

# THE STRAITS TIMES SINGAPOREAN OF THE YEAR 2019

PRESENTED BY



GUEST

PRESIDENT H. H. YACOB



# ANNUAL REPORT

## 2019-2020



Happier & Healthier Living

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# ABOUT BRAHM CENTRE

Launched in 2012, Brahm Centre is a registered charity and full member of the National Council of Social Services that aims to promote happier and healthier living.

Focused on proactive actions that empower individuals to help themselves stay physically and mentally well, Brahm Centre offers science-based mindfulness programs that reduce stress and enhance well-being. The programs have benefited the public as well as corporations. Our clients include healthcare agencies, schools and organisations in both the public and private sectors.

Brahm Centre is also committed to raising awareness on mental health issues through free weekly health talks conducted by healthcare professionals and qualified speakers. In addition, Brahm Centre engages residents in MacPherson, Simei, Tampines and Geylang Serai areas with active ageing activities such as exercise and dance classes and therapeutic art programs. We also collaborate with People's Association and grassroots leaders on mental health awareness initiatives for the residents.

Working closely with the Agency for Integrated Care and the Ministry of Health, Brahm Centre provides support to the vulnerable elderly in the form of case management and befriending. This is achieved with a dedicated care management team supported by a group of trained volunteers.

Being an Institution of a Public Character (UEN 200200167M), Brahm Centre relies on the donations from corporations and individuals to advance its cause of happier and healthier living for the community.



Scan QR code to watch our corporate video



Selected photos in the report were taken pre-Covid 19

## VISION

*Empowering Every Individual To  
Create Her/His Own Happiness*

## MISSION

*To promote happier and healthier  
living*

## VALUES





## PATRON'S MESSAGE

Brahm Centre was founded with the mission to promote happier and healthier living. As Singapore climbs the ranks of the longevity leader board and we all live longer, it's important that we focus on healthy ageing and ensure our seniors live better in their remaining decades.

2019/20 was an exceptional year. We were confronted with COVID-19, the pandemic of the century. Our lives were dramatically altered. I am really proud that the Brahm Centre team led by Angie was able to swiftly adopt the digital platforms to roll out free mindfulness and exercise sessions, health talks as well as telephony support and video-conferencing for client care and counselling to ensure continuity of care and support for the community. Many of our online service offerings such as mindfulness and art courses were very well received, underscoring the pent-up demand.

In line with its mindfulness DNA, the team focused on the positives and channelled their energy to what they can do to better support the community in tough times.

Their efforts bore fruits with distinguished overseas speakers from Harvard Medical School like Dr Christopher Willard and Dr Sara Lazar giving free health talks that benefitted hundreds of participants during COVID-19.

I am also deeply heartened and grateful for the generous donations from the Bank of America and the strong support from the community in advancing our cause. In particular, a group of Hwa Chong alumni has helped us to raise funds for our beneficiaries under the WeWalk for SG initiative. This incredible ground-up movement could not have been more timely for our beneficiaries, many of whom were facing financial difficulties.

I am equally appreciative of the generous contribution by our donors, grant makers and the board who have been active in lending their time, expertise and guidance to ensure good governance.

As we move to a new norm, I have no doubt that the team, with the support of committed and selfless volunteers, will adapt to the new conditions and carry on the good work of encouraging the seniors to stay physically active and mentally alert.

***Choo Chiau Beng***

Patron



## CHAIRPERSON'S MESSAGE

Looking back at the past year, it's difficult to do so without considering the impact of the Covid-19 pandemic. It was not only a healthcare crisis but one that has far-reaching implications to the economy, family relationships and work-life. This in turn brought about a rise in mental health issues faced by a wide swarth of the population.

Mindfulness, an evidence-based practice championed by Brahm Centre, has gained significant traction in the current pandemic. To widen the service offerings to meet the rising demand, our mindfulness trainers, Angie and Eric have both been certified as a Mindfulness-Based Stress Reduction Teacher, conferred by the Mindfulness Center at Brown University School of Public Health, in collaboration with UMASS Memorial Health Care's Center for Mindfulness. They are the first two to be certified MBSR teachers in Singapore.

It made us proud when Brahm Centre's founder, Angie Chew was named The Straits Times Singaporean of the Year 2019 for her contributions to society in helping those with mental health issues, as well as the elderly. Angie's remarkable journey in overcoming the odds and her dedication in serving the community is inspiring for all of us and have attracted diverse talents to join Brahm Centre in its purposeful cause.

Angie was also selected as the 22-member NCSS Beyond COVID-19 Taskforce and co-lead in the digitalisation workstream, to help social service agencies digitalise and innovate their service delivery during the COVID-19 pandemic and beyond.

During the COVID-19 pandemic, Brahm Centre pivoted to online channels early which enabled us to reach 10,678 people with mindfulness programs. It was also encouraging to see government agencies, healthcare institutions, schools and companies recognize the positive effect mindfulness practices have on mental well-being. Over 109 of these organizations worked with Brahm Centre to conduct workshops teaching mindfulness practice to their employees.

At the community care front, Brahm Centre conducted 10,778 home visits/telephone calls to vulnerable seniors, served more than 2,000 clients and performed 521 screenings for dementia and depression.

I am grateful for the support of my fellow board members in driving the growth and development of Brahm Centre to better serve the community.

I would also like to commend Angie and the Brahm Centre team for their commitment and the volunteers for their contribution in advocating happier and healthier living.

***Karen Kooi***  
Chairperson



## CEO'S MESSAGE

Eight years ago, I founded Brahm Centre with the aim to improve lives by promoting mental wellness with mindfulness practice and supporting the seniors stay active and happy through their golden years with community outreach and community care services. We have grown to be a leading provider of mindfulness programs, reaching 49,438 participants with our seminars, workshops and courses since 2012.

The pandemic brought about much uncertainty and threw our lives off course. Together with the social isolation during the circuit breaker period, it resulted in an increase in mental health issues among the population. Despite the challenges of the Covid-19 crisis, Brahm Centre remained true to our mission of serving the community by adapting to the new conditions and moved our talks, seminars and courses online. This allowed us to reach out to a wider audience and helped them relieve stress and anxiety with mindfulness practices.

New initiatives included free daily lunchtime guided mindfulness sessions, morning workouts, healthy living advice with good diet and nutrition, coaching sessions to enhance personal leadership and performance as well as weekly parenting webinars. The response to all these programs was extremely positive, engaging 21,883 participants to logged on for the sessions from March to June 2020.

Besides the free talks and programs, we also saw a 30% increase for mindfulness courses registration compared to FY2018-2019. Today, our courses are offered both on-site with necessary safety precautions and online.

I am heartened to see the growing acceptance of evidence-based mindfulness courses as an effective means to enhance mental well-being by hospitals, government agencies, schools and corporates. This year we partnered with 109 organizations/schools/agencies to conduct mindfulness workshops for healthcare workers, teachers and employees.

In August 2019, we launched AssistLine to offer support to students and parents in distress. From an average of 80 calls per month before March 2020, there was a 179% increase to 223 calls after the pandemic struck. A total of 300 AssistLine clients were served.

Our care team stepped up and conducted a total of 10,778 home visits and weekly calls for the year in response to the Covid19 crisis. When restrictions set in preventing face-to-face sessions, we kept in touch with our beneficiaries through weekly telephone calls.

Despite the challenging circumstances, this has indeed been a fulfilling year. I am both humbled and honoured to be named The Straits Times Singaporean of the Year 2019. It is very much a validation of the work my team and I have done at Brahm Centre to champion mental wellness, promote happier and healthier living and serve the frail elderly with chronic conditions such as dementia and mental health issues.

# CEO'S MESSAGE

As we close a chapter of our history with the closure of our very first centre located in the Ren Ci Hospital at Novena, we look forward to new beginnings with our upcoming flagship centre in Tampines. We have exciting plans for outreach and engagement for Tampines residents. Besides active ageing programs that encourage physical, mental and social activities, we will also launch an academic coaching programme aimed at helping to pair students from underprivileged families with mentors and providing a conducive studying space within the centre.

In addition, having been appointed the Volunteer Centre for Simei and Tampines, we are eager to work in partnership with other social service agencies through knowledge sharing to enhance the recruitment and training of volunteers.

I am very grateful to my staff and volunteers for their dedication, resilience and adaptability in driving all these initiatives. I would like to express my deepest appreciation to our Patron, Board of Directors, grant makers, donors and partners for their generous support.

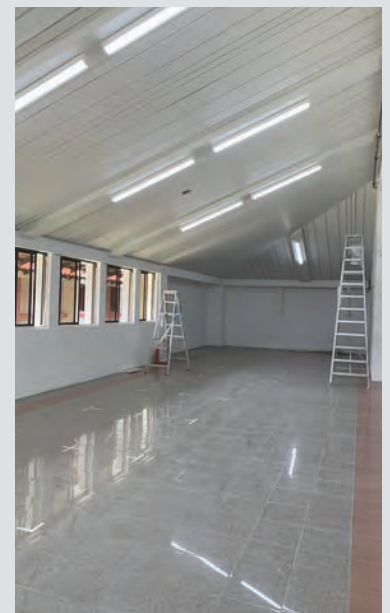
As we move into the new year, we will work together with staff, volunteers, donors and partners to touch and transform lives with our programs and initiatives. Having the opportunity to serve the community, guided by our core values of integrity, respect, kindness, compassion and happiness, is both an honour and privilege.

## *Adj A/Prof Angie Chew*

CEO, Brahm Centre



Renovations for Brahm Centre @ Tampines started in Mar 2020



Scan QR code to watch Tampines Open House video





# OUR PATRON



**Prof Choo Chiau Beng**

# OUR DISTINGUISHED ADVISORS



**Prof Foo Keong Tatt**



**Adj Prof Chua Hong Choon**



**Dr Daniel Fung**



**Dr Christopher Cheok**



**Mr Tan Siak Hee**  
Legal

# BOARD OF DIRECTORS



**Ms Chen Yew Nah**  
Chairperson of the Board  
(till 24 Feb 2020)  
Chairman of Audit Committee



**Ms Karen Kooi**  
Chairperson of the Board  
(w.e.f 24 Feb 2020)



**Dr Ho Eu Chin**  
Vice-Chairman of the Board



**Adj A/Prof Angie Chew**  
Founder & CEO  
Mindfulness Principal  
Brahm Centre



**Mr Hendry Baey**



**Dr Chan Keen Loong**



**Mr Chong Nai Min**  
Chairman of IT Committee



**Dr Jerome Goh**



**Dr Lee Cheng Chuan**  
Chairman of Human  
Resources Committee



**Ms Ong Siew Kim**  
Treasurer  
Stepped down w.e.f 28 May 2020



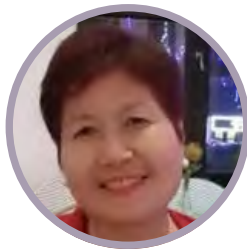
**Ms Jesilynn Luar**  
Treasurer  
w.e.f 16 Jun 2020



**Dr Tan Bing Leet**



**Dr Tan Geok Leng**  
Stepped down w.e.f 24 Feb 2020



**Mrs Tan-Huang Shuo Mei**



**Dr Irene Tirtajana**

# SOME OF OUR TEAM MEMBERS



# JUL 2019 - DEC 2019 PROGRAMS

## AUG - DEC 2019 HEALTH TALKS & COURSES

### SATURDAY HEALTH TALKS

31 Aug: MacPherson: 10.30am - 12pm FREE

7 Sep: 7 Sep: 7 Sep: 14 Sep: 21 Sep: 28 Sep:

### DEPRESSION & DEMENTIA SCREENING

Prevention and early detection

MacPherson: Oct 9 (Sat) 9am - 1pm

### SATURDAY HEALTH TALKS

28 Sep: 5 Oct: 12 Oct: 19 Oct: 26 Oct:

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Oct 9 (Sat) 9am - 1pm

### ADVANCE CARE PLANNING (ACP) PREPARATION

Come with your family member

MacPherson: Oct 14 (Sat) 10am - 12pm

### ART COURSES

Watercolour Painting Course

MacPherson: Nov 2 - Jan 4 (Sat) 3pm - 5pm

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Oct 9 (Sat) 9am - 1pm

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Oct 9 (Sat) 9am - 1pm

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Oct 9 (Sat) 9am - 1pm

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Oct 9 (Sat) 9am - 1pm

Register at: [www.brahmcentre.com](http://www.brahmcentre.com)

## OCT 2019 - JAN 2020 COURSES & ACTIVITIES

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Nov 2 (Sat) 9am - 1pm

### SATURDAY HEALTH TALKS

9 Nov: 16 Nov: 23 Nov: 30 Nov:

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Nov 2 (Sat) 9am - 1pm

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Nov 2 (Sat) 9am - 1pm

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Nov 2 (Sat) 9am - 1pm

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Nov 2 (Sat) 9am - 1pm

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Nov 2 (Sat) 9am - 1pm

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Nov 2 (Sat) 9am - 1pm

Register at: [www.brahmcentre.com](http://www.brahmcentre.com)

## NOV 2019 - JAN 2020 COURSES & ACTIVITIES

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Nov 2 (Sat) 9am - 1pm

### SATURDAY HEALTH TALKS

9 Nov: 16 Nov: 23 Nov: 30 Nov:

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Nov 2 (Sat) 9am - 1pm

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Nov 2 (Sat) 9am - 1pm

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### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Nov 2 (Sat) 9am - 1pm

### DEMENTIA SCREENING

Prevention and early detection

MacPherson: Nov 2 (Sat) 9am - 1pm

Register at: [www.brahmcentre.com](http://www.brahmcentre.com)

# JAN 2020 - MAR 2020 PROGRAMS

### JAN - APR 2020 HEALTH TALKS & MINDFULNESS

Register at: [www.brahmcentro.com](http://www.brahmcentro.com)

**SATURDAY HEALTH TALKS (入場免費) FREE**  
 星期六健康講座(入場免費) FREE

4 Jan: Guarding Against Life-Threatening Infections  
 MacPherson: 10.30am - 12pm  
 Dr Lee Cheng Chuan, Senior Consultant, Tan Tock Seng Hospital

11 Jan: Reducing Cognitive Decline Through Better Hearing  
 MacPherson: 10.30am - 12pm  
 Dr Cheung Siow Min, Consultant Audiologist, Tan Tock Seng Hospital

18 Jan: Raising the Champions in our Children  
 MacPherson: 3pm - 4.30pm  
 Lin Han Ee, Performance Psychologist

4 Jan: Overcoming Bullying and Health and Safety  
 MacPherson: 3pm - 4.30pm  
 Mr Sim Kang Wai

11 Jan: New Advances in Colon Cancer  
 MacPherson: 10.30am - 12pm  
 Dr Lee Joon Heng, Director and Consultant, LAI Endoscopy & Colorectal Surgery, Mount Elizabeth Medical Centre

18 Jan: Planning For Our Estate  
 MacPherson: 10.30am - 12pm  
 APProf Angie Chew, Chief Executive Officer & Mindfulness Principal, Brahm Centre

**MINDFULNESS PROGRAM FOR PARENTS & STUDENTS**  
 Mindfulness Foundation Courses for Parents & Students  
 Learn how to better self-regulate emotions and calm the mind.  
 Term 1: Feb 2 - 22 (Sat) 10.30am - 12.30pm  
 Term 2: Feb 23 - 23 (Sat) 10.30am - 12.30pm  
 Fee: \$100 per student (per parent)

Counselling Services & Pro Bono Legal Advisory by appointment  
 Brahm Centre 百仁中心  
 Novena: 71 Irrawaddy Road Ren Ci Hospital #03-09 S(329562)  
 Simm: Bk 227 Simm St 4 #01-50 S(20227) - 5 min walk from MacPherson  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055) - 5 min walk from MacPherson  
 Enquiries: info@brahmcentro.com

### JAN - APR 2020 COURSES & ACTIVITIES

Register at: [www.brahmcentro.com](http://www.brahmcentro.com)

**DEMENTIA SCREENING**  
 Prevention and early detection helps to reduce degeneration of the brain.  
 Jan 11 (Sat) 9am - 12pm  
 Venue: Tampines Changkat Community Club, 13 Tampines Street 11  
 Fee: \$50/pax; FREE for Tampines and Simm Residents Book a 20-min slot

**ART COURSES 美术课程**  
 Watercolour Painting Intermediate (12 sessions)  
 MacPherson: Feb 7 - 27 (Wed) 2.30pm - 4.30pm  
 Fee (includes materials): \$340 (Seniors 50 & above \$50) \$100 for students (with school ID)  
 Chinese Brush Painting (12 sessions)  
 MacPherson: Feb 7 - 27 (Wed) 10am - 12pm  
 Fee (includes materials): \$340 (Seniors 50 & above \$50) \$100 for students (with school ID)

**CHINESE WORKSHOPS**  
 Learn and write Chinese characters.  
 MacPherson: Jan 17 (Fri) 10am - 12pm  
 Fee: \$12/pax include

**PHYSIO**  
 To reduce pain and improve mobility. Every Monday 10am - 12pm. All Are Welcome.

**WEEKLY**  
 Learn to move to music through exercises and games. Every Monday 10am - 12pm. All Are Welcome.

**THE WAY OF AWARENESS**  
 This retreat can be booked towards MBSR and Brahm Centre Mindfulness teacher training requirements by contacting the "Silent Option".  
 Will Kabat-Zinn  
 The Way of Awareness  
 11 August 2020 @ Raffles, Thailand  
 (Full Day Singapore Mindfulness Day Retreat)

Counselling Services & Pro Bono Legal Advisory by appointment  
 Brahm Centre 百仁中心  
 Novena: 71 Irrawaddy Road Ren Ci Hospital #03-09 S(329562)  
 Simm: Bk 227 Simm St 4 #01-50 S(20227) - 5 min walk from MacPherson  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055) - 5 min walk from MacPherson  
 Enquiries: info@brahmcentro.com

### FEB - AUG 2020 HEALTH TALKS & MINDFULNESS

Register at: [www.brahmcentro.com](http://www.brahmcentro.com)

**SATURDAY HEALTH TALKS (入場免費) FREE**  
 星期六健康講座(入場免費) FREE

22 Feb: Cultivate Better Habits for Healthy Living  
 MacPherson: 3pm - 4.30pm  
 APProf Angie Chew, CEO & Mindfulness Principal, Brahm Centre

28 Feb: Prevention and Treatment of Haemorrhoids  
 MacPherson: 3pm - 4.30pm  
 Dr Koh Hong Yi, Singapore General Hospital

**SINGAPORE MINDFULNESS CONFERENCE 2020**  
 Caring for the Mind, Body and Emotions  
 22 & 23 August 2020 (Sat & Sun)  
 MacPherson: Bk 227 Simm St 4 #01-50 S(20227)  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055)  
 Ticket Price: \$100 (incl. lunch & refreshments)  
 \$150 (incl. lunch, refreshments & a mindfulness practice book)

**MINDFULNESS COURSES 正念課程**  
 Learn the skills to reduce stress, to calm, most present and improve your relationships.  
 Mindfulness Foundation Courses (4 sessions)  
 MacPherson: Mar 5 - 26 (Thu) 7pm - 9pm  
 MacPherson: Apr 8 - 27 (Wed) 2.30pm - 4.30pm  
 MacPherson: May 5 - 23 (Fri) 3pm - 5pm  
 MacPherson: Jun 5 - 24 (Wed) 3pm - 5pm  
 Fee: \$100 (incl. materials)  
 Mindfulness Intermediate Course (4 sessions)  
 MacPherson: Mar 5 - 26 (Thu) 7pm - 9pm  
 MacPherson: Apr 8 - 27 (Wed) 2.30pm - 4.30pm  
 MacPherson: May 5 - 23 (Fri) 3pm - 5pm  
 MacPherson: Jun 5 - 24 (Wed) 3pm - 5pm  
 Fee: \$100 (incl. materials)  
 Mindfulness-Based Stress Reduction (MBSR) Course  
 MacPherson: Jun 25 - Jul 19 (Thu) 7pm - 9pm  
 MacPherson: Jul 26 - Aug 19 (Thu) 7pm - 9pm  
 Fee: \$100 (incl. materials)  
 Mindfulness-Based Stress Reduction (MBSR) Course  
 MacPherson: Mar 5 - 26 (Thu) 7pm - 9pm  
 MacPherson: Apr 8 - 27 (Wed) 2.30pm - 4.30pm  
 MacPherson: May 5 - 23 (Fri) 3pm - 5pm  
 MacPherson: Jun 5 - 24 (Wed) 3pm - 5pm  
 MacPherson: Jun 25 - Jul 19 (Thu) 7pm - 9pm  
 MacPherson: Jul 26 - Aug 19 (Thu) 7pm - 9pm  
 Fee: \$100 (incl. materials)  
 Mindfulness Behavioral Cognitive Therapy  
 MacPherson: May 27 - Jul 18 (Wed) 7pm - 9.30pm  
 MacPherson: Jun 25 - Jul 19 (Thu) 7pm - 9.30pm  
 MacPherson: Jul 26 - Aug 19 (Thu) 7pm - 9.30pm  
 Fee: \$100 (incl. materials)

Counselling Services & Pro Bono Legal Advisory by appointment  
 Brahm Centre 百仁中心  
 Novena: 71 Irrawaddy Road Ren Ci Hospital #03-09 S(329562) - 5 min walk from Novena MRT | 6258 0831  
 Simm: Bk 227 Simm St 4 #01-50 S(20227) - 5 min walk from Simm MRT | 6741 1131  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055) - 5 min walk from MacPherson MRT | 6741 1131  
 Enquiries: info@brahmcentro.com

### FEB - AUG 2020 COURSES & ACTIVITIES

Register at: [www.brahmcentro.com](http://www.brahmcentro.com)

**DEMENTIA SCREENING**  
 Prevention and early detection helps to reduce degeneration of the brain.  
 Feb 22 (Sat) 9am - 4pm  
 Tampines North Community Club, 15 Tampines North Community Club  
 Fee: \$50/pax; FREE for Tampines and Simm Residents

**ART COURSES 美术课程**  
 Watercolour Painting Intermediate (12 sessions)  
 MacPherson: Feb 7 - 27 (Wed) 2.30pm - 4.30pm  
 Fee (includes materials): \$340 (Seniors 50 & above \$50) \$100 for students (with school ID)  
 Chinese Brush Painting (12 sessions)  
 MacPherson: Feb 7 - 27 (Wed) 10am - 12pm  
 Fee (includes materials): \$340 (Seniors 50 & above \$50) \$100 for students (with school ID)

**WEEKLY**  
 Have fun while you stay healthy by following an online exercise routine. Every Monday 10am - 12pm. All Are Welcome.

**MINDFULNESS MO**  
 (Mon 1 (Sun) 7.45am - 9.30am)  
 Venue: Tampines Changkat

Counselling Services & Pro Bono Legal Advisory by appointment  
 Brahm Centre 百仁中心  
 Novena: 71 Irrawaddy Road Ren Ci Hospital #03-09 S(329562) - 5 min walk from MacPherson  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055) - 5 min walk from MacPherson  
 Enquiries: info@brahmcentro.com

### MAR - AUG 2020 HEALTH TALKS & MINDFULNESS

Register at: [www.brahmcentro.com](http://www.brahmcentro.com)

**SINGAPORE MINDFULNESS CONFERENCE 2020**  
 Caring for the Mind, Body and Emotions  
 22 & 23 August 2020 (Sat & Sun)  
 MacPherson: Bk 227 Simm St 4 #01-50 S(20227)  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055)  
 Ticket Price: \$100 (incl. lunch & refreshments)  
 \$150 (incl. lunch, refreshments & a mindfulness practice book)

**DEMENTIA SCREENING**  
 Prevention and early detection helps to reduce degeneration of the brain.  
 Mar 28 (Thu) 1pm - 4pm  
 MacPherson: Bk 227 Simm St 4 #01-50 S(20227)  
 Fee: \$50/pax; FREE for Residents at MacPherson

**ART COURSES 美术课程**  
 Watercolour Painting Intermediate (12 sessions)  
 MacPherson: Feb 7 - 27 (Wed) 2.30pm - 4.30pm  
 Fee (includes materials): \$340 (Seniors 50 & above \$50) \$100 for students (with school ID)  
 Chinese Brush Painting (12 sessions)  
 MacPherson: Feb 7 - 27 (Wed) 10am - 12pm  
 Fee (includes materials): \$340 (Seniors 50 & above \$50) \$100 for students (with school ID)

**MINDFULNESS MO**  
 (Mon 1 (Sun) 7.45am - 9.30am)  
 Venue: Tampines Changkat

Counselling Services & Pro Bono Legal Advisory by appointment  
 Brahm Centre 百仁中心  
 Novena: 71 Irrawaddy Road Ren Ci Hospital #03-09 S(329562)  
 Simm: Bk 227 Simm St 4 #01-50 S(20227) - 5 min walk from MacPherson  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055) - 5 min walk from MacPherson  
 Enquiries: info@brahmcentro.com

### MAR - AUG 2020 COURSES & ACTIVITIES

Register at: [www.brahmcentro.com](http://www.brahmcentro.com)

**PARENTING SEMINAR 亲子讲座**  
 亲子沟通、建立良好亲子关系  
 Date: 7th Mar 10.30am - 12.30pm  
 Venue: Ulu Pandan Community Centre, 10 Ulu Pandan Road #01-01 Ulu Pandan Community Centre  
 Fee: \$100 (incl. materials)

**WEEKLY EXERCISES 每周运动 FREE**  
 Have fun while you stay healthy in body and mind. Exercise at home by following an online or join in at the venue below.  
 Physio Gym 物理治疗健身: Every Wed 10.30am - 11.30am  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055)  
 Exercise class: Every Tue 10.30am - 11.30am  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055)  
 Music & Movement 音乐舞蹈: Every Thu 10.30am - 11.30am  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055)

**ONLINE EXERCISE 线上运动**  
 Follow our workout guide or watch live every Tue 10.30am - 11.30am  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055)  
 Fee: \$72 (8 sessions) for all yoga courses

**DANCE THERAPY 舞蹈**  
 Creative form of dance, meditation and drama. Dates: Tue & Thu  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055)  
 Fee: \$72 (8 sessions)

**FESTIVE PROGRAMS**  
 Member's Day Hand Drumset  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055)  
 Fee: \$200 (incl. materials)

Counselling Services & Pro Bono Legal Advisory by appointment  
 Brahm Centre 百仁中心  
 Novena: 71 Irrawaddy Road Ren Ci Hospital #03-09 S(329562) - 5 min walk from Novena MRT | 6258 0831  
 Simm: Bk 227 Simm St 4 #01-50 S(20227) - 5 min walk from Simm MRT | 6741 1131  
 MacPherson: Bk 55 Pipli Road #01-01 S(370055) - 5 min walk from MacPherson MRT | 6741 1131  
 Enquiries: info@brahmcentro.com

# APR 2020 - JUN 2020 PROGRAMS

**APR 7 - MAY 4 2020**  
**Circuit Breaker Programs**  
 Registration: [www.facebook.com/brahmcentre](http://www.facebook.com/brahmcentre)  
 Enquiries: [info@brahmcentre.com](mailto:info@brahmcentre.com), call 9387 4293

**MINDFULNESS @ SUNSET**  
 Daily Practice 6pm - 6:30pm  
 Mr Leonard Se  
 Monday - Friday 星期一至星期五  
 8:30am - 9am Rise and Stretch  
 Saturday 星期六  
 8:30am - 9:30am Morning Yoga 早晨瑜伽  
 Follow these exercises on Brahm Centre Facebook page

**HEALTH TALKS**  
 Time: 2:30pm - 4:30pm  
 Mr Eric Lim  
 Monday, Wednesday, Friday  
 In English & Chinese

**ASSISTLINE**  
 Weekdays 9am - 6pm | 6655 0000  
 Feeling distressed? Please reach out to us.  
 After hours: 8823 0000 (whatsapp available)  
 Email: [assistme@brahmcentre.com](mailto:assistme@brahmcentre.com)

**HEALTH TALKS**  
 Time: 2:30pm - 4:30pm  
 Dr Koh Li Weam  
 Senior Consultant  
 Tan Tock Seng Hospital  
 Causes and Treatment of:  
 2 May Joint Pains  
 9 May Gout  
 After hours: 8823 0000 (whatsapp available)  
 Email: [assistme@brahmcentre.com](mailto:assistme@brahmcentre.com)

**BUILDING FAMILY RESILIENCE**  
 Sun 3 May 10am - 11:30am  
 Dr Christopher Willard  
 Harvard Medical School

**PARENTING STRATEGIES**  
 Sat & Sun 4:30pm - 5pm  
 Mr Frank Singam  
 Senior Counselor  
 Brahm Centre  
 Ms May Chng  
 Assistant Manager  
 Brahm Centre

**DEVELOPING PERSONAL LEADERSHIP**  
 Mon & Fri 11:30am - 12pm  
 Ms Felicia Lauw  
 Executive Coach  
 Ming Supervision

**THE SCIENCE OF MINDFULNESS AND MENTAL RESILIENCE**  
 Sat 18 Apr 9:30am - 11:30am  
 Dr Jerome Goh  
 Harvard Medical School

**HEALTHIER LIVING DIET & NUTRITION**  
 Mon - Fri 12:30pm - 1pm  
 Dr Sara Lazar  
 Neuroscientist  
 Harvard University & Massachusetts General Hospital

**ANXIETY, FEAR, MINDFULNESS AND THE BRAIN**  
 26 April 10am - 11:30am  
 Dr Sara Lazar  
 Neuroscientist  
 Harvard University & Massachusetts General Hospital

**HEALTHIER LIVING DIET & NUTRITION**  
 Mon - Fri 12:30pm - 1pm  
 Dr Naras Lapsys  
 Longevity Specialist  
 Wellness Clinic

**MINDFULNESS @ SUNSET**  
 Daily Practice 6pm - 6:30pm  
 Mr Leonard Se  
 Monday - Friday 星期一至星期五  
 8:30am - 9am Rise and Stretch  
 Saturday 星期六  
 8:30am - 9:30am Morning Yoga 早晨瑜伽  
 Follow these exercises on Brahm Centre Facebook page

**NEURAL MECHANISMS SUPPORTING MINDFULNESS-BASED PAIN RELIEF**  
 Thu 7 May 11am - 12:30pm  
 Dr Fadel Zeidan  
 Neuroscientist  
 University of California San Diego

**DEVELOPING PERSONAL LEADERSHIP**  
 Mon & Fri 11:30am - 12pm  
 Ms Felicia Lauw  
 Executive Coach  
 Ming Supervision

**SATURDAY TALKS**  
 Time: 2:30pm - 4:30pm  
 Mr Tan Suk Hee  
 Lawyer  
 18 Apr Preparing a Lasting Power of Attorney and Will  
 25 Apr 认识遗嘱  
 After hours: 8823 0000 (whatsapp available)  
 Email: [assistme@brahmcentre.com](mailto:assistme@brahmcentre.com)

**ASSISTLINE**  
 Weekdays 9am - 6pm | 6655 0000  
 Feeling distressed? Please reach out to us.  
 After hours: 8823 0000 (whatsapp available)  
 Email: [assistme@brahmcentre.com](mailto:assistme@brahmcentre.com)

**DAILY WORKOUTS (MORNING)**  
 Monday - Friday 星期一至星期五  
 8:30am - 9am Rise and Stretch  
 Saturday 星期六  
 8:30am - 9:30am Morning Yoga 早晨瑜伽  
 Follow these exercises on Brahm Centre Facebook page

**MINDFULNESS @ SUNSET**  
 Daily Practice 6pm - 6:30pm  
 Mr Leonard Se  
 Monday - Friday 星期一至星期五  
 8:30am - 9am Rise and Stretch  
 Saturday 星期六  
 8:30am - 9:30am Morning Yoga 早晨瑜伽  
 Follow these exercises on Brahm Centre Facebook page

**DAILY WORKOUTS (MORNING)**  
 Monday - Friday 星期一至星期五  
 8:30am - 9am Rise and Stretch  
 Saturday 星期六  
 8:30am - 9:30am Morning Yoga 早晨瑜伽  
 Follow these exercises on Brahm Centre Facebook page

**DAILY WORKOUTS (EVENING)**  
 Monday - Friday 星期一至星期五  
 6:45pm - 7:15pm Dance Workout 舞蹈健身  
 Saturday 星期六  
 5:30pm Bollywood Dance 宝莱坞舞蹈  
 Follow these exercises on Brahm Centre Facebook page

**25 Apr 认识遗嘱**  
 After hours: 8823 0000 (whatsapp available)  
 Email: [assistme@brahmcentre.com](mailto:assistme@brahmcentre.com)

Pre-register for all programs using links on Brahm Centre Facebook, except for daily workouts

Enquiries: 6258 0831  
 Zoom support: 9387 4293

For Counselling, Dementia Screening and Advance Care Planning, please email [info@brahmcentre.com](mailto:info@brahmcentre.com)

**June 2020**  
**FREE Online Programs**  
 Register at <http://brahmcentre.eventbrite.com>  
 Enquiries: 6786 0800

**CAREER: THRIVING IN CHANGE**  
 Tue & Thu 12:30pm - 1pm  
 Ms Felicia Lauw  
 Executive Coach  
 Ming Supervision

**CARING FOR YOUR MENTAL HEALTH**  
 Sat 20 Jun 11am - 12:15pm  
 Prof Chua Hong Choon  
 Chief Executive Officer  
 Institute of Mental Health

**HEALTH TALKS**  
 HOW EMOTIONS GET IN THE WAY OF OUR HAPPINESS  
 13 Jun 11am - 12pm  
 A/Prof Angie Chew  
 CEO & Mindfulness Principal  
 Brahm Centre

**FINDING INNER BALANCE IN TIMES OF CHAOS**  
 Sat 6 Jun 11am - 12pm  
 Will Kabat-Zinn  
 Mindfulness Teacher & Counselor

**MINDFULNESS @ SUNSET**  
 Mon - Sat 6pm - 6:30pm  
 Mon, Wed, Fri  
 A/Prof Angie Chew  
 Tues & Thur  
 Eric Lim

**PANEL DISCUSSION WITH HIS STUDENTS FROM THE UNREPEATED MIND COURSE**  
 17 May  
 Mr Frank Singam  
 Senior Counselor  
 Brahm Centre  
 Ms May Chng  
 Assistant Manager  
 Brahm Centre  
 Fay Yeo  
 Tanay Rishi  
 24 May  
 Samuel Chew  
 Zachery Quok  
 31 May  
 Daniel Phoon  
 Almaria Lim

**PREVENTION OF EYE DETERIORATION AND BLINDNESS**  
 12 Jun 3pm - 4:30pm  
 Dr Augustinus Laude  
 Ophthalmologist  
 Tan Tock Seng Hospital

**PREVENTION OF HEARING LOSS AND ITS EFFECTS ON DEMENTIA**  
 27 Jun 3pm - 4:30pm  
 Dr Ho Eu Chin  
 Senior Consultant  
 Tan Tock Seng Hospital

**MINDFUL PARENTING SEMINAR**  
 SUN 4pm - 5pm  
 HOW WELL DO YOU KNOW YOUR TEEN?  
 A/Prof Angie Chew  
 Frank Singam  
 May Chng

**ONLINE MINDFULNESS COURSES**  
 Mindfulness Based Cognitive Therapy 27 May  
 Mindfulness Foundations from 3 & 8 Jun  
 Mindfulness Based Stress Reduction from 23 Jun  
 Mindfulness Intermediate from 25 Jun  
 Mindfulness Foundation from 2 Jul & 8 Jul  
 Zoom support: 9387 4293  
 Assistline: 6655 0000 | 8823 0000

**ONLINE ART COURSES**  
 Nagami Pastel Art from 23 Jun  
 Watercolour Painting from 16 Jun  
 Caricature Drawing from 16 Jun  
 Pastel Art from 17 Jun  
 Decoupage Art from 19 Jun

**HEALTHIER LIVING DIET & NUTRITION**  
 Mon, Wed & Fri 12:30pm - 1pm  
 Dr Naras Lapsys  
 Longevity Specialist  
 Wellness Clinic

**MINDFULNESS @ SUNSET**  
 Mon - Sat 6pm - 6:30pm  
 Mon, Wed, Fri  
 A/Prof Angie Chew  
 Tues & Thur  
 Eric Lim

**MORNING YOGA**  
 Mon - Fri 8:30am  
 Leonard Se

**ONLINE ART COURSES**  
 Pastel Art from 17 Jun  
 Zentangle Art from 2 Jul  
 Watercolor painting (landscape & floral theme) from 4 Jul  
 For Counselling, Dementia Screening and Advance Care Planning, please email [info@brahmcentre.com](mailto:info@brahmcentre.com)

# COMMUNITY PARTNERS & MAJOR SPONSORS

## Community Partners



## Major Sponsors



Mr & Mrs Albert Toh  
The Community Foundation of Singapore  
Ms Wan Pong Seng  
American International Industries Pte Ltd  
Ms Angie Chew  
Mr Lee Soo Khoo  
PAP Community Foundation  
Mr Tang Chuan Ann

Ms Felicia Lauw Ben Ben  
Collective Designs Pte Ltd  
Ms Selina Tay Lian Bee  
Ms Teo Sok Yeong  
Prof Choo Chiau Beng  
Ms Chen Yew Nah  
Mr Tan Teck Lee  
Ms Carol Choi, Faith & Mark Tan

We are thankful for the generous support from partners and sponsors who made it possible for Brahm Centre to promote mental wellness and healthy living by offering our free health talks, mindfulness webinars and active ageing programs to the community.

If you wish to make a contribution in your personal/organisation's capacity to support our cause, please visit [brahmcentre.com/donate/](http://brahmcentre.com/donate/)

# MAJOR MILESTONES

**2015**



Brahm Centre @ Novena was officially opened by President Nathan on 15 December

**2018**



1st Singapore Mindfulness Conference was held at Singapore Conference Hall 19 May



Brahm Centre @ MacPerhson officially opened on 8 December by Madam Halimah Yacob, President of Singapore

**2020**

Adj A/Prof Angie Chew, CEO of Brahm Centre, as awarded The Straits Times Singaporean of The Year 2019



**2017**

Brahm Centre @ Simei was officially opened on 15 December by Dr Amy Khor, Senior Minister of State, Ministry of Health



**2019**



2nd Annual Singapore Mindfulness Conference at the University Cultural Centre on 24 & 25 August

## FY2019 IN NUMBERS



Mindfulness programs reached out to

**16,256** participants



Community Care Team & Befrienders served

**2,370** clients & elderly



Serving the Community

**131** volunteers



# IN THE MEDIA

These media highlights of Brahm Centre help further the cause by increasing awareness of mental health issues, our mindfulness programs and community care services.

## News

### 新明日报 Shin Min Daily News

24 Aug 2019

本地人15%失眠, 逾40%周日睡眠不足

### The Sunday Times

25 Aug 2019

Driven by grief to help other teens

### 联合早报 Lianhe Zaobao

7 Sep 2019

研究: 降低睡前认知刺激, 上正念课可改善睡眠质量

### 新明日报 Shin Min Daily News

8 Sep 2019

经历丧子之痛, 今助人抗困境

### Straits Times Forum

17 Oct 2019

Need To Destigmatise Mental Illness

### 联合早报 Lianhe Zaobao

3 Nov 2019

我们与丧的距离

### The Straits Times

20 Nov 2019

Singaporean of the Year 2019 Finalist

### 联合早报 Lianhe Zaobao

24 Dec 2019

岁末最好的礼物自我照顾

### 新明日报 Shin Min Daily News

29 Dec 2019

学印度舞, 参加社区活动八旬翁重拾人生乐趣

### The Straits Times

11 Feb 2020

Brahm Centre's CEO & Mindfulness Principal named ST Singaporean of the Year 2019

### The New Paper

11 Feb 2020

Being named S'porean of the Year is 'win for mental health'

### 联合早报 Lianhe Zaobao

11 Feb 2020

哈莉玛总统: 恐慌性购物散播错误信息不该是国人面对疫情正常反应



Charity holds online sessions to ease anxiety amid coronavirus outbreak

The centre, set up by Prof Chew in 2012, provides free health education to the elderly, as well as emotional and mental support to those who need it. The mindfulness classes she conducts over the Internet attract an

Associate Professor Angie Chew sets up Brahm Centre where people can go for help.

### The Straits Times

19 Feb 2020

Charity conducts online mindfulness sessions to reduce anxiety and stress amid coronavirus concerns

### The Straits Times

27 Feb 2020

Fight COVID-19 fear by keeping healthy with online mindfulness sessions by Brahm Centre

### Straits Times Forum

29 Feb 2020

Counselling profession needs more recognition

### The Straits Times

2 Mar 2020

Mindfulness in times of anxiety

### The Straits Times

2 Mar 2020

A way to cope with virus outbreak

### The Straits Times

23 Mar 2020

How to avoid being retrenched

### The Straits Times

15 Apr 2020

Free programmes by Brahm Centre

### The Straits Times

4 May 2020

When kindness towards my mother was not kind

### The Straits Times

1 Jun 2020

When judgement gets in the way of love

# IN THE MEDIA

## Television

### MediaCorp Channel 8

4 April 2020

晨光潮流解码：正念冥想蔚然成风 共享居住追求快乐

### MediaCorp Channel 8

20 April 2020

Learn Together With Me 乐学每疫刻

The Straits Times

**ST award a real win for mental health, says recipient**

**SINGAPOREAN OF THE YEAR 2019**

**THE STRAITS TIMES SINGAPOREAN OF THE YEAR 2019**

Ms. Angie Chew, 56, was named the Singaporean of the Year 2019 for her work in mental health advocacy. She was presented with the award by President Halimah Yacob at the Istana on Feb 11.

Ms. Chew, who has been a vocal advocate for mental health issues, said the award was a real win for mental health. She has been instrumental in setting up the Brains Centre, a mental health support centre, and in launching the Singaporean of the Year award.

Ms. Chew said she has been fortunate to have a supportive family and friends. She also mentioned her work in mental health advocacy, including her role as a trustee of the Brains Centre and her involvement in various mental health initiatives.

**A reminder that the astonishing is often found in the anonymous**

The award ceremony was held at the Istana on Feb 11, where Ms. Chew was presented with the award by President Halimah Yacob. The ceremony was attended by several dignitaries and family members.

## Others

### AIC Blog

15 April 2020

Mindfulness Advocate Found Peace As Caregiver And New Life Goal

### Institute of Mental Health, My Say

19 Jun 2020

Keep Calm and Carry On

**Mediacorp Channel 8**

Adjunct A/Prof Angie Chew & Eric Lim, Mindfulness Psychologist

周奕玲

The Straits Times



## Mindfulness in times of anxiety

The New Paper

## Being named S'porean of the Year is "win for mental health"

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联合早报 Lianhe Zaobao

**哈莉玛总统：恐慌性购物散播错误信息 不应是国人面对疫情正常反应**

王婉芝 报道

总统哈莉玛周二在国会演讲时指出，恐慌性购物不仅不会帮助到有需要的人，反而会散播错误的信息，让国人误以为囤积物资是面对疫情的正确反应。她呼吁国人保持冷静，不要盲目跟风抢购。

哈莉玛总统是在2020年4月16日的国会演讲中发表上述言论的。她是在回应国会议员关于疫情期间物资短缺问题的提问时作出上述表示的。

哈莉玛总统表示，她理解国人在疫情期间的担忧，但她强调，囤积物资并不能解决问题，反而会加剧物资短缺。她呼吁国人保持冷静，不要盲目跟风抢购。

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# MOVEMENT PROGRAM HIGHLIGHTS

There is a strong connection between increased levels of physical activity and exercise participation with improved health in seniors. Brahm Centre holds regular exercise programs from dancing, stretching, physio gym and yoga to help seniors stay active in a fun and uplifting manner at all our centres.



*Music & Movement at Brahm Centre @ Simei*



*Music & Movement at Brahm Centre @ MacPherson*



*Yoga Class at Brahm Centre @ MacPherson*



*Physio Gym at Brahm Centre @ Simei*



*Morning Mindfulness Session at Tampines Changkat Butterfly Garden*



# ARTS PROGRAM HIGHLIGHTS

Besides physical movement, creative arts related activities enhances cognitive functions, improves coordination skills and increases self esteem in seniors. Brahm Centre offers a wide range of arts courses and workshops that encourages seniors to keep learning.



*Christmas Flower Arrangement*



*Chinese New Year Calligraphy*



*Decoupage Art Class*



*Pastel Art Class*



*Online Zentangle Class*

# OUTDOOR PROGRAM HIGHLIGHTS

The varied excursions, organized before the Covid-19 crisis, were stimulating and fun activities for the seniors. It was a welcome break from their routine and helped them to stay active socially.



*Bicentennial Experience @ Fort Canning excursion*



*Excursion to Malaysia*



*Tai Hua Food Factory Tour*



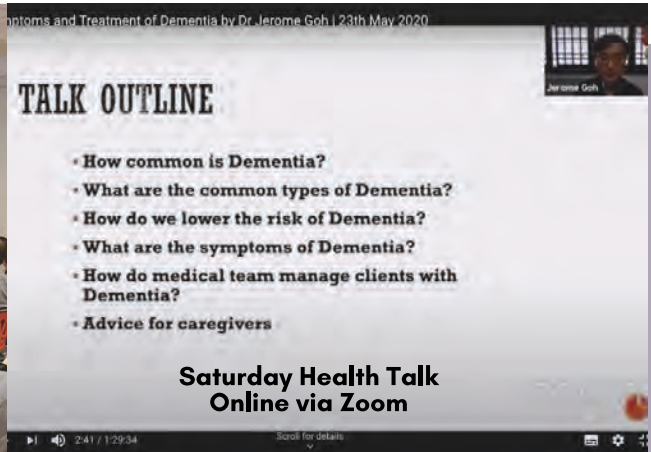
*Farm Tour*

# HEALTH PROGRAM HIGHLIGHTS

Our community outreach programs help promote healthy living. The free weekly health talks by healthcare professionals and qualified speakers are well attended. We also hold regular dementia screening to detect those at risk and enable early intervention and treatment.



Saturday Health Talk  
Brahm Centre @ Simei



Saturday Health Talk  
Online via Zoom



Healthier Living Assessor Training



Dementia Screening at Tampines North Community Club



# FESTIVE PROGRAM HIGHLIGHTS

Festive celebrations at our centres always bring fun and laughter to residents and beneficiaries. Christmas party with Santa Claus in December 2019 and Chinese New Year Celebration in February 2020. Members of Parliament who graced the events: Ms Tin Pei Ling MP of MacPherson SMC, Mr Baey Yam King MP of Tampines GRC and Jessica Tan MP of East Coast GRC. The new year ang baos for our beneficiaries were generously donated by Mr Andy Lai, CEO of OTTO Solutions.



Christmas Celebrations at Brahm Centre @ MacPherson



Chinese New Year Celebration with Tampines residents & Mr Baey Yam King at Tampines Blk 475



Brahm Centre @ MacPherson celebration attended by Ms Tin Pei Ling & Mr Andy Lai



Brahm Centre @ Simei celebration attended by Ms Jessica Tan

# SINGAPORE MINDFULNESS CONFERENCE 2019



Launched in 2018 as an annual event by Brahm Centre, in partnership with IMH and Duke-NUS, the second Singapore Mindfulness Conference was held on 24 and 25 August 2019 at the University Cultural Centre. It was attended by 1,500 participants from all walks of life and graced by Dr Amy Khor, Senior Minister of State for Health and Environment.

The growing interest in mindfulness is a recognition of the important role it plays in empowering people to lead happier and healthier lives. Besides sharing the latest findings and the science behind the effectiveness of mindfulness practice, there were also hands-on workshops and sessions that guided participants in learning and applying practical mindfulness skills.

The 2-day program featured nearly 30 esteemed speakers – neuroscientists, doctors, educators, mental health experts – who shared their wealth of expertise on 4 main themes:

- Medicine for Anxiety, Depression, Insomnia and Pain
- Mindful Parenting & Positive Behavioural Transformation
- Personal and Organisational Performance
- Improving Cognition & Slowing Down Ageing

*Scan QR code to watch the  
Singapore Mindfulness  
Conference 2019 Seminars*





# SINGAPORE MINDFULNESS CONFERENCE 2019



The Singapore Mindfulness Conference 2019 was made possible with support from the National University of Singapore Residential College 4, Duke-NUS Medical School, National Healthcare Group, the Institute of Mental Health and the Agency for Integrated Care, the generous donations from Turbo One, Prof Choo Chiau Beng, Vince Tan and Dr Ang Beng Choo.



# FEEDBACK FROM CONFERENCE PARTICIPANTS

*"I learnt a lot from the wonderful variety of talks on both theory and personal experience."*

*"I thoroughly enjoyed the short practice sessions during the talks. Relevant and interesting!"*

*"I am genuinely impressed by the calibre of presenters. I am looking forward to SMC 2020!"*

*"It provided a valuable opportunity for me to reflect and think about how to lead the life I want."*

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## VOLUNTEER RETREAT 2019

In recognition of the invaluable contribution from our committed volunteers, Brahm Centre organised a 1-day retreat on 29 Sep 2019 at Le Meridien Hotel, Sentosa. Besides a training session on mindfulness communication, there was a lively discussion on how we can improve service delivery to our clients/beneficiaries.



Lively discussion & feedback



Guided mindfulness practice

# MINDFULNESS PROGRAMS FOR STUDENTS

A number of programs were organized to introduce mindfulness to teenagers. They were namely mindfulness camps for students aged 11-15 during September and December school holidays in 2019 and mindfulness foundation courses for students aged 10-13 and their parents. A total of 74 students and parents attended.



While the camps provided a fun and interactive experience to learning mindfulness techniques, the mindfulness foundation courses helped improved parent-child communication with tools on how to express, listen and respond to one another in healthy conversations.



## Feedback from students on the camps

*" I can use my five senses to calm down and breathing techniques to relieve stress."*

*" I found the tips to communicate with my parents and friends very useful. The booklet provided also allows me to refer to what I learnt again."*

*" I learnt how to manage my anger and keep calm in situations I don't like."*

Quotes are rephrased for clarity

# MENTAL HEALTH SEMINAR @ RAFFLES INSTITUTION



Depression and anxiety are on the rise amongst the young with suicide rates reported to be highest among boys aged 10 to 19 in 2019.



The Mental Health Seminar "Understanding the Minds and Emotions of Young People" was organised by Brahm Centre in partnership with the Institute of Mental Health on 22 Nov 2019 to help parents and students detect the symptoms of emotional distress and address them through early interventions. Held at Raffles Institution Auditorium, the seminar was attended by close to 400 parents and students.

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## LI CHONG JIAN PARENTING SEMINAR

Brahm Centre organised a parenting seminar featuring renowned Taiwanese author and parenting expert Li Chong Jian on 27 Nov 2019 at Lee Kong Chian School of Medicine auditorium.



A Tedx speaker and author of many best selling parenting books, Teacher Li shared with 462 parents and educators at the interactive seminar, mindful parenting strategies to improve parent-child and teacher-student relationships.

This involved communication techniques for more intuitive interaction between them, adjustment of mindsets of parent/teacher with regards to expectations of the child/student and the various approaches to take in managing behavioural problems.



# HEALING THE MIND AND BODY MINDFULNESS RETREAT



Brahm Centre ended 2019 with a mindfulness retreat at the beautiful Suan Sampran Riverside Resort in Bangkok from 21 to 25 December. Led by our founder and mindfulness principal, Adjunct A/Prof Angie Chew, it was attended by 22 participants who benefited from the opportunity to reflect and recharge.

Participants were guided through various reflection, psychosomatic and mindfulness meditation exercises. These helped to increase awareness of thought patterns and the corresponding emotions triggered. From this place of awareness and calm comes self healing and improved well-being.

The participants were not only refreshed and energized from the retreat to start the new year, they brought home with them powerful tools to carry on with the momentum of mindfulness.



# FEEDBACK FROM RETREAT PARTICIPANTS



*“The retreat was an ideal time to end the year on a positive note. It was a good way to discipline my mind and body to stay calm and be at peace with myself through the body scan and the walking meditation.”*



*“This is my first retreat. It was a very beneficial experience as I could slow down and re-energise alone..... I learnt the antidote to overthinking. I will make taking deep breaths a habit, love myself more and change my mindset to a more positive one.”*

.....

## CONVERSATIONS ON MENTAL HEALTH IN SINGAPORE



Brahm Centre’s mindfulness psychologist, Mr Eric Lim, gave a presentation titled "Taste of Mindfulness" at a half-day event, Speaking Your Mind: Conversations on Mental Health in Singapore Society Jan 18 2020 at KC Arts Centre - Home of the SRT. It was graced by MP Melvin Yong and attend by 90 participants.

We are glad to support this first-of-its-kind NUS student-led mental health initiative that aims to push for greater understanding of mental health issues in Singapore and work towards a more inclusive nation for individuals with mental health conditions.

# CEO OF BRAHM CENTRE THE STRAITS TIMES SINGAPOREAN OF THE YEAR 2019



Assoc Professor Angie Chew, CEO of Brahm Centre and Mindfulness Principal was named winner of The Straits Times Singaporean Of The Year 2019 for her extraordinary contributions in setting up Brahm Centre in 2012 to provide support to persons with mental health issues and the frail elderly. The award, launched in 2015, recognises Singaporeans whose extraordinary actions improved someone's life or the larger community.



*Assoc Prof Angie Chew, CEO of Brahm Centre accepting her award from President Halimah at Istana on 11 Feb 2020*

Having overcome her own struggle with depression and anxiety, Angie gave up her lucrative corporate career to join the community care sector.

Through Brahm Centre, she has supported those suffering from mental health conditions with a range of services from empowering them with mindfulness practice for self-care, to free access to health education, befriending and counselling. A help line was also launched to provide a listening ear to students and parents.

We are heartened by this award which serves to further raise awareness and promote understanding of those challenged by mental health problems. We know there is more to be done and we will work to build upon our current platform to continue serving the community.

The \$20,000 prize money from the award has been donated to Brahm Centre.

# COVID-19 INITIATIVES TO SUPPORT THE COMMUNITY

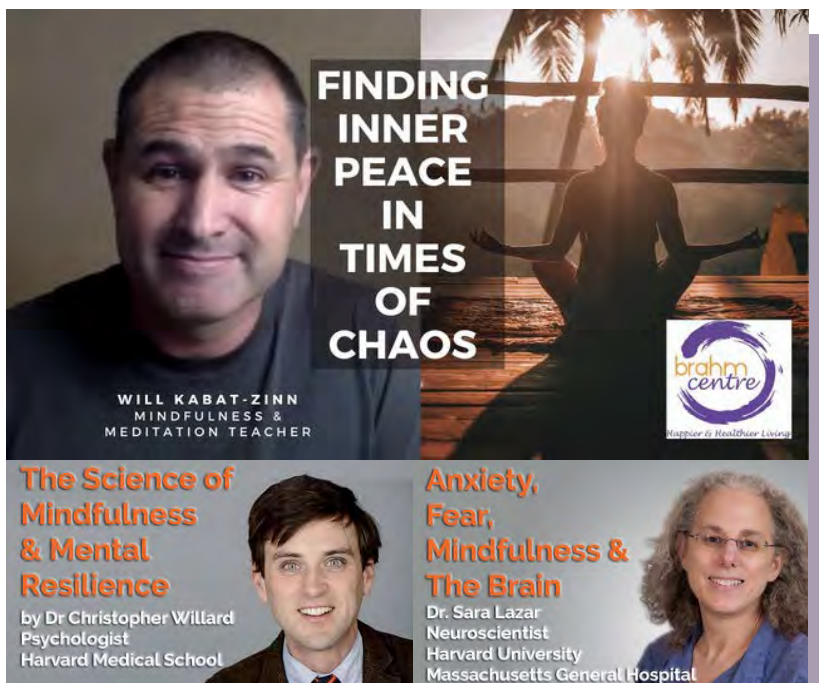
The COVID-19 pandemic this year had a far reaching impact on society, especially with regards to mental health resilience. Anxiety and depression rates were reportedly up as we all faced economic uncertainty, fears of our loved ones contracting the virus and the feeling of isolation from social distancing.

Brahm Centre is a strong advocate of using mindfulness as a tool for mental and emotional well-being. Research showed that practicing mindfulness helps ground our emotions and promote self-regulation. This allowed us cope with the stressors of social distancing and Work From Home with a positive mental view.

From March to June 2020, we introduced a range of complimentary talks and webinars, mindfulness practice sessions and exercises online via Zoom and Facebook Live platforms. We were fortunate to be able to bring on distinguished overseas speakers from Harvard Medical School like Dr Christopher Willard and Dr Sara Lazar and world renowned mindfulness teacher Will Kabat Zinn as part of our weekly free health talks.

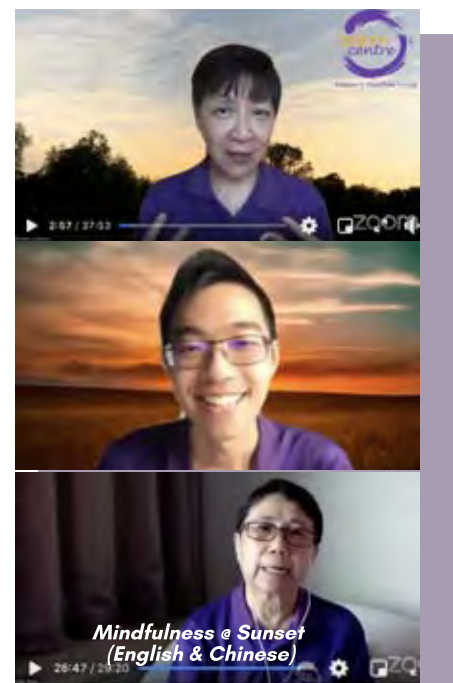
In total, all our online programs reached **18,307** participants over four months.

## Weekly Health Talks



The collage features three promotional images for weekly health talks. The top image shows Will Kabat-Zinn with the text "FINDING INNER PEACE IN TIMES OF CHAOS" and the Brahm Centre logo. The bottom left image features Dr. Christopher Willard with the title "The Science of Mindfulness & Mental Resilience". The bottom right image features Dr. Sara Lazar with the title "Anxiety, Fear, Mindfulness & The Brain".

## Guided Daily Mindfulness Practice



The collage shows three video thumbnails for guided daily mindfulness practice. The top thumbnail shows a woman speaking with the Brahm Centre logo. The middle thumbnail shows a man smiling. The bottom thumbnail shows a woman speaking with the text "Mindfulness @ Sunset (English & Chinese)".

Scan QR code to watch the weekly health talks



Scan QR code to follow the mindfulness practice





# MINDFUL PARENTING WEBINAR SERIES

An online weekly parenting series titled 'Mindful Parenting Webinar' was launched on 14 May 2019 (Sunday) via Zoom and Facebook Live to give parents and educators a peek at the challenges teenagers faced growing up in today's hyper-connected world. This series is hosted by A/Prof Angie Chew (mindfulness principal), May Chng (AssistLine manager & former school vice-principal) and Frank Singam (senior counsellor) from Brahm Centre.

Stretching over 10 weeks, a total of **1,700** participants tuned in to hear personal heartfelt stories from mindfulness learning journeys of NUS undergraduates, who completed the mindfulness-based 'Undeclared Mind' course as part of their curriculum in 2019. The testimonials showed how adopting mindfulness techniques helped them manage the stresses of schoolwork and relationships with family and peers.



Scan QR code to  
watch the parenting  
webinar series



# MINDFULNESS COURSES



Outreach through mindfulness workshops, talks and seminars increased to

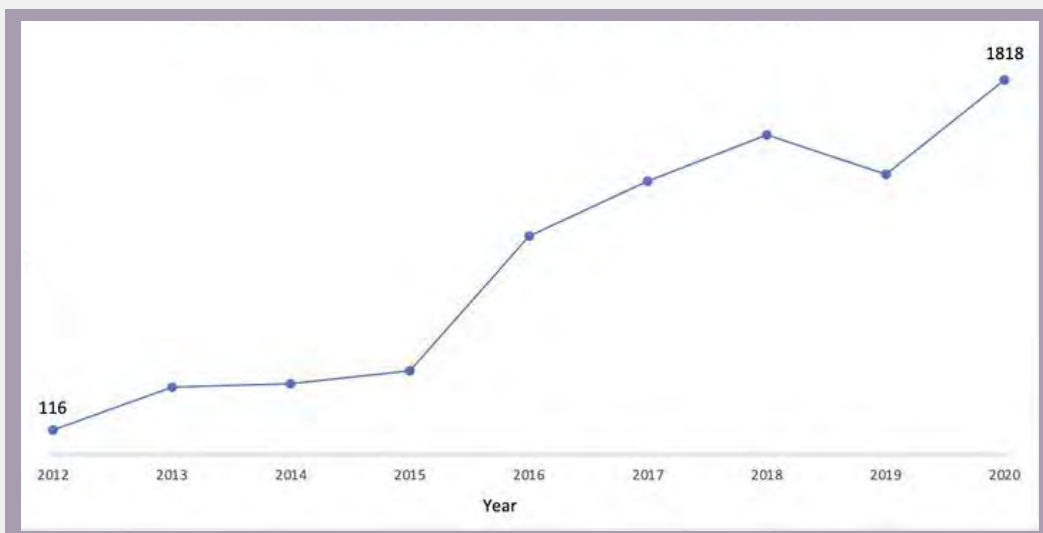
**16,256**

participants

**99%**

agreed/strongly agreed that they will recommend the mindfulness course to friends & family.

Upward Trend of Mindfulness Courses Attendance



# MINDFULNESS FOUNDATION COURSE 正念基础课程



Graduates of the Mindfulness Foundation Course at Brahm Centre @ Novena in Dec 2019

*"This course is pivotal to my recovery from a month long period of stress and panic attacks."*

*"I am now mindful of the present moment. Key takeaway is to 'let go' and be grateful for who we are, be kind to ourselves and others. Highly recommend the mindfulness foundation course to anyone to be at peace with herself/himself."*

"当我有负面情绪时就深呼一口气。我从课程中当我有负面情绪时就深呼一口气。我从课程中得到好睡眠。改变自己。"



Graduates of the Chinese Mindfulness Course at Brahm Centre @ Novena in Jan 2020

"尽量每天练习一次 从课程中学会不让过去或将来限制了我，人生的喜悦，尽量活在当下，享受生活的乐趣"。

# MINDFULNESS-BASED STRESS REDUCTION COURSE (MBSR)

## 正念减压课程



Graduates of the Mindfulness-Based Stress Reduction Course at Devan Nair Institute for Employment and Employability in Feb 2020

*"MBSR is a very useful & practical course. It teaches many skills and practices that can be used to improve one's well-being. Highly recommended!"*

*"The MBSR course helped me manage stressful situations much better. I listen better and do not react so quickly without thinking deeper."*

**"这是一个能让普通人认识到'修身养性'的好课程。让我们对自己更有觉知，对生活 and 沟通都很有帮助在8周的练习中改变一些习气。"**

**"学员之间的分享，为我也带来更丰富人生经验。还有课程内容及老师有效的分解学员们的经验。"**



Graduates of the Chinese Mindfulness Based Stress Reduction Course at Brahm Centre @ Novena in August 2019

# MINDFULNESS RESEARCH

Brahm Centre partnered with local tertiary institutions to conduct research on the efficacy of mindfulness practices on improving sleep and relieving stress. These findings help to adapt and refine the practice of mindfulness in the Singaporean context for better outcomes in the primary prevention of mental health conditions.



## Local study with Duke-NUS Medical School

Involving 96 participants of a 4-week Introductory Mindfulness Course, it showed that mindfulness training improved sleep quality with the reduction of anxious thoughts at bedtime

The findings were published in the journal Mindfulness and presented at the Singapore Mindfulness Conference 2019. These findings can help to adapt and refine the practice of mindfulness in the Singaporean context.

## Mindfulness research study with National University of Singapore

It investigated the effects of online group mindfulness training on stress and sleep quality during the COVID-19 pandemic in Singapore. The results showed that online mindfulness training via videoconferencing is a useful intervention for stress reduction when traditional in-person training is not feasible..





# HOLISTIC CARE MANAGEMENT FOR THE COMMUNITY

77 year old Mr Lim\* is diagnosed with mild dementia and lives with this elder son Tom\* while his younger son Derek\* undergoes rehabilitation in a facility. With his wife's passing in 2012, the family fell apart and both sons were unable to care for him. Based on referral from AIC, the Brahm Centre Care team stepped in with a dementia medical care plan for him.

When a follow up medical check-up resulted in a prostate cancer diagnosis, the Brahm Centre Care team made transport arrangements for Mr Lim's daily radiation therapy over a period of 4 weeks. With the cancer in remission, he was able to resume his regular activities at a seniors day care centre.

Things took a turn for the worse when Tom, who suffered from a mental condition, displayed an escalation in aggressive behaviour. Mr Lim was moved to a sheltered home for his own safety. When Tom passed away suddenly due to cardiac and respiratory failure, Brahm Centre staff provided Mr Lim and Derek with emotional support and encouraged Derek to step up as head of household.

Inspired by the support and care provided by Brahm Centre staff, Derek is determined to remain clean and take up the opportunity to pursue a career in the social service sector. He said, *"If Brahm Centre hadn't supported me, my life would have ended like my brother's. I would have gone back to my old ways of crime or killed myself."*



Mdm Ting\* had been living alone at MacPherson without next of kin after her parents passed away. She worked as a factory worker and subsequently cleaner until she retired. She was referred to Brahm Centre as a befriender in 2020. Despite regular visits from our befriending staff, she kept them at arm's length and would not allow them into her home.

However, our befriending team and volunteers persisted and during one of the visits, found her in a weakened state. She was sent to the hospital in an ambulance and upon admission, was diagnosed with cancer of the colon and liver with a prognosis of 3 months to live.

As it was the last leg of her life journey, a volunteer and Brahm Centre Care staff paid her daily visits at the hospital, often bringing her favourite food. Mdm Ting looked forward to their visits and an emotional bond was built between them. She was grateful for the friendship that developed and often advised our staff to practise self-care. It was highly rewarding for our volunteer and staff to see her smiles during the visits and have the care and concern reciprocated. It was a remarkable turnaround from the initial house visits.

Mdm. Ting has since passed on peacefully. We are glad to have persisted in checking on her during home visits and to have brought her some joy and relief before her passing. Even though she had grown physically very frail towards the end,

*\*Names have been changed to protect privacy of our clients*

# HOLISTIC CARE MANAGEMENT FOR THE COMMUNITY



The Brahm Centre care management team supports vulnerable community members through regular monitoring, casework management and counselling within the designated service boundaries of MacPherson, Simei and Tampines.

Suffering from mental health conditions, like depression or dementia, and chronic physical ailments, they have no or weak family support and faced financial difficulties. They come to us through referral from community partners.

Upon assessing their situation, our team of care coordinators provide them and their caregivers with social support through holistic care management. This includes linking them to the mental health support and community care network.

Through regular screening sessions of dementia and depression at our centres, we are able to provide early detection and intervention of these conditions. In **FY 2019**, we conducted dementia and depression screening for a total of **521** individuals. **14.6%** showed signs of both conditions and were referred to polyclinics or hospitals for follow-up.



## **Brahm Centre's person-centric care management:**

- Provide education on management of mental health conditions such as dementia and depression.
- Offer counselling and emotional support.
- Encourage clients to engage in physical and mind-stimulating exercises and social activities.
- Assist with management of client's medical appointments and medication compliance.
- Link clients up with social service agencies for financial assistance and provision of meals where required.
- Arrange for installation of safety aids in the house to prevent falls

# COMMUNITY BEFRIENDING PROGRAM



*Diana Ong, Befriender*

## **Why did you choose to become a befriender?**

I have an elderly mother who lives alone in Malaysia. She is always sharing stories of how she is blessed with many random kind acts from strangers. Whether it's giving her a helping hand to cross a busy street or paying for her grab ride, there are kind people looking out for her. I want to pay it forward by helping other seniors.

## **Please share your experience or any interesting/memorable encounters as a befriender**

My befriending journey began when Brahm Centre @ Simei opened its doors in late 2017. I live in a flat in the same block and filled out a form to volunteer but I haven't looked back since.

Over the years, I have had many enjoyable and fulfilling experiences as a befriender at Brahm Centre. Before the Covid-19 crisis, I helped out regularly at potluck sessions, serving food as well as singing along and dancing with the seniors. I also accompanied them on several excursions to museums, aquarium at Sentosa and even to watch the movie Crazy Rich Asians. Keeping them safe and having fun with them was memorable. All these interactions with the seniors also led to lunch dates and deeper friendships with some of them.

During the Circuit Breaker, it became challenging for some of the seniors, especially those who lived alone. I called at least 10 seniors every week to engage and check in on them. Contact frequency is higher for those living alone.

Madam Kay\* was too afraid to step out of her home then. So I helped her with errands, buying groceries and food and hung them at her door. Once she called me to ask if the bookstore was open as she needed a pen. Luckily, I was able to give her a couple by leaving them in her mailbox. She said, "You are my angel sent from heaven." I felt very touched that I was there to make a difference in her life.

## **What were some challenges that you faced during befriending and how did you overcome?**

It is not easy to establish rapport with all seniors. Some are reserved and do not feel a need to chat or open up to me. However, I was not discouraged. Instead I focused on those who need my help.

## **Would you encourage others to become a befriender, if yes.....why/how?**

Yes, I recommend people to sign up as a befriender. As Singapore faces an increasingly ageing population, many seniors have a need for social interaction and to feel that they are a part of the community. Befriending also provides companionship to some seniors who may feel lonely. However, it is not one-sided, as the Befriender not only gains new friendships but also a sense of fulfillment from helping others.

*\*Names has been changed to protect privacy of our beneficiaries.*



# COMMUNITY BEFRIENDING PROGRAM



*Ronnie Lee, Befriender*

## **Why did you choose to become a befriender?**

I signed up with Brahm Centre to be a befriender because I wanted to have a positive impact on the seniors by offering them a listening ear. I have volunteering experience and have done my fair share of door knocking to better understand the prevailing issues faced by many in Singapore. However, I would like to take it a step further by establishing a closer emotional bond with the seniors and hearing from them the conditions they're facing and how I can make a difference.

## **Please share your experience or any interesting/memorable encounters as a befriender**

I am a relatively new befriender and joined after Covid-19 struck. As most of them are living alone, I will call them weekly. I feel that for befriending to be beneficial, it needs to be purposeful and mutual with both parties (befriender and the senior) committed to non-judgemental and open sharing.

While some of the seniors are reserved, it's still early days and I believe with sincerity and time, rapport can be built. One of the success I had was with Madam Lee\*, a cancer survivor, who freely shared her experiences of working as a merchandiser for departmental stores back in the 1960s. The overseas business trips she took were interesting and the work ethics she spoke of are still very relevant today. Our conversations not only allowed her to relive lovely memories, it served to enrich my knowledge of history and development from a different era.

With another senior Mdm Wang\*, I learnt about how she had to navigate the various healthcare institutions such as polyclinics, hospitals and TCM practitioners. By hearing her out and trying to help her find answers to her questions, I hope she has a better understanding of the scope and reasons for some of the procedures at the various institutions. In the process, I have a deeper appreciation of what some of our seniors are facing when seeking basic healthcare. Whether they are stories of the past or seeing something from a different perspective, interacting with them gives me learning opportunities and much to reflect upon.

## **Would you encourage others to become a befriender, if yes.....why/how?**

Yes, of course. It is a chance to develop friendships with the seniors and given their lifetime of experience, they have much wisdom to impart. When we give the elderly the opportunity to socialise, it also enhances their mental well-being. It is time well-spent!

As to how? Simply take the first step of completing the volunteer form. When it comes to trying something meaningful, I believe that NOW is the time. Don't wait.

*\*Names has been changed to protect privacy of our befriendees.*

# COMMUNITY BEFRIENDING PROGRAM



Brahm Centre offers care and support to the lonely seniors, Persons Living with Dementia and caregivers through its Befriending program. This is done with the support of a pool of dedicated and trained volunteers.

Upon receiving a referral from our network of partners, including hospitals, community partners and social service centres, our care management team will make an assessment of the clients needs and match them to trained volunteers.

In **FY 2019**, a total of **2,370** clients were served by the Brahm Centre care team and volunteers with **10,778** home visits and calls made. This was an increase compared to FY 2018 with 1,095 clients served and 4,461 home visits. During the circuit breaker period, face-to-face home visits were substituted by weekly phone calls to stay in touch with the clients.

*List of our partners: Tan Tock Seng Hospital; Khoo Teck Puat Hospital; Ren Ci Community Hospital; Changi General Hospital; Institute of Mental Health; Agency for Integrated Care; The Council for 3rd Age; Kembangan Chai Chee Seniors Activity Centre; Thye Hua Guan MacPherson Seniors Activity Centre; Kolam Ayer Community Club; and various other social service centres.*

## How does Brahm Centre Befriending Program help?

- Engage befriendees in chats and lend them a listening ear.
- Encourage them to adopt a healthier living approach with mind stimulating activities and simple exercises to improve physical mobility.
- Provide emotional support and appropriate training to caregivers
- of persons living with mental health conditions.

If you would like make a difference by becoming a volunteer, email us at **[volunteer@brahmcentre.com](mailto:volunteer@brahmcentre.com)**

# ASSISTLINE

Brahm Centre seeks to promote greater awareness and support for youth mental well-being. With the growing trend in the number of suicides in Singapore (361 in 2017 vs 400 in 2019), it remained the leading cause of death for those aged 10–29.

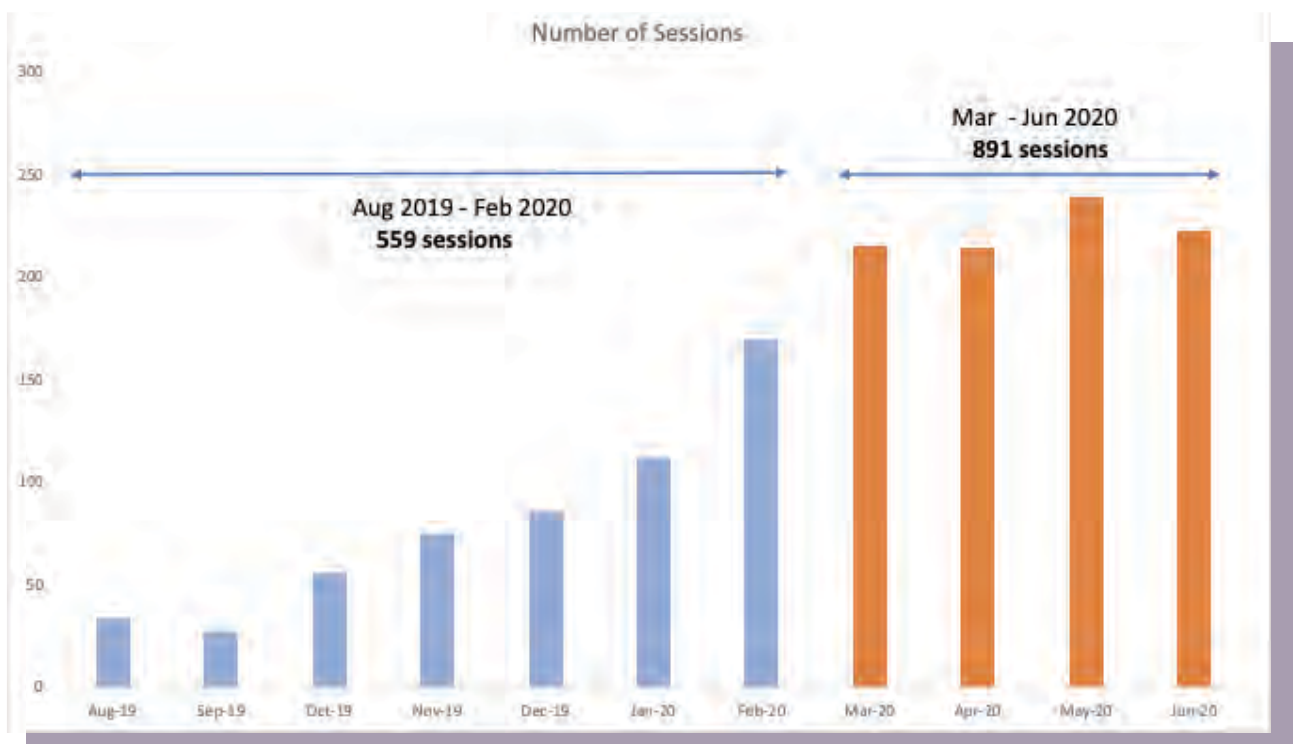
**AssistLine** was launched in 25 August 2019 as a helpline that provides emotional support to teens/young adults who are in distress or facing mental health issues. Assistance is also given to parents/guardians who wish to adopt parenting strategies to better support the growth of their children.



The platforms open to those who require help are: calls (landline and mobile), Whatsapp messaging, emails and face-to-face counselling.

For the period August 2019 to June 2020, a total of **1,450** sessions were recorded through all platforms, the most popular being Whatsapp messaging forming 62.6%.

There was a 2.8 fold rise in the monthly sessions handled by the AssistLine team comparing the periods August 2019–February 2020 and March–Jun 2020 as the Covid-19 crisis and circuit breaker had amplified feelings of loneliness and helplessness, resulting in more reaching out for help.



# VOICES OF APPRECIATION FROM SOME OF OUR CLIENTS

*"I really appreciate it when you guys check up on me. When I get over all these thoughts and feel better, I want to help people who suffered from the same condition."*

*"Many thanks for your kind advice and support during the most difficult period of my life. Sincerely appreciated."*

*"Thank you for your kindness and helpfulness so that I do not feel I am alone"*

*"I just wanna thank you for all the support rendered and this amazing platform that allows me to be 100% honest without fear or shame. "*

*"I had thought about and attempted suicide so many times that it stuck in me. But I'm grateful that there was always a beam of light for me. Thank you for being the light at this moment."*

Brahm Centre provides confidential emotional support for persons in distress.

Weekdays (9am - 6pm) : **6655 0000**

After hours : **8823 0000 (Calls & Whatsapp available)**

Email: **assistme@brahmcentre.com**

# COUNSELLING

"I was facing anxiety issues from my new job, and decided to seek counselling with Brahm Centre before my stress and panic attacks overwhelmed me. Lily was my assigned counsellor. She provided a listening ear in a safe environment non-judgementally where my identity and issues discussed were kept strictly confidential.

Through my counselling sessions, I gained greater clarity on the root cause of my anxiety, and new perspectives on the issues that I faced. Most importantly, I learnt how to manage my emotions better and cope with life's challenges in a more constructive manner. As a result, I got through a very stressful period in my life by practicing mindfulness and learning to be in the present moment. I would strongly encourage anyone who needs counselling to approach Brahm Centre for help."

*Counselling Client Jamie\**



"I have used Brahm Centre's counselling service for the past one and half years. Through this time, I have turned to my counsellor, Lily for support, a listening ear, reassurance and validation.

She has given me fresh perspectives to view my challenges and helps me as I work to find solutions. It is a relief knowing that when I need someone, my counsellor is there. She has also taught me mindfulness techniques to manage stress and overwhelming unpleasant emotions and thoughts.

Lastly, Brahm Centre's counselling service is affordable as it is matched to monthly income and for that I'm thankful."

*Counselling Client Betty\**



I was having marital issues and frequent conflict with my spouse due to our differing parenting styles. It was really a struggle and at times depressing having to manage my two teenagers and P5 boy over their addiction to hand phones and gaming. It was not until I discovered Brahm Centre and Frank that my relationship with my spouse improved. He helped us gain greater clarity over our own values and how we can partner each other effectively in co-parenting the kids.

Frank's dedication to his job is best exemplified in his follow-up and positive messages after the sessions to reinforce the behaviour. I am also grateful for the parenting workshop series organized by Brahm Centre that give me insight into the world of youth so that I can better relate to my children."

*Counselling Client Athena\**

*\*Names has been changed to protect privacy of our clients*

# COUNSELLING

"At Brahm Centre, I am learning to empower myself to lead a more fulfilling life. I first approached Brahm Centre for addiction issues more than a year ago. The recovery process has been bumpy, but with the support and guidance from my counsellor Frank, I am now on a stronger footing, compared to the first time I walked through the doors of Brahm Centre.

Through mindfulness, beyond just equipping myself with tools to deal with addiction, I am learning to take charge of my life, build stronger relationships with those around me, and prepare myself for challenges in life."

*Counselling Client Martin\**

*Our trained and experienced counsellors*



*Lily Gan  
Head of Counselling  
Brahm Centre*



*Frank Singam  
Senior Counsellor,  
Brahm Centre*

Brahm Centre provides both individual and group counselling and psychotherapy services to the general public. All counselling sessions are conducted by trained counsellors who have the experience to deal with an array of issues including, but not limited to, the following:

- anxiety and depression
- marital problems
- parenting challenges
- addiction management
- caregiver stress

In **FY 2019**, we clocked a total of **642** hours in counselling and helped a total of **178** clients on various life issues, supporting them through their difficult times.

If you would like to speak to our trained counsellors, please email [infore@brahmcentre.com](mailto:infore@brahmcentre.com) with summary of your situation.

*\*Names has been changed to protect privacy of our clients*

# FINANCIAL RESULTS SUMMARY

## Financial Statement July 2019 – June 2020

	2019/20 SGD	2018/19 SGD	Variance SGD
<b>Charitable Activities</b>			
Income from Courses	755,948	641,906	114,042
Income from Services and Merchandise	59,945	37,156	22,789
Less			
Expenses related to Charitable Activities	(2,185,991)	(1,775,956)	(410,035)
Expenses related to Governance Activities	(410,368)	(396,588)	(13,780)
<b>Deficit</b>	<b>(1,780,466)</b>	<b>(1,493,482)</b>	<b>(286,984)</b>
<b>This is funded by:</b>			
Donations	312,960	405,839	(92,879)
Fundraising	0	0	0
Other Income	420,992	16,636	404,356
Less Fundraising Expenses	0	0	0
<b>Total Donations &amp; Other Income</b>	<b>733,952</b>	<b>422,475</b>	<b>311,477</b>
<b>Deficit from Operations</b>	<b>(1,046,514)</b>	<b>(1,071,007)</b>	<b>24,493</b>
Income from Government & Non-Government Grants	1,744,897	1,218,276	526,621
Matching Grant Contributions	130,457	106,303	24,154
<b>Surplus from Operations before Investment Income</b>	<b>828,840</b>	<b>253,572</b>	<b>575,268</b>
Net Investment and Interest Income	70,923	51,744	19,179
<b>Total Surplus</b>	<b>899,763</b>	<b>305,316</b>	<b>594,447</b>

The full audited financial statements for Brahm Centre can be downloaded separately at [charities.gov.sg](http://charities.gov.sg).

Staff Remuneration above \$100,000

CEO of Brahm Centre was paid a gross remuneration of \$135,297 inclusive of CPF & AWS for the FY2019/2020.

The surplus will be applied towards setting up the new Brahm Centre @ Tampines and increasing our mental health support team in the next FY.

Among the staff, only the CEO served on the governing board member of the charity. There is NO paid staff being a close member of the family belonging to the CEO or any Board Member

# BOARD MEETING ATTENDANCE

MEMBERS	DESIGNATION	29 NOV 2019	24 FEB 2020	28 MAY 2020
Ms Chen Yew Nah	Chairperson <i>Till 24 Feb 2020</i>	✓	✓	✓
Ms Karen Kooi	Chairperson		✓	✓
Dr Ho Eu Chin	Vice-Chairman	✓	✓	✓
Ms Angie Chew	Director	✓	✓	✓
Mr Henry Baey	Director			✓
Dr Chan Keen Loong	Director <i>Till 28 Nov 2019</i>	N.A.	N.A.	N.A.
Mr Chong Nai Min	Director	✓	✓	✓
Dr Jerome Goh	Director		✓	✓
Dr Gregor Lange-Lim	Director		N.A.	N.A.
Dr Lee Cheng Chuan	Director	✓		✓
Ms Ong Siew Kim	Director <i>Till 27 May 2020</i>	✓	✓	
Dr Tan Bhing Leet	Director	✓	✓	✓
Dr Tan Geok Leng	Director <i>Till 23 Feb 2020</i>		N.A.	N.A.
Mrs Tan-Huang Shuo Mei	Director	N.A.	N.A.	✓
Dr Irene Tirtajana	Director	✓		✓





**Brahm Centre @ Tampines**

Blk 473 Tampines Street 43, #01-94  
Singapore 520473  
T: 6908 2122

**Brahm Centre @ Simei**

Blk 227 Simei Street 4, #01-50  
Singapore 520227  
T: 6786 0800

**Brahm Centre @ MacPherson**

Blk 55 Pipit Road, #01-01  
Singapore 370055  
T: 6741 1131

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