

# Annual Report

2015-16



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### Mission

To promote happy and healthy living

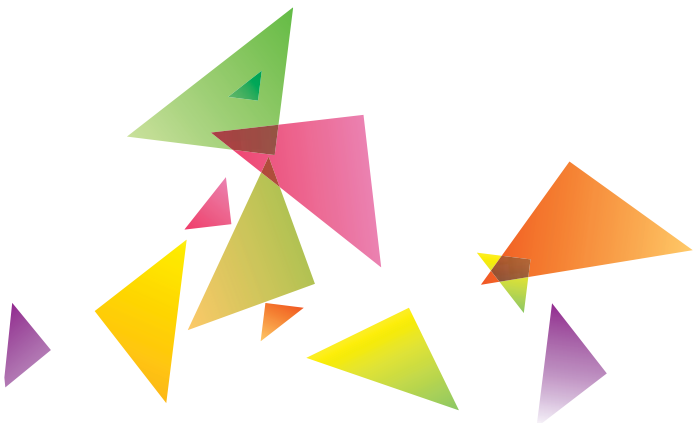
### Vision

Empowering every individual to create his/her own happiness

Brahm Centre is a registered charity (No: 200200167M)  
with Institution of Public Character (IPC) status and  
a member of National Council of Social Service (NCSS).

The centre has continued to make tremendous progress in reaching out and offering a myriad of programs accessible to all since it was launched in 2012.

Due to the generosity of foundations, corporations and individuals,  
and the support from Tote Board, we now have a sustainable future  
that enables us to continue benefitting the community.



## Patron's Message

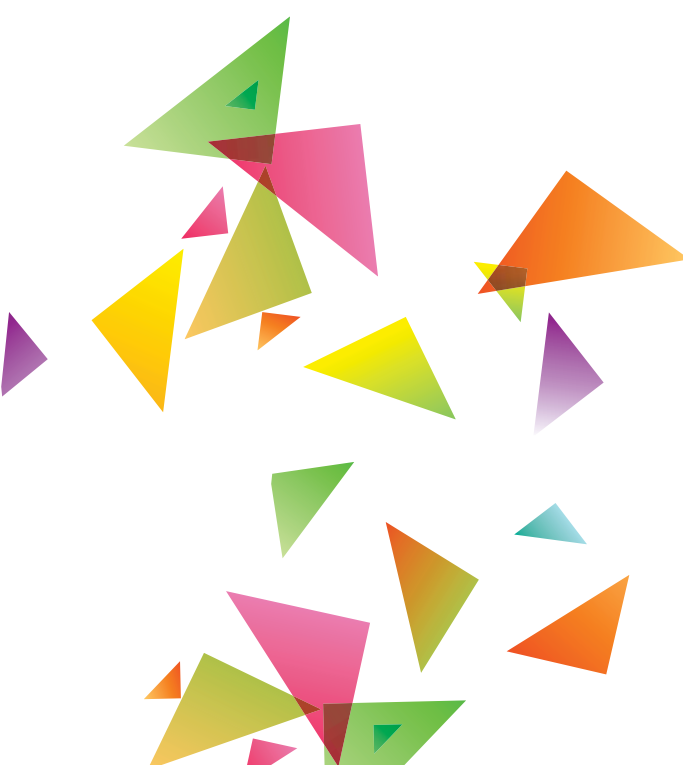


I'm delighted with the progress that Brahm Centre has made since its launch in 2012 in a 1,200 square feet of space on the 2nd level of Ren Ci Hospital. Today, it has relocated to a premises twice the size and offering more than twice the programs benefiting more than 6,000 people of all ages.

I would like to congratulate the Brahm Centre board members and staff, and also thank the donors and volunteers who have helped made the achievements possible!

Going forward, I wish Brahm Centre greater success in empowering individuals to create their own happiness!

Mr Choo Chiau Beng





2015-16 has been a very busy year with impactful achievements. Under the leadership of Angie Chew since August 2015, the number of large events and total outreach have increased significantly. The uptake of mindfulness courses has doubled and the number of programs and staff strength have also doubled.

The good work has led to stronger support from the Agency for Integrated Care, Tote Board, Tan Chin Tuan Foundation, Lee Foundation, corporates and individuals. We are grateful for their trust and generous support.

I often hear laughter when I drop by the centre and the staff are passionate about what they do. They have also managed expenses carefully and built a strong balance sheet for Brahm Centre to go forward in developing new plans for the next fiscal year.

I would also like to thank my fellow Board members, many of them have taken active roles in various board committees. The Board and the team will continue to maintain good corporate governance and compliance.

Special heartfelt thanks to Mr Choo Chiau Beng for his patronage, our advisors and Mr Pradeep Kumar for serving as Chairman in the previous fiscal year.

On behalf of Brahm Centre, I wish all of you good health and happiness!

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Chen Yew Nah'.

Ms Chen Yew Nah

## Our Patron, Ambassador & Advisors

### Patron



**Choo Chiau Beng**  
*Chairman of M1 Ltd*

### Ambassador



**Tan Chade-Meng**  
*Google's former Jolly Good Fellow & Author  
of Search Inside Yourself and Joy On Demand*

### Our Distinguished Advisors



**Dr Daniel Sigel**  
*Clinical Professor of  
Psychiatry, University of  
California at Los Angeles  
(UCLA)*



**Dr Christopher Cheok**  
*Vice Chairman,  
Medical Board, IMH*



**Tan Siak Hee**  
*Fellow of the Chartered  
Institute of Arbitrators &  
the Singapore Institute  
of Arbitrators*

### Legal Advisor

### Finance Advisor



**Dr Kevin Ow Yong**  
*Chartered Financial  
Analyst & Accountant  
Singapore Management  
University*





## **Brahm Centre Board Members (2015-6)**



**Chen Yew Nah**  
*Chairperson*  
*Head – Audit Committee*



**Dr Ho Eu Chin**  
*Vice Chairman*  
*Head – Program Committee*



**Mr Patrick Goh**  
*Founding Member*



**Angie Chew**  
*Founding Member &*  
*Executive Director*



**Jesilynn Luar**  
*Treasurer*



**Prof Foo Keong Tatt**



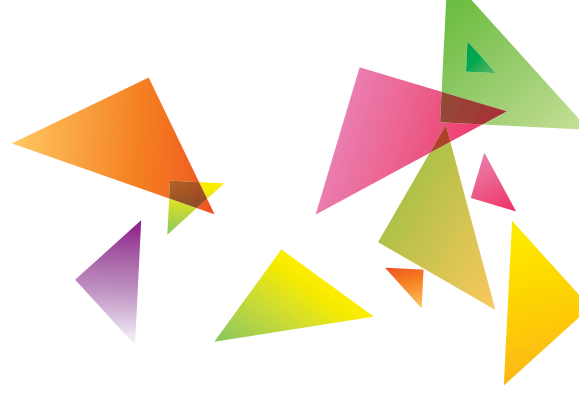
**Dr Chan Keen Leong**



**Mr Henry Baey**



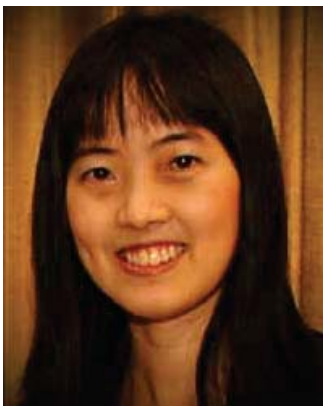
**Mr Chong Nai Min**  
*Head – IT Committee*



**Dr Hoo Hui Kim**



**Dr Lee Cheng Chuan**  
*Head – HR Committee*



**Dr Tan Bhing Leet**



**Dr Tan Geok Leng**



**Serena Yong**



## Our Partners & Sponsors

### Partner Organisations



### Our Major Sponsors

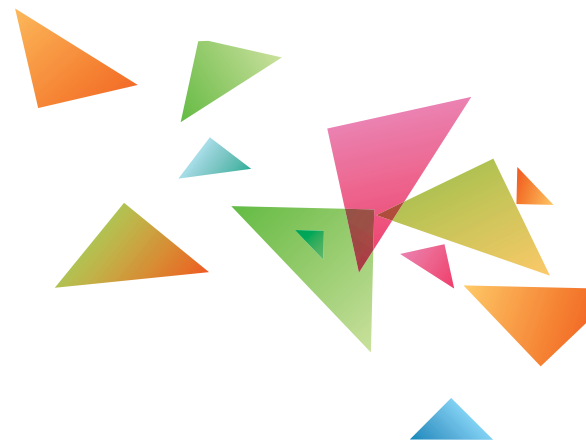


## Our Team

### Brahm Centre Team as at June 2016



From left, Vicky Chong, Denise Ang, Ong Tjin Lie, Lily Gan, Angie Chew, Dr Ann Choo, Dr Chia Kwok Ying, Chan Wai Peng, Eric Lim



**Health Talks**

Total till  
June 2015: 12,874  
Total till  
June 2016: 16,773  
30% increase

**No of Patients  
Befriended**

Total till  
June 2015: 146  
Total till  
June 2016: 228  
56% increase

**Active Volunteers**

Total till  
June 2015: 35  
Total till  
June 2016: 50  
42% increase

**Mindfulness  
Courses**

Total till  
June 2015: 1,187  
Total till  
June 2016: 2,267  
91% increase

**Counselling  
Clients**

Total till  
June 2015: 26  
Total till  
June 2016: 83  
220% increase

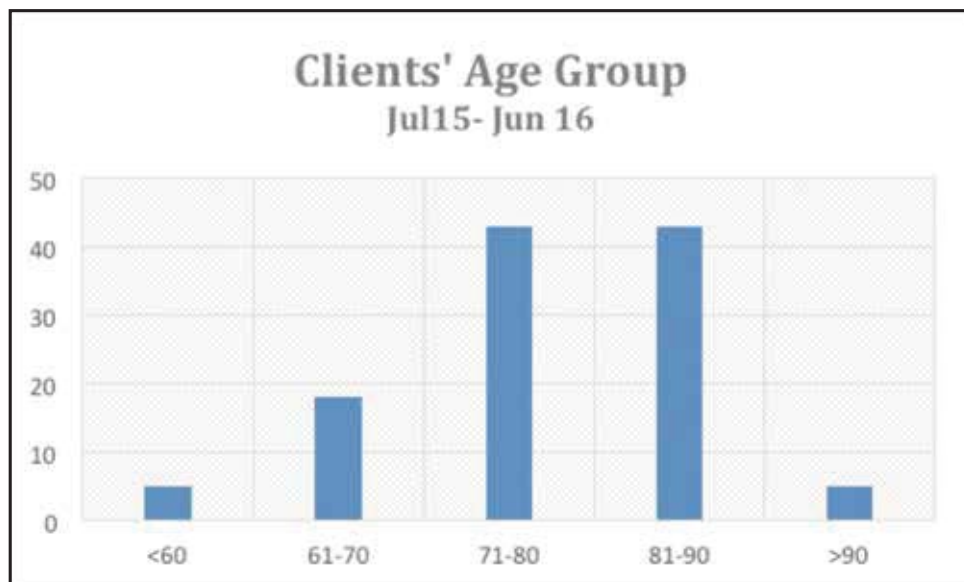
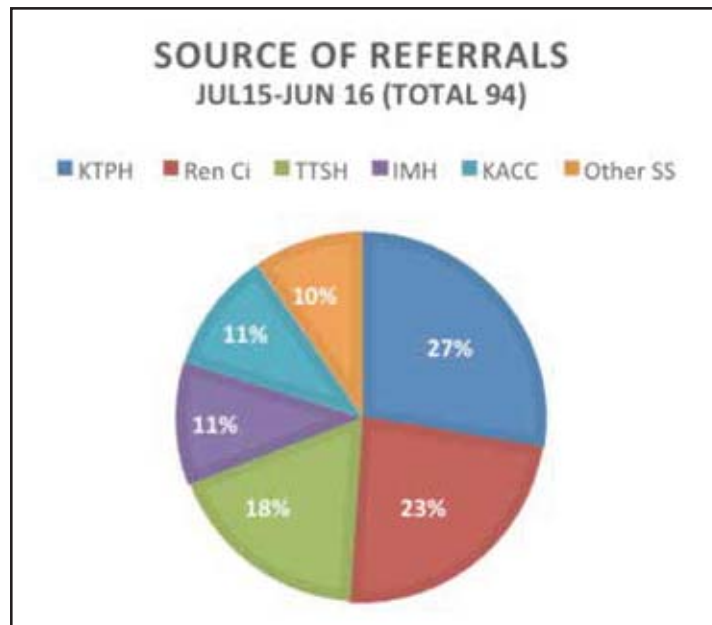
**Mindfulness  
Talks**

Total till  
June 2015: 2,289  
Total till  
June 2016: 5,628  
145% increase

## Virtual Hospital Program

The Virtual Hospital Program (VHP) is a home befriending service in collaboration with Tan Tock Seng Hospital (TTSH) that kicked off in October 2013. The aim was to provide support services by volunteer befrienders to elderly who were admitted into TTSH more than four times a year to help them stay healthier, thus reducing their admission rate. Subsequently the program expanded to take in referrals from Khoo Teck Puat Hospital, Ren Ci Hospital, Changi General Hospital and Institute of Mental Health. As the service proved its effectiveness, referrals also came in from Family Service Centres and Senior Activity Centres; many of the elderly lacked functional mobility and some have mental health conditions.

From July 2015 to June 2016, Brahm Centre took in 94 new cases from the hospitals, Kembangan Chai Chee Senior Activity Centre and other agencies. Most of them were female and aged 70 and above.

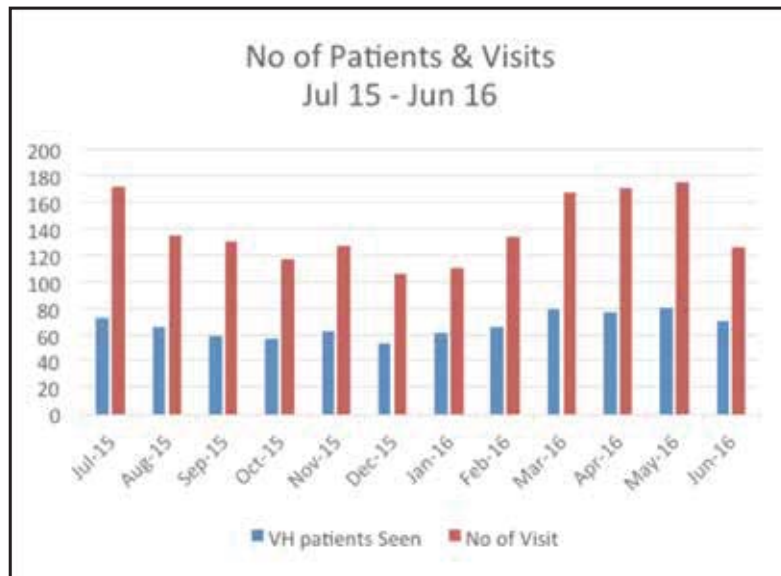




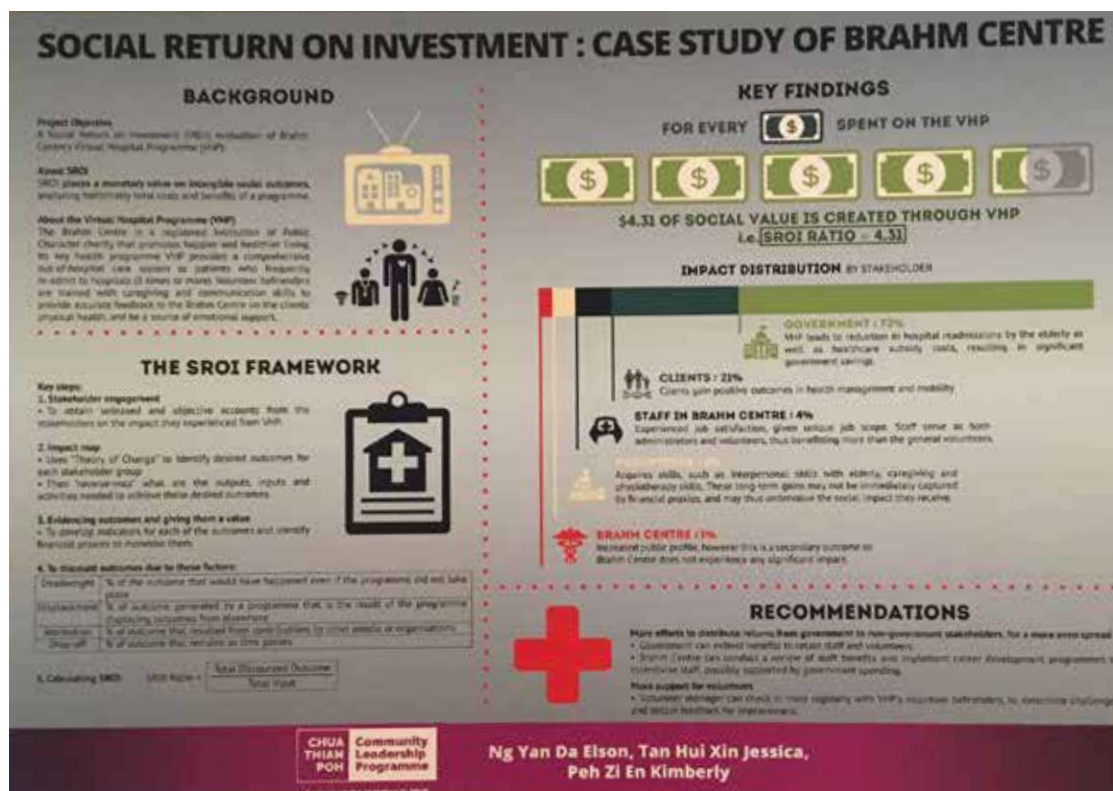
# Virtual Hospital Program

In each month from Jul 15 - Jun 16, an average of 66 elderly were befriended against the target of 50 set by the Agency of Integrated Care. A total of 1,627 visits were conducted by 50 active volunteers. To date, 107 volunteers had been trained.

The graph below shows the number of patients and visits conducted each month.



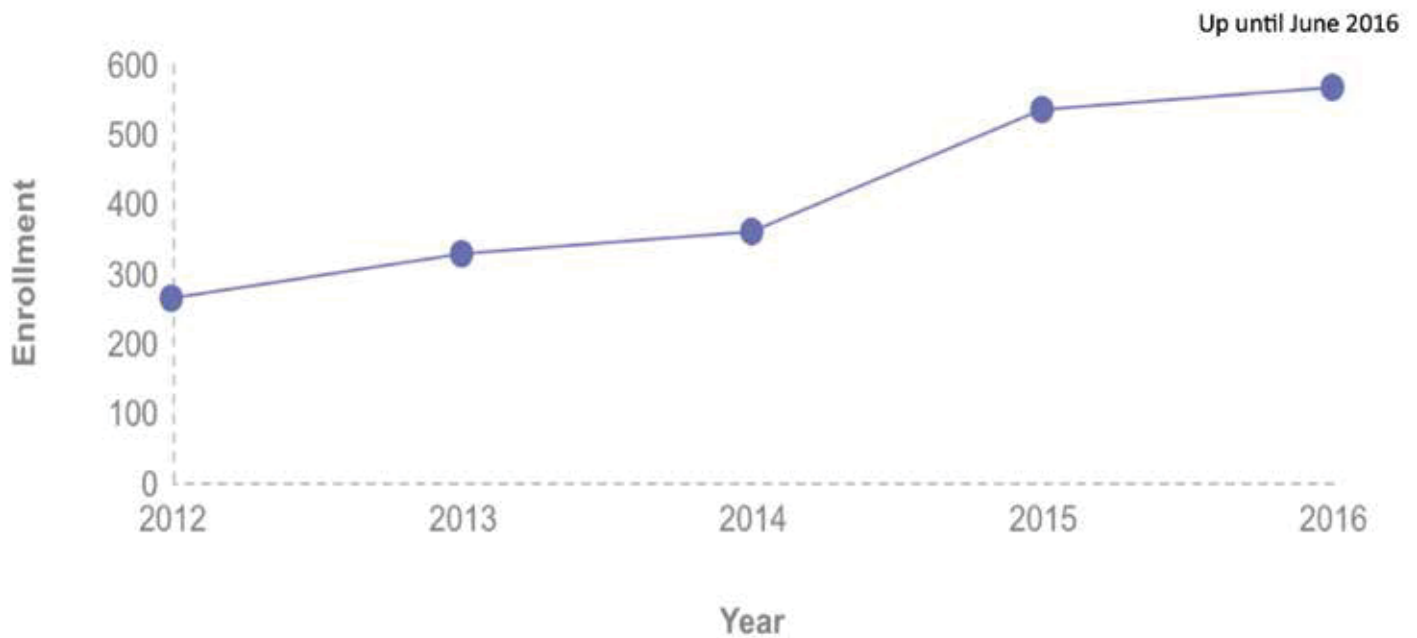
National University of Singapore conducted a study, as part of the Chua Thiam Poh Community Leadership Programme, to evaluate the cost effectiveness of the the Virtual Hospital Program (VHP). The key finding was that for **every \$1 spent on the program, \$4.31 of social value was created.**





## Mindfulness Programs

### Mindfulness Course Enrollment



### Mindfulness Seminar Attendance

Year	Seminar	Attendance
2014	Mindfulness: It's Good for Business and It's Good for You	400
	Happiness and Self-Healing Through Mindfulness	706
2015	The Art and Benefits of Mindfulness	530
2016 (Till June 16)	The Science of Mindfulness and Mental Wellbeing	290
	The Science and Impact of Mindfulness	500

Information is accurate as of June 2016

## Mindfulness Courses

Brahm Centre held 4-session mindfulness courses every month and introduced the 8-week Mindfulness Based Stress Reduction course in 2015. Participants learnt how to enhance their self-awareness and better manage their destructive emotions and stress.



*Mindfulness has helped me manage the crises in my life better. It helps me remain in the moment, to identify and stay with the emotions, to accept what is happening, and with composure, think through my actions to overcome my crises.*  
Ms Malar Singam

*Mindfulness practice helps me be more aware of my thoughts and actions. It also helps me cope better with my emotions by learning to let go of what I cannot control & accepting what I cannot change*  
Ms Marie Leong

*With the practice of Mindfulness, you are able to deal with negative emotions, stress and anxiety better and eventually become a better person*  
Ms Shaikhah



# Mindfulness Programs

## Mindfulness for Corporates



The first batch of staff from Agency For Integrated Care (AIC) attended the Mindfulness @ Work Course in October 2015. Since then, AIC has sent more than 140 people to Brahm Centre for the course and the Care Transition Department has made it compulsory for their staff to attend as the outcomes have been very positive. The staff's attitude has become more positive and they have been able to better manage their work stress.



*The Ren Ci Hospital healthcare staff who attended the 4-session Mindfulness in Caregiving Course over four weeks.*



*MacPherson grassroots leaders and volunteers attended the Mindfulness In Caregiving Course to acquire a set of tools to better support their residents.*



*Mindfulness workshop was conducted at Keppel Land's office*

*Corporate Clients include:*



## Corporate Mindfulness Course Evaluation Results

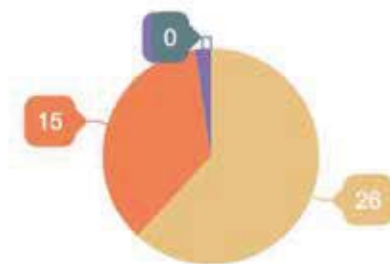
100% of participants strongly agree and agree that concepts and skills taught were useful and relevant to their lives

The concepts and skills presented were useful and relevant to my life



Strongly Agree (79%) Agree (21%) Neutral (0%)  
Disagree (0%) Strongly Disagree (0%)

I will recommend this course to my friends.



Strongly Agree (62%) Agree (36%) Neutral (2%)  
Disagree (0%) Strongly Disagree (0%)

100% of participants the instructor as excellent, very good and good.

Overall, how would you rate this instructor?



Excellent (81%) Very Good (5%) Good (14%)  
Average (0%) Poor (0%)

# Mindfulness Programs

## Mindfulness Research Study

Research findings on the Effects of Mindfulness-Based Training on the General Adult Population in Singapore. The study is based on a Single-Group Pre-Post Intervention comprising of 157 adult participants who attended the Mindfulness Course at Brahm Centre. The participants completed 3 self-report questionnaires at pre- and post intervention (N=157) measuring perceived stress, mindful attention awareness and mental wellbeing

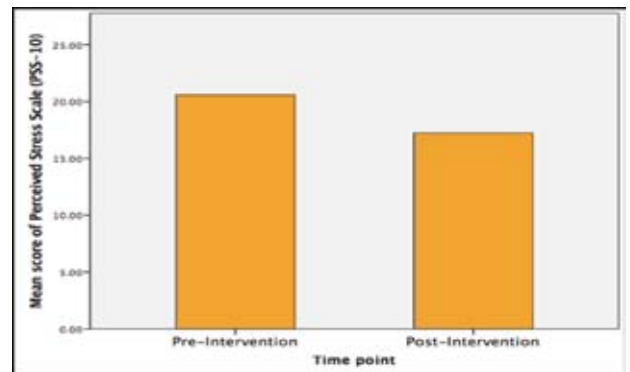
**Table 1** PSS-10, MAAS and WEMWBS before and after the Mindfulness Course from Aug 2015 to April 2016 (N=157)

Variable	Pre-Intervention		Post-Intervention		Pre-post difference			
	Mean	SD	Mean	SD	Mean	95% Confidence interval	SD	Effect size (d)
PSS-10	20.59	6.28	17.22	5.57	-3.37***	-4.30 to -2.43	5.93	0.57
MAAS	3.64	0.81	3.76	0.68	-0.12*	0.01 to 0.23	0.12	0.12
WEMWBS	45.27	8.37	49.25	7.39	3.98***	2.93 to 5.03	6.67	0.60

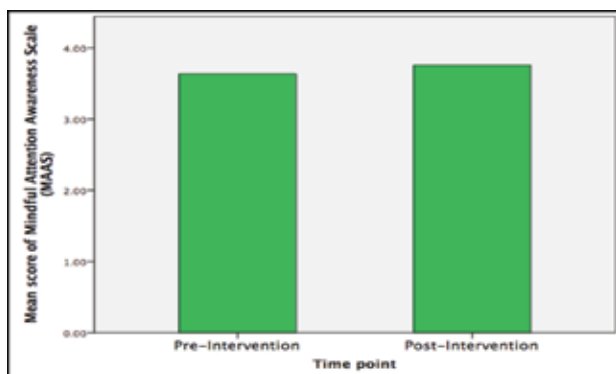
PSS-10 Perceived Stress Scale, MAAS Mindful Attention Awareness Scale, WEMWBS Warwick-Edinburgh Mental Wellbeing Scale, SD standard deviation

\*\*\*  $p < 0.001$  (two-tailed), \*  $p < 0.05$  (two-tailed)

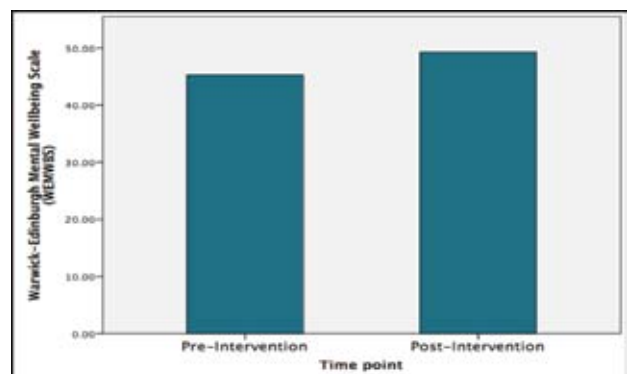
Significant improvements were found for perceived stress, mindfulness and mental well-being after the mindfulness training.



Participants reported significant decreases of 16.4% in perceived stress after the mindfulness intervention ( $p < 0.001$ ,  $d = 0.571$ ), with a medium effect size.



Participants reported significant increase of 3.34% in dispositional mindfulness ( $p < 0.05$ ,  $d = 0.12$ ), with a small effect size.



Significant improvements of 8.79% in mental well-being were observed in participants after the mindfulness intervention ( $p < 0.001$ ,  $d = 0.602$ ), with a medium to large effect size.

## Conclusion

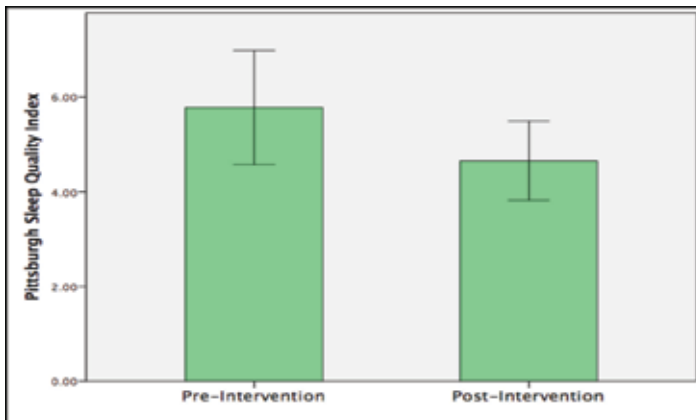
The 4-week Mindfulness Course intervention has shown to significantly reduce stress and improve mental well-being among the general adult population in Singapore.



## Mindfulness Research Study

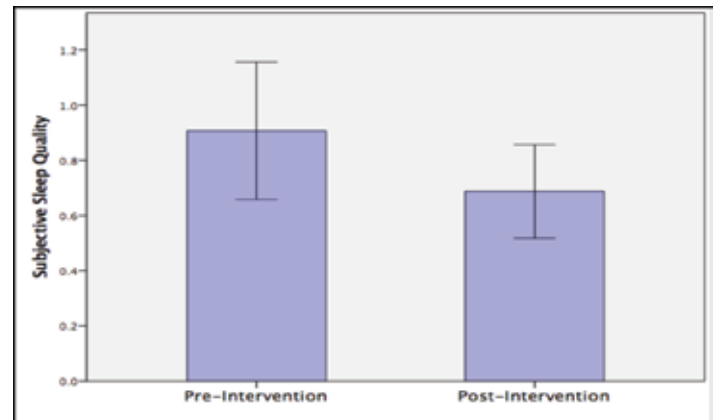
Effects of Mindfulness-Based Training in Improving Sleep Quality among Working Adults in Singapore

### Results

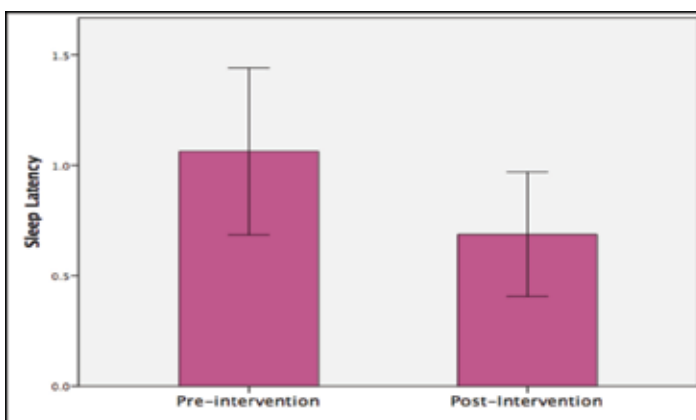


**A global score of  $\geq 6$  is indicative of disturbed sleep.** (Backhaus et al. 2002)

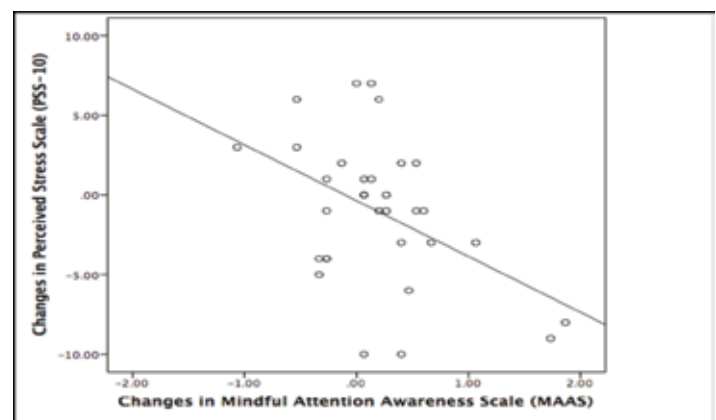
Scores on the **global measure of sleep** among the participants **improved significantly by 19.6%** from pre- to post intervention ( $p=0.017$ ,  $d=0.48$ ).



Scores on the participants' PSQI component scores – **subjective sleep quality improved significantly by 24%** after the mindfulness intervention ( $p=0.017$ ,  $d=0.49$ ).



Scores on the participants' PSQI component scores – **sleep latency improved significantly by 36%** after the mindfulness intervention ( $p=0.032$ ,  $d=0.40$ ).



**Significant negative correlation** was found between **changes in mindfulness** and **perceived stress levels** from pre- to post intervention ( $r=-0.454$ ,  $p=0.009$ ).

### Conclusion

The 4-week Mindfulness Course improves the quality of sleep for working adults

# Mindfulness Programs

## Mindfulness Programs for Students and Parents

The first Mindfulness Course for Children and Parents was introduced in November 2015. Brahm Centre sponsored the certification of 10 instructors to conduct licensed .b and Paws b programs from the UK.





*"A must-do for every parent! It has helped me to slow down and be calm. I noticed that my child is less rebellious and show more appreciation to people around him."*

**Parent**



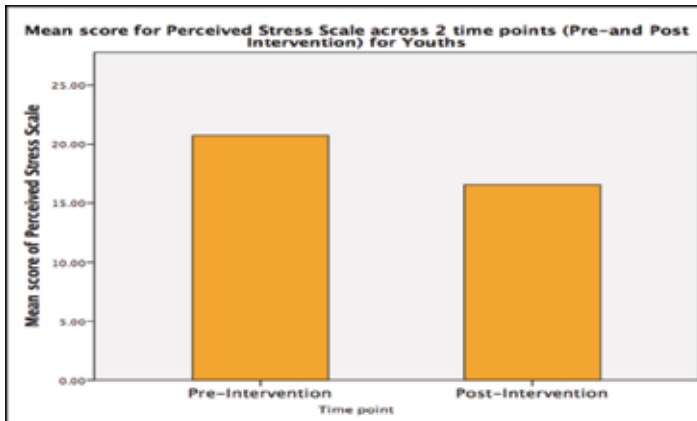
*The certified Paws b trainers who taught the course included Angie Chew, Eric Lim, Teo Yew Thong, George Lim, Joyce Chua and Louise Hofstetter.*



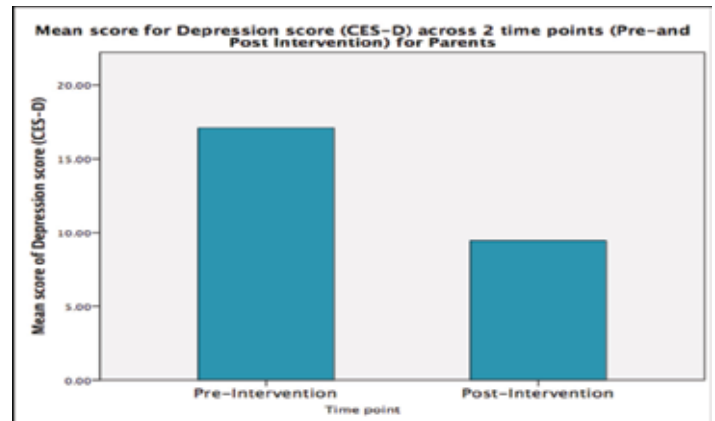
# Mindfulness Programs

## Mindfulness Research Study

Research Findings on the effects of Parallel Mindfulness Training on Youths (aged 11-17) and their Parents

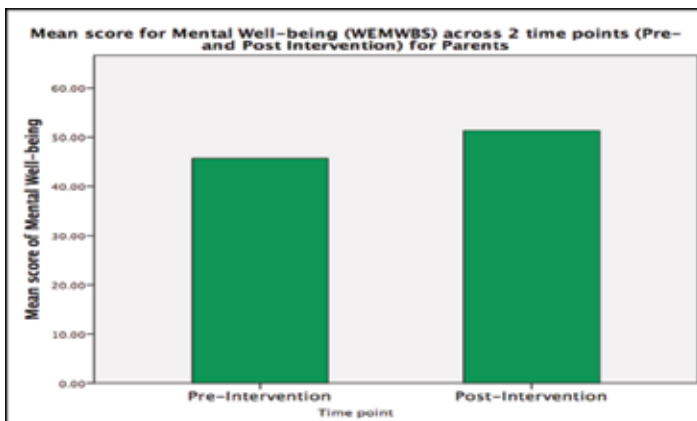


There is a **significant reduction of 20% in perceived stress** with a **large effect size** ( $p=0.004$ ,  $d=1.22$ ) from pre-to post intervention among the **youths**.

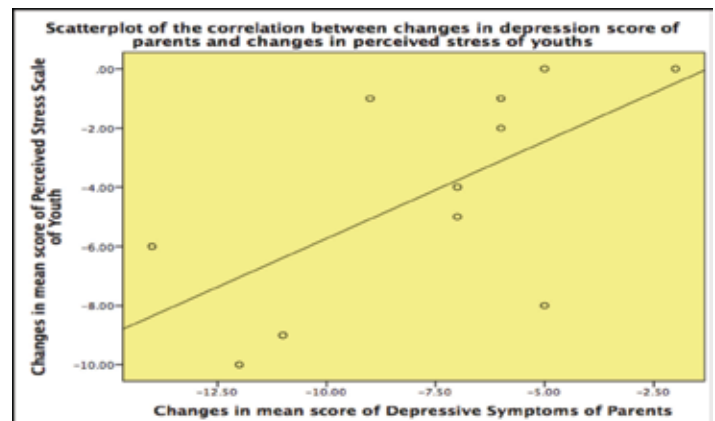


A CESD-10 score of  $\geq 10$  is indicative of signs of depression.

There is a **significant reduction in depressive symptoms** of **44%** with a **large effect size** ( $p<0.001$ ,  $d=2.29$ ) from pre-to post intervention among the **parents**.



There is a **significant improvement in mental well-being** of **12%** with a **large effect size** ( $p<0.027$ ,  $d=0.87$ ) from pre-to post intervention among the **parents**.



Decreases in depressive symptoms among **parents** were **positively correlated** with **decreases in perceived stress levels** among **youths** from pre-to post intervention ( $r=-.63$ ,  $p=.038$ )

## Conclusion

Parallel .b mindfulness training program **reduces stress** among the youths, **lowers depressive symptoms** and **enhances well-being** among the parents.



## Mindfulness @ Yishun Town Secondary School

A 7-session mindfulness program was conducted for a group of Sec 2 students at Yishun Town Secondary School.



*Students doing breathing mindfulness practice*



Dear Miss Ngie,  
 Thank you for during .6 for us. Through out  
 the 7 session I have learnt a lot of things. Thank  
 you for calm me down when I was very stress  
 thank you for the good education and good positive thinking.  
 Thanks alot Miss Ngie. Thank you 😊  
 from: Xian Meng :)



*Students with their certificates of completion. On far left is the Form Teacher.*



## Mindfulness Programs

### Mindfulness Club

Mindfulness Club meets every Wednesday at 10am for weekly mindfulness practice



*Mindfulness Club excursion to the National Gallery*

### Mindfulness @ National Libraries

Mindfulness workshops were conducted at various libraries on the island, organised by C3A.





## Music and Social Club



*Singing practice led by Ai Ling and Shi Xuan*



*A nice lunch together in Little Arab*



*Excursion to the Malay Heritage Centre*



## Toastmasters Club

The Brahm Centre Toastmasters Club has regularly scheduled meetings to help participants enhance communication skills and increase their self- confidence.

Participants practice public speaking by doing so in front of other participants.

Brahm Centre thanks Ratna Juita for her leadership as President of the Brahm Centre Toastmasters Club, and her committee members for their immense dedication and effort in building up the club.









## Youth Camps

Brahm Centre offered Youth Camps that educated students on mindfulness and how to counter bullying.



*1<sup>st</sup> Dec 2015 Youth Camp*

## Outing to Cirque Du Soleil

Brahm Centre brought some of our younger mindfulness participants on a trip to catch the Cirque Du Soleil on the 27<sup>th</sup> of October 2015, sponsored by M1





The children learnt techniques on how to focus and concentrate better, while also picking up useful tips on how to defend themselves against bullying.



## Official Opening of Our New Centre

DECEMBER 2015

# Official Opening

Special Report 15 December 2015



Brahm Centre Limited is a registered charity with IPC status.

**Our Mission**  
To Promote Happier & Healthier Living

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

We are located at:  
71 Irrawaddy Road  
Ren Ci Hospital #03-09

Website  
[www.brahmcentre.com](http://www.brahmcentre.com)

Facebook  
[Facebook.com/brahmcentre](https://www.facebook.com/brahmcentre)

## Mr S. R. Nathan officiates the Opening of the New Centre

Over 100 guests gathered at the new centre to await the arrival of Mr S R Nathan, 6<sup>th</sup> President of Singapore, to officially declare open Brahm Centre's new premises located at 71 Irrawaddy Road level 3.





# Official Opening of Our New Centre

## Unveiling the New Signboard

Mr Nathan and Brahm Centre Patron, Mr Choo Chiau Beng unveiled the new signboard. Posing for a group photograph were Mr Nathan and some of the Board Directors of Brahm Centre.

## The Distinguished Guests

Among the distinguished guests were Chairman of M1 Limited and Patron of Brahm Centre, Mr Choo Chiau Beng, former Senior Minister of State of Ministry of Community, Youth & Sports, Mrs. Yu-Foo Yee Shoon, Chief of Community Mental Health, Agency for Integrated Care, Dr Tan Weng Mooi, M1 Limited CEO, Ms Karen Kooi, CEO of Tan Chin Tuan Foundation, Ms Yap Su-Yin, representative of the Wan Family, Mr. Wan Pong Seng, CEO of KepCare Fund, Mr Robert Chong, Vice Chairman (NAMS) of Institute of Mental Health, Dr Christopher Cheok, and Country Head of Blackrock, Mr Kevin Hardy.

After cutting the ribbon and unveiling the new signboard, Mr Nathan proceeded to the seminar room which was filled to capacity by more than 100 guests from the social service sector, the civil service, private corporations, foundations, donors and volunteers. The audience were treated to speeches, presentations and musical and dance performances.



Our Executive Director Ms Angie Chew gave the welcome address as the master of ceremony. Angie also shared with the audience updates on our activities, programs and milestones.

## Official Opening of Our New Centre



### The Speeches

Our patron Mr Choo Chiau Beng thanked the guests for taking the time to celebrate the milestone with Brahm Centre. "I am happy to see so many guests here today," he said. "Your presence means a lot to us. We are grateful that we have so many supporters and well-wishers from such a broad spectrum of society."



In his speech, Mr S R Nathan said he was delighted to be at Brahm Centre to celebrate the official opening of its new Centre. He added, "Brahm Centre's mindfulness courses for adults and children enable all to learn important life skills of compassion and serenity, all of which help to reduce stress and build mental resilience."

The Keynote Address was delivered by Ms Yap Su-Yin, CEO of Tan Chin Tuan Foundation. She shared with the audience that the Foundation has been supporting Brahm Centre in its initiatives to spread the awareness and practice of mindfulness in the community.

### Musical & Dance Performances

The audience were also treated to special performances by guest singer Weng Hong who woo-ed the crowd with his soulful rendition of "Wind Beneath My Wings".

Our Brahm Centre volunteer-befriender Malar gave a captivating performance in classical Indian dance.





# Official Opening of Our New Centre

## Certificates of Appreciation

Mr Nathan and Mr Choo also presented more than 50 Certificates of Appreciation to volunteers of Brahm Centre, including board members and advisors who serve in a voluntary capacity. In his speech, Mr Nathan commended all the volunteers for their selfless efforts.

Mr Nathan said, "It is not always easy to be volunteer. It calls for personal sacrifice, dedication and commitment. I hope you will inspire more Singaporeans to offer their services to more charities. This way, we will all do our part to create a vibrant spirit of volunteerism and a collective mindset of helping others in society."



## School Presentation

Students from Cedar Girls' Secondary School also presented their Social Innovation Project to the audience. As part of the project, the students visited Brahm Centre on several occasions in 2015 to learn and understand our mission, after which they conceptualised programs for youths to help young teens bond better with parents and develop programs to help youths de-stress.





## Official Opening of Our New Centre



### The New Brahm Centre

Brahm Centre has been serving the community since 2012. In May 2015, Brahm Centre relocated to its new premises on the third level of Ren Ci Hospital.

In his speech, Mr Choo Chiau Beng said that Brahm Centre had come a long way from its early days. "Back in 2012, we were a new charity then, in a much smaller office, with limited resources and limited brand recognition. However, what we lacked in resources we more than made up for with our passion and drive to create happier and healthier living for all."



Today, the new and expanded Brahm Centre comprises a seminar room that accommodates up to 100 people, a colourfully-decorated studio that is sponsored by M1 where we conduct camps and mindfulness courses for youths, as well as two counselling rooms.

Brahm Centre has been receiving positive feedback on the layout and the colour scheme of the new centre. Visitors have commented on the uplifting ambience and the doorless entrance which make the centre very open and welcoming!



Mr Nathan said, "With its bigger premises now, (Brahm Centre) can be more effective in offering more proactive programs to help people stay healthy and equip them with skills to be happier. I know that you will work even harder to reach out to a bigger audience, impact more lives and increase wider happiness in our nation."

# Official Opening of Our New Centre

*All in all, it was a truly memorable day.....*

*.....starting with the air of anticipation and excitement among guests as they awaited the arrival of Mr Nathan...to the warm applause and smiles as they greeted our Guest of Honour...to the light-hearted atmosphere throughout the ceremony...and to the camaraderie and laughter among the guests as they mingled with friends and enjoyed a sumptuous buffet lunch.*

*We leave you with a few more memories of a very happy day that marked an important milestone in the history of Brahm Centre.*





## Health Seminar

*A happy entourage accompanying the Guest of Honor, Dr Amy Khor, to the event hall*



## Health Seminar

The Mindful Caregiver program was launched at the Health Seminar held on 14 February 2016.

The program is supported by Agency for Integrated Care and Ren Ci Hospital.

The major sponsors included Tote Board-Singapore Turf Club, Tan Chin Tuan and the Wan Family.

### Caregivers taught to manage mental, emotional stress

Madam Malar Singh used to get stressed and frustrated while caring for her 87-year-old mother-in-law, who suffers from dementia, has problems walking and needed to be cared for round the clock.

But she says things are different now, after attending a mindfulness course at the Brahm Centre at the Ren Ci Community Hospital.

She was taught meditation techniques, which helped her focus on positive thoughts and understand her emotions better.

The 61-year-old housewife said: "I realised I should not be getting so worked up over my mother-in-law. What was the point? I had to let my anger go."

Ren Ci and the Brahm Centre, a non-profit centre to educate people on healthy and happy living, yesterday launched a programme focused on helping caregivers like Madam Malar manage their stress.

Under the Mindful Caregiver programme, caregivers such as family members and domestic helpers can attend weekly workshops at Brahm Centre on mindfulness – a secular practice that has roots in ancient Buddhist meditation.

#### NOT MENTALLY PREPARED

Increasingly, more people will be involved in the caregiving process for their loved ones. However, many are not mentally prepared to take on this role.



**DR AMY KHOR**, Senior Minister of State for Health and Environment and Water Resources

The centre will also hold twice-weekly workshops for patients at Ren Ci's hospital wards to toughen their mental states and help them accept their conditions.

The programme also offers befriending services and support groups to caregivers and patients after the latter have been discharged.

Singapore faces an ageing population. Last year, there were 4.9 working-age citizens supporting each senior aged 65 and above. By 2030, this ratio will go down to 2.1.

"Increasingly, more people will be involved in the caregiving process for their loved ones. However, many are not mentally prepared to take on this role," Dr Amy Khor, Senior Minister of State for Health and Environment and Water Resources, said at the launch of the programme at Ren Ci yesterday.

Previously, the hospital taught caregivers only the physical and practical aspects of how to care for patients after they are discharged, such as how to transfer the patient and give medication, said clinical director of Ren Ci Lee Liang Tee.

"We have not looked into the psychological and emotional aspect of the caregiver," he said. Brahm Centre's idea of mindfulness caregiving "was the missing piece in the caregiving training", he added.

Ren Ci will refer caregivers to the centre under the programme, which is also open to the public. Over 400 participants have signed up. Four 1½-hour sessions cost \$65.

The programme is largely funded by the Tote Board, with private sector support from the Tan Chin Tuan Foundation, the Wan Family and Lee Foundation.

Melissa Lin



*Brahm Centre's former Chairman, Pradeep Kumar, welcoming the Guest of Honor, speakers and guests to the seminar*



*Dr Lee Liang Tee, Clinical Director of Ren Ci Hospital*





*“Although caregiving entails great responsibility and much sacrifice, it can be a rewarding journey. To minimize emotional burden and stress, mindfulness can help caregivers to be aware of their reactions towards caregiving, and accept the thoughts, emotions and sensations that may arise from caring for their loved ones.”*

**Dr Amy Khor**

**Senior Minister of State for Health**

*(Extract from speech dated 13 February 2016)*



*Mindful eating moments - taking in the orange scent*





## Charity Seminars



*Dr Dan Siegel*



*Dr Jack Kornfield and Dr Trudy Goodman sharing loving kindness mindfulness practice*

## The Art & Benefits of Mindfulness

On 16<sup>th</sup> June 2015, Brahm Centre held a Charity Seminar: The Art & Benefits of Mindfulness, at the SOTA Concert Hall. The aim of the Charity Seminar was to raise funds to support the free programs and the renovations for the new centre that opened in May 2015. The Charity Seminar, attended by 500, featured four esteemed speakers from the USA: Dr Dan Siegel, Jack Kornfield, Dr Trudy Goodman and Caroline Welch. Dr Dan Siegel and Caroline Welch presented on the science of mindfulness and its applications in the workplace, Dr Trudy Goodman and Jack Kornfield explored and taught the art of mindfulness and compassion to experience inner peace.







## The Science and Impact of Mindfulness

On 25 May 2016, Brahm Centre held The Science and Impact of Mindfulness Charity Seminar featuring Dr Daniel Racey, a psychiatrist and Research Academic Clinical Fellow from the University of Exeter Medical School, and Dr Irene Tirtajana, a Psychiatrist from the Ng Teng Fong Hospital and our very own Angie Chew, Executive Director of Brahm Centre. Executive Director of Brahm Centre. Mr Hsieh Fu Hua, Chairman of National Council of Social Service, was the Guest of Honor.



*Mr Anshul Meharwal, the emcee of the evening*



*Dr Daniel Racey*



*Dr Irene Tirtajana and Mr Hsieh Fu Hua*



*From right: Mr Lionel Chng, General Manager of HP Singapore, Mr Hsieh Fu Hua, Mr Choo Chiau Beng, Dr Tan Weng Mooi*





## Dementia Friendly Community (DFC) Initiatives



*Brahm Centre is a partner in creating a Dementia Friendly Community. A certificate of recognition was presented by Dr Amy Khor, Senior Minister for Health, to Angie Chew, Brahm Centre's Executive Director*



*On the 22<sup>nd</sup> of May 2016, Brahm Centre participated in the Dementia Friendly Community (DFC) initiative hosted by Macpherson Community Centre that was attended by 400 elderly. A Dementia Friendly Community Certificate was awarded to Brahm Centre by Member of Parliament Ms Tin Pei Ling. Brahm Centre had a booth that displayed books on mindfulness as well as flyers and brochures on the various courses and talks organized.*



## Volunteering at Ren Ci Nursing Home



*Staff and volunteers of Brahm Centre organised an excursion for Ren Ci Nursing Home residents in December 2015, sponsored by Blackrock.*



*Volunteers celebrating Christmas with the residents in December 2015*



*Volunteer feeding Ren Ci Nursing Home residents*



*Volunteers celebrating Lunar New Year with Ren Ci Nursing Home residents in February 2016*



## Wisdom 2.0

### Wisdom 2.0 Conference

Brahm Centre was a supporting organisation of Wisdom 2.0 held in Singapore in June 2015.



*The speakers at Wisdom 2.0 conference*



*Angie Chew with Chade-Meng and his wife, Cindy.*



*Angie Chew with Father Freeman who was one of the speakers*



# **Financial Statements & Governance Evaluation Checklist**

# Financial & Statements

**Brahm Centre Ltd.**  
[UEN. 200200167M]

Audited Financial Statements  
Year Ended 30 June 2016

## STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2016

	Note	2016 S\$	2015 S\$
<b>ASSETS</b>			
<b>Current assets</b>			
Cash and cash equivalents	4	2,287,087	1,662,507
Trade and other receivables	5	420,892	92,836
Inventories	6	3,663	1,563
		<u>2,711,642</u>	<u>1,756,906</u>
<b>Non-current assets</b>			
Property, plant and equipment	7	<u>129,922</u>	<u>148,650</u>
<b>Total assets</b>		<u>2,841,564</u>	<u>1,905,556</u>
<b>LIABILITIES</b>			
<b>Current liabilities</b>			
Other payables	8	<u>281,614</u>	<u>150,913</u>
<b>NET ASSETS</b>		<u>2,559,950</u>	<u>1,754,643</u>
<b>FUNDS</b>			
<b>Restricted funds</b>			
Scholarship fund		187,130	179,130
Active programme fund		105,715	0
<b>Unrestricted funds</b>			
Accumulated general fund		<u>2,267,105</u>	<u>1,575,513</u>
<b>Total funds</b>		<u>2,559,950</u>	<u>1,754,643</u>

The accompanying notes form an integral part of these financial statements.



**STATEMENT OF FINANCIAL ACTIVITIES FOR THE FINANCIAL YEAR ENDED 30 JUNE 2016**

	2016				2015
	Restricted funds		Unrestricted funds	Total funds	Total funds
	Scholarship fund S\$	Active programme fund S\$	Accumulated general fund S\$	S\$	S\$
<b>INCOME</b>					
<b>Income from generating funds</b>					
Voluntary income					
Donations	0	0	58,408	58,408	178,764
Donations in kind	0	0	0	0	700
Grants	0	259,056	680,719	939,775	477,705
	0	259,056	739,127	998,183	657,169
<b>Activities for generating funds</b>					
Sale of crystal	0	0	16,647	16,647	0
Sale of gift donations in kind	0	0	0	0	125
Sale of T-shirts	0	0	50	50	10
Fundraising income	8,000	140,000	293,538	441,538	531,066
	8,000	140,000	310,235	458,235	531,201
<b>Income from charitable activities</b>					
Services	0	0	2,650	2,650	150
Courses	0	0	158,333	158,333	75,809
Sale of books	0	0	10,634	10,634	4,550
Toastmasters club	0	0	2,397	2,397	2,446
	0	0	174,014	174,014	82,955
<b>Investment income</b>					
Interests	0	0	27,711	27,711	10,456

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**Brahm Centre Ltd.**  
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Audited Financial Statements  
Year Ended 30 June 2016

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE FINANCIAL YEAR ENDED 30 JUNE 2016 (CONT'D)

	2016			2015	
	Restricted funds		Unrestricted funds	Total funds	Total funds
	Scholarship fund	Active programme fund	Accumulated general fund	S\$	S\$
	S\$	S\$	S\$		
<b>INCOME (CONT'D)</b>					
<b>Other income</b>					
Miscellaneous receipts	0	0	4,430	4,430	7,229
Wage credit scheme	0	0	30,450	30,450	20,395
	0	0	34,880	34,880	27,624
<b>Total income</b>	8,000	399,056	1,285,967	1,693,023	1,309,405
<b>LESS: EXPENDITURE</b>					
<b>Cost of generating funds</b>					
Fundraising expenses	0	0	21,142	21,142	59,529
Loss on sale of crystals	0	0	0	0	4,012
	0	0	21,142	21,142	63,541
<b>Cost of charitable activities</b>					
Advertisements and promotions	0	6,949	11,889	18,838	2,262
Computers and office equipment expensed off	0	174	0	174	0
Cost of sales - Books	0	0	8,576	8,576	4,143
Depreciation of property, plant and equipment	0	1,708	0	1,708	0
Director employer's CPF contribution	0	10,120	0	10,120	0
Director' salaries	0	91,300	0	91,300	0
Instructor fees	0	1,050	40,267	41,317	29,103
Meals for elderly	0	0	9,184	9,184	0
Balance c/f	0	111,301	69,916	181,217	35,508



**STATEMENT OF FINANCIAL ACTIVITIES FOR THE FINANCIAL YEAR ENDED 30 JUNE 2016 (CONT'D)**

	2016			2015
	Restricted funds		Unrestricted funds	Total funds
	Scholarship fund S\$	Active programme fund S\$	Accumulated general fund S\$	S\$
<b>LESS: EXPENDITURE (CONT'D)</b>				
<b>Cost of charitable activities</b>				
Balance b/f	0	111,301	69,916	181,217
Office rental	0	44,236	21,716	65,952
Therapist fees	0	0	395	395
Toastmasters club fees	0	0	1,092	1,092
Refreshment for courses	0	1,206	2,341	3,547
Rental of training and facility rooms	0	0	3,000	3,000
Staff cost				
– CPF Contributions	0	16,137	19,237	35,374
– Staff salaries and bonuses	0	112,302	164,190	276,492
– Staff training	0	2,369	29,803	32,172
– Staff insurance	0	1,393	1,204	2,597
Telecommunications	0	2,216	0	2,216
Transportation	0	696	35,002	35,698
Utilities	0	1,373	0	1,373
Volunteer expenses	0	112	5,937	6,049
	0	293,341	353,833	647,174
				205,244
<b>Governance and administrative costs</b>				
Audit fees	0	0	5,200	5,200
Appreciation token	0	0	2,354	2,354
Bank charges	0	0	6,593	6,593
Computers and office equipment expensed off	0	0	969	969
Depreciation of property, plant and equipment	0	0	49,316	49,316
Entertainment and refreshments	0	0	3,801	3,801
Equipment rental	0	0	1,096	1,096
Balance c/f	0	0	69,329	69,329
				85,767

**Brahm Centre Ltd.**  
[UEN. 200200167M]

*Audited Financial Statements*  
Year Ended 30 June 2016

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE FINANCIAL YEAR ENDED 30 JUNE 2016 (CONT'D)

	2016			2015 Total funds S\$
	Restricted funds		Unrestricted funds	
	Scholarship fund S\$	Active programme fund S\$	Accumulated general fund S\$	Total funds S\$
<b>LESS: EXPENDITURE (CONT'D)</b>				
<b>Governance and administrative costs (CONT'D)</b>				
Balance b/f	0	0	69,329	69,329
General expenses	0	0	2,858	2,858
Insurance	0	0	0	0
Inventories written off	0	0	0	0
Loss on disposal of fixed assets	0	0	0	0
Office maintenance	0	0	6,870	6,870
Office rental	0	0	30,563	30,563
Postage and courier	0	0	406	406
Professional fees	0	0	1,030	1,030
Staff cost	0	0	0	0
- Contract services	0	0	9,803	9,803
- CPF Contributions	0	0	13,642	13,642
- Staff salaries and bonuses	0	0	72,956	72,956
- Staff welfare and development	0	0	0	0
- Staff training	0	0	635	635
- Staff insurance	0	0	5,480	5,480
- Staff Uniform	0	0	776	776
Sponsorship paid	0	0	0	0
Telecommunications	0	0	3,145	3,145
Utilities	0	0	1,907	1,907
	0	0	219,400	219,400
<b>Total expenditure</b>	0	293,341	594,375	887,716
<b>NET INCOME FOR THE YEAR</b>	8,000	105,715	691,592	805,307

The accompanying notes form an integral part of these financial statements.



**Brahm Centre Ltd.**  
[UEN. 200200167M]

*Audited Financial Statements*  
*Year Ended 30 June 2016*

#### STATEMENT OF CHANGES IN FUNDS FOR THE FINANCIAL YEAR ENDED 31 JUNE 2016

	Restricted funds		Unrestricted funds	Total funds S\$
	Scholarship fund S\$	Active programme fund S\$	Accumulated general fund S\$	
<b>2016</b>				
<b>Balance at beginning of financial year</b>	179,130	0	1,575,513	1,754,643
Net income for the year	8,000	105,715	691,592	805,307
<b>Balance at end of financial year</b>	187,130	105,715	2,267,105	2,559,950

	Restricted funds		Unrestricted funds	Total funds S\$
	Scholarship fund S\$	Active programme fund S\$	Accumulated general fund S\$	
<b>2015</b>				
<b>Balance at beginning of financial year</b>	200,000	0	1,015,060	1,215,060
Net (expenditure) / income for the year	(870)	0	540,453	539,583
Transfer of fund	(20,000)	0	20,000	0
<b>Balance at end of financial year</b>	179,130	0	1,575,513	1,754,643

The accompanying notes form an integral part of these financial statements.

# Financial & Statements

**Brahm Centre Ltd.**  
[UEN. 200200167M]

*Audited Financial Statements*  
*Year Ended 30 June 2016*

## STATEMENT OF CASH FLOWS FOR THE FINANCIAL YEAR ENDED 30 JUNE 2016

	Note	2016 S\$	2015 S\$
<b>Cash flows from operating activities</b>			
Net income for the year		805,307	539,583
Adjustment for:			
- Grants amortisation	7	(1,827)	(2,625)
- (Gain) / Loss on disposal of property, plant and equipment		(4)	1,903
- Depreciation of property, plant and equipment	7	51,024	37,763
Operating cash flow before working capital changes		854,500	576,624
Changes in working capital			
- Inventories		(2,100)	142,140
- Other receivables		(328,056)	(28,312)
- Other payables		130,701	24,430
<b>Net cash provided by operating activities</b>		<u>655,045</u>	<u>714,882</u>
<b>Cash flows from investing activities</b>			
Proceeds from sale of property, plant and equipment		640	0
Purchases of property, plant and equipment	7	(31,105)	(179,267)
<b>Net cash used in investing activities</b>		<u>(30,465)</u>	<u>(179,267)</u>
<b>Cash flows from financing activities</b>			
Grants received related to property, plant and equipment		0	2,795
<b>Net cash provided by financing activities</b>		<u>0</u>	<u>2,795</u>
<b>Net increase in cash and cash equivalents</b>		624,580	538,410
<b>Cash and cash equivalents at beginning of financial year</b>		<u>1,662,507</u>	<u>1,124,097</u>
<b>Cash and cash equivalents at end of financial year</b>	4	<u>2,287,087</u>	<u>1,662,507</u>

The accompanying notes form an integral part of these financial statements.



# Governance Evaluation Checklist

S/No.	Code Description	Code ID	Compliance	Please provide explanation if your charity is unable to comply with the Code guidelines, or if the guidelines are nonapplicable.
<b>BOARD GOVERNANCE</b>				
1	Are there Board members holding staff appointments?		Yes	One board member is the Executive Director
2	If the governing instrument permits staff to become Board members, they should comprise not more than onethird of the Board.	1.1.2	Complied	
3	Staff does not chair the Board.	1.1.2	Complied	
4	There is a maximum term limit of four consecutive years for the Treasurer position (or equivalent, e.g. Finance Committee Chairman).	1.1.6	Complied	
5	There are Board committees (or designated Board members) with documented terms of reference.	1.2.1	Complied	
6	The Board meets regularly with a quorum of at least onethird or at least three members, whichever is greater (or as required by the governing instrument).	1.3.1	Complied	
<b>CONFLICT OF INTEREST</b>				
7	There are documented procedures for Board members and staff to declare actual or potential conflicts of interest to the Board.	2.1	Complied	
8	Board members do not vote or participate in decisionmaking on matters where they have a conflict of interest.	2.4	Complied	
<b>STRATEGIC PLANNING</b>				
9	The Board reviews and approves the vision and mission of the charity. They are documented and communicated to its members and the public.	3.1.1	Complied	
10	The Board approves and reviews a strategic plan for the charity to ensure that the activities are in line with its objectives.	3.2.2	Complied	
<b>HUMAN RESOURCE MANAGEMENT</b>				
11	The Board approves documented human resource policies for staff.	5.1	Complied	
12	There are systems for regular supervision, appraisal and professional development of staff.	5.6	Complied	
<b>FINANCIAL MANAGEMENT AND CONTROLS</b>				
13	The Board ensures internal control systems for financial matters are in place with documented procedures.	6.1.2	Complied	
14	The Board ensures reviews on the charity's controls, processes, key programmes and events.	6.1.3	Complied	
15	The Board approves an annual budget for the charity's plans and regularly monitors its expenditure.	6.2.1	Complied	
16	The charity discloses its reserves policy in the annual report.	6.4.1	Complied	
17	Does the charity invest its reserves?		Yes	

# Governance Evaluation Checklist

S/No.	Code Description	Code ID	Compliance	Please provide explanation if your charity is unable to comply with the Code guidelines, or if the guidelines are nonapplicable.
18	The charity invests its reserves in accordance with an investment policy approved by the Board. It obtains advice from qualified professional advisors, if deemed necessary by the Board.	6.4.4	Complied	
FUNDRAISING PRACTICES				
19	Donations collected are properly recorded and promptly deposited by the charity.	7.2.2	Complied	
DISCLOSURE AND TRANSPARENCY				
20	The charity makes available to its stakeholders an annual report that includes information on its programmes, activities, audited financial statements, Board members and executive management.	8.1	Complied	
21	Are Board members remunerated for their Board services?		No	
24	Does the charity employ paid staff?		Yes	
25	No staff is involved in setting his or her own remuneration	2.2	Complied	
26	The charity discloses in its annual report the annual remuneration of its three highest paid staff who each receives remuneration exceeding \$100,000, in bands of \$100,000. If none of its top three highest paid staff receives more than \$100,000 in annual remuneration each, the charity discloses this fact.	8.3	Complied	
PUBLIC IMAGE				
27	The charity accurately portrays its image to its members, donors and the public.	9.1	Complied	







**Brahm Centre Limited**

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