!**





Angie Ang



Seow Su Mei



Tommy Ong



Cindy Ong (carer)



Yaakof Ismail



Siti Aishah Hj Pin (carer)



Theresa Chew



Leong Wai Yin



Wong Kok Thong



Lilian Wong (carer)



Siti Rahimah Nor Rahim (carer)



Azmi Bibon



Vincent Chong

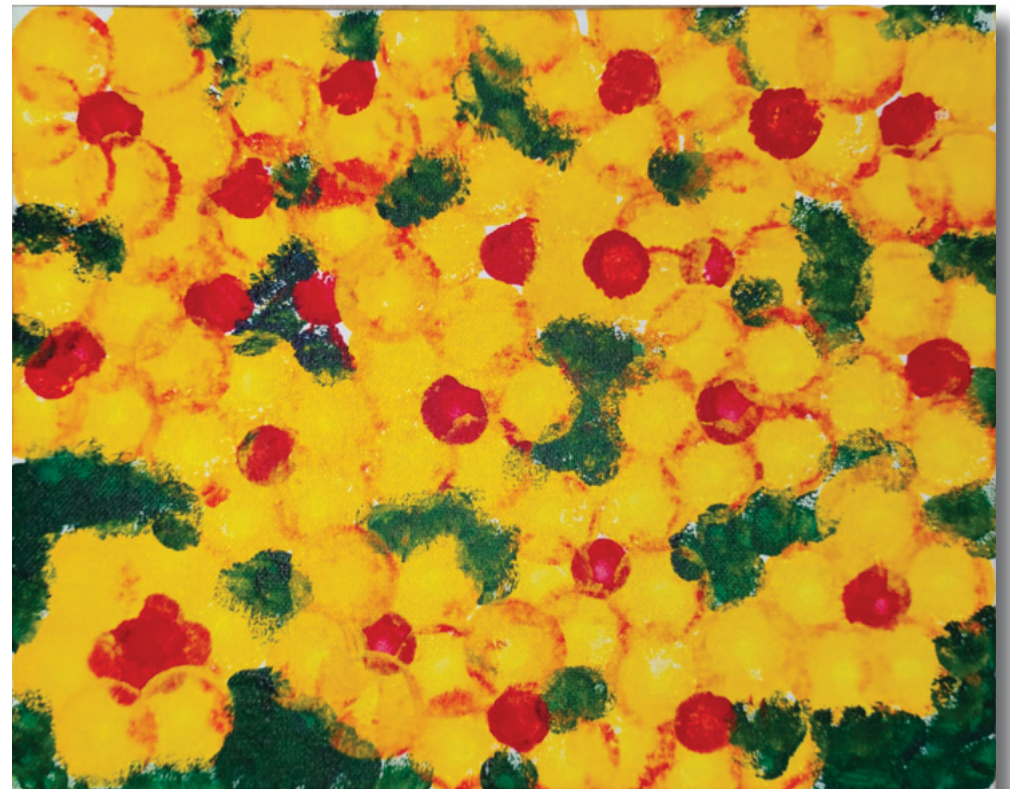


Piergiacomo Mottino

Zainalabidin Yusuf



Ng Yoke Yin



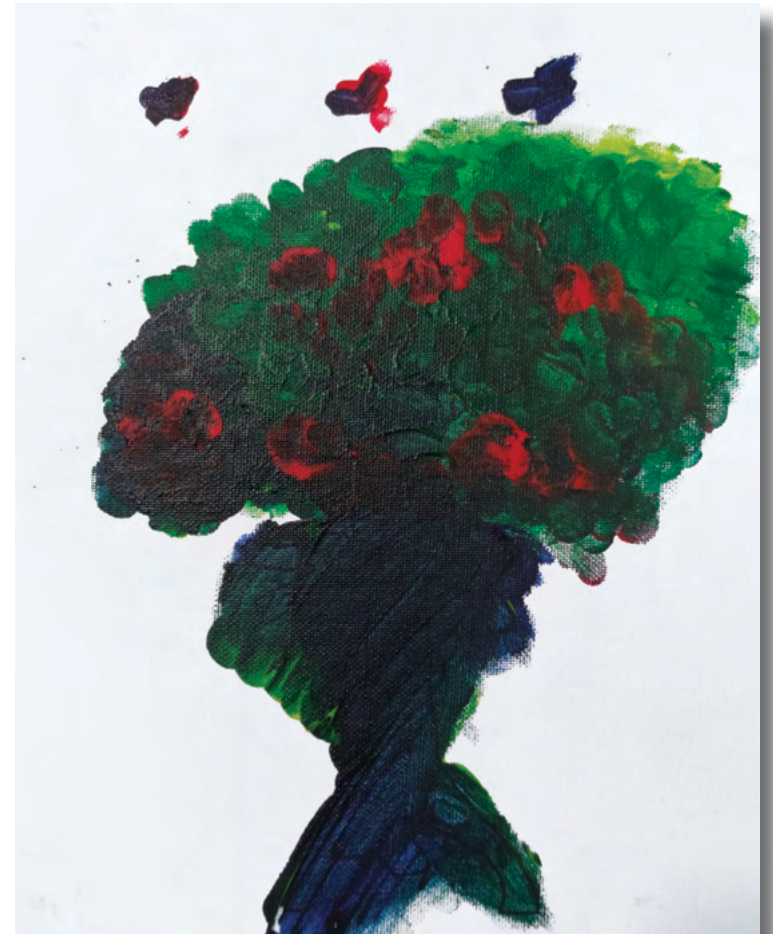
FANCY FINGER PAINTING



Alice Tan



Seow Su Mei



Tommy Ong



Cindy Ong (carer)



Theresa Chew



Alice Tan





Piergiacomo Mottino



Angie Ang



Wong Kok Thong



Lilian Wong (carer)



Zainalabidin Yusuf



Ng Yoke Yin



Siti Rahimah Nor Rahim (carer)



Azmi Bibon

Project Members And The Artists



(from left) Dr Beh Wen Fen, Dr Ang Pei Soo, Dr Hazlin Anita Zainal Abidin, Dr Yeo Siang Lee, Ms Sara Lew



Theresa Chew

Leong Wai Yin



Cindy and Tommy Ong



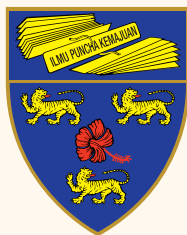
Vincent Chong



Siti Rahimah, Azmi Bibon

Project Members And The Artists





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