



Happier & Healthier Living

ANNUAL REPORT 2016/17



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Happier & Healthier Living

Mission

To promote Happier & Healthier 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.

Our new logo above, launched in June 2017, reflects the circle of life and sense of wholeness.

Patron's Message



I congratulate the Board for setting clear directions and the sound governance of Brahm Centre. The centre has clearly grown in its range of services and programs to serve the young and the old.

I am heartened to see the support Brahm Centre is receiving from foundations, government agencies, companies and individuals. This enables Brahm Centre to expand its capabilities and capacity to serve a wider community.

I would like to thank the staff and volunteers for delivering high quality services, programs and courses. Keep up the good work!

Prof. Choo Chiau Beng
Patron

Chairperson's Message

5



My fellow board members and I are delighted to be part of this very dynamic and caring charity that has expanded its services, programs and courses by 300% over the last two years.

I am proud of the staff's passion and dedication in serving the community. They work tirelessly, sometimes even on Sundays in addition to Saturdays and many evenings to suit the majority of the working people who are only available after office hours and weekends.

On behalf of Brahm Centre, I would like to thank Professor Choo Chiau Beng for his patronage, Ministry of Health, Agency for Integrated Care and National Council of Social Services for their support. Special Thanks to Goldbell Holdings, Tan Chin Tuan Foundation, Wan Family, Lee Foundation, M1 and individuals for their generous donations.

May the team continue the excellent work in delivering programs that are creating a positive impact in the community!

Thank you to all and wishing everyone a Happier and Healthier 2018!

Ms Chen Yew Nah
Chairperson
Board of Directors 2016/7

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)*



Prof Foo Keong Tatt
*Emeritus Consultant and Advisor
Department of Urology, Singapore
General Hospital. Adjunct Professor,
Duke-NUS Medical School.*



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

Legal Advisor



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

Finance Advisor



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

Brahm Centre Board Members



Chen Yew Nah
Chairperson
Head – Audit Committee



Dr Ho Eu Chin
Vice Chairman



Mr Patrick Goh
Founding Member



Angie Chew
Founding Member &
Executive Director



Ong Siew Kim
Treasurer



Dr Lee Cheng Chuan
Head – HR Committee



Dr Tan Geok Leng
Head - Programs &
Services Committee



Mr Chong Nai Min
Head – IT Committee



Mr Henry Baey



Dr Chan Keen Leong



Dr Gregor Lange



Dr Tan Bhing Leet



Dr Irene Tirtajana



Serena Yong

Partners, Sponsors and Corporate Clients

Partner Organisations



Our Major Sponsors



Our Corporate Clients





Standing from left: Frank Singam, Eric Lim, Angie Chew, Ann Choo, Nazreen Bee, Fanny Foo
Below from left: Ong Tjin Lie, Lorraine Tang, Rosa, Lily Gan, Ailynn Teh, Denise Ang,
Melvina Koo, Toi Liang Shing, Zsafia Laczi



Chairperson, Ms Chen Yew Nah (in orange shirt), kicked off the year with a lunch treat
on 5 January 2017 to thank the present and former staff : Dr Chia Kwok Ying,
Paola Ng, Dev Kuladeva and Vicky Chong

Healthcare Humanity Award

Our Head of Community Care, Dr Ann Choo, was awarded the prestigious Healthcare Humanity Award with Honourable Mention by President Tony Tan Yam Keng in April 2017. As Ann could not attend the actual award ceremony, Minister of Health, Mr Gan Kim Yong, surprised Ann by turning for a staff lunch and presented the Award Medal to her personally two weeks later. She is 75 years old and had retired from Tan Tock Seng Hospital.



Brahm Centre set its eyes on an abandoned former student care centre in Simei at Block 227 in April 2017, to open a second centre to extend our programs and services to the community in the east by September 2017.

This enables the CREST (Community Resource, Engagement and Support Team) teams to be closer to the residents that we serve in Tampines and Simei. CREST is an initiative funded by Agency For Integrated Care.

Before



After





Dr and Mrs Lai Jiunn Herng
donating \$15,000 to Brahm Centre



Singapore Turf Club Chairman, Mr Lim Joo Boon,
awarded a \$100,000 cheque to Brahm Centre

Senior Minister of State, Dr Amy Khor presenting Certificates of Appreciation to the major donors.



Goldbell Holdings



Tan Chin Tuan Foundation



Mr Choo Chiau Beng



Ms Lee Li Ming



SATURDAY FORUMS

Free-to-attend 4.00pm - 5.30pm

2 JULY Managing Chronic Diseases with Traditional Chinese Medicine

Prof Hong Hai, Nanyang Technological University

9 JULY Health Screening and What The Tests Reveal

Dr Hoo Hui Kim, General Practitioner

16 JULY Special Introduction to Mindfulness-Based Stress Reduction (MBSR)

Angie Chew, Mindfulness Trainer

23 JULY Detecting & Treating Dementia

Dr Neo Han Yee, Tan Tock Seng Hospital

30 JULY Eye Diseases - Detection and Treatment to Prevent Blindness

Dr Augustinus Laude, Tan Tock Seng Hospital

UPCOMING!

Better Parenting Better Kids Seminar

Saturday 2 July 2016, 9.00am - 4.30pm

Joy On Demand Seminar by Tan Chade-Meng

Tuesday 12 July 2016, 7.00pm - 9.30pm

Mindfulness for Children (Age 6 - 10) & Parents

Saturdays 10.30am - 11.30am, 9 July - 20 Aug (6 sessions)

Mindfulness for Youths (Age 11 - 16) & Parents

Saturdays 1.30pm - 3.00pm, 9 July - 10 Sept (9 sessions)

Mindfulness-Based Stress Reduction Program (MBSR)

Wednesdays 7.15pm - 9.30pm 10 Aug - 28 Sept (8 sessions + 1-day retreat)

CONFIDENCE BUILDING

Build your confidence & enhance your communication skills

Thursday 28 July, 7.30pm

Improve your communication skills to enhance your career and relationships with your family and friends

THERAPEUTIC YOGA

Aug - Sept (8 sessions for \$64)

Saturday mornings 9.00am - 10.00am

Starting August!

Therapeutic Yoga is an infusion of gentle yoga with breathing exercises to help participants to better health and wellness in today's fast-paced and stressful environment. The class includes specific poses meant to help common ailments like back pain, neck pain etc. A short mindfulness practice will also be introduced to help develop self awareness and better management.

MINDFULNESS COURSES

Learn Mindfulness to enhance your self-awareness and management of stress and emotions to live a calmer and more fulfilling life.

Mindfulness Course (4 sessions)

7.30pm - 9.30pm

Thursdays July 7, 14, 21 & 28

Tuesday Aug 2, 16, 23 & 30

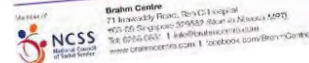
Intermediate Mindfulness (4 sessions)

7.30pm - 9.30pm • July 5, 13, 19 & 26

Pre-requisite: To have completed Mindfulness Course

Caregiver Support, Counselling and Psychotherapy Services Available

Please email: lily@brahmcentre.com



FOLLOW US ON:
[fb.com/BRAHMCTR](https://www.facebook.com/BRAHMCTR)

This talk/activity earns you a Mindful Caregiver stamp



JULY / AUGUST 2016

SATURDAY FORUMS

Free-to-attend 4.00pm - 5.30pm

16 JULY Special Introduction to Mindfulness-Based Stress Reduction (MBSR)

Angie Chew, Mindfulness Trainer, Brahm Centre

23 JULY Detecting & Treating Dementia

Dr Neo Han Yee, Consultant, Palliative Care, Tan Tock Seng Hospital

30 JULY Eye Diseases - Detection and Treatment to Prevent Blindness

Dr Augustinus Laude, Senior Consultant, TSH Eye Clinic, Tan Tock Seng Hospital

6 Aug Bipolar Disorder: Symptoms and Treatment

Dr Cheong Ka Mun, Psychiatrist, Khoo Teck Puat Hospital

13 Aug Finding Peace Before It's Too Late

Kinjal Doshi, Psychologist, Singapore General Hospital

20 Aug Not Dwelling On The Past, Living The Present

Geoff Hanley, Communications Leader

27 Aug Wheel of Wellness

Dr Lin Hong Hui, Clinical Psychologist, Khoo Teck Puat Hospital

UPCOMING!

Mindfulness-Based Stress Reduction (MBSR) Course (8 sessions + 1-day retreat)

Aug 10 - Sep 28, Wednesdays 7.15pm - 9.30pm

Sunday Sep 18, 9.30am - 5.00pm (Full day session)

One-Day Mindfulness & Fun Camp For Children To Better Manage Stress (Pri 4 - 6)

Monday Sep 5, 9.00am - 5.00pm

Limited to 16 students

Students & Parents Mindfulness Retreat (11 - 16 yrs)

Saturday Sep 10, 10.30am - 3.00pm

Limited to 20 students & 30 parents

MUSIC CLUB

You are invited to join the Music Club to sing or play a musical instrument!

Every Thursday 10.00am - 12.00pm

Followed by Potluck Lunch.

ALL Are Invited! NO Fees

Register: info@brahmcentre.com

MINDFULNESS PRACTICE

We invite Mindfulness practitioners to join:

Wednesday Mindfulness Club

10.00am - 11.30am

Meets every Wednesday followed by Potluck Lunch (Free)

Register: info@brahmcentre.com

Friday Mindfulness & Networking Session

6.30pm - 8.30pm

\$7 per person, including light dinner

Register: brahmcentre.eventbrite.com

MINDFULNESS COURSES

Learn Mindfulness to enhance your self-awareness and management of stress and emotions to live a calmer and more fulfilling life.

Mindfulness Course (4 sessions)

7.30pm - 9.30pm

Tuesday Course 2, 16, 23 & 30 August

Thursday Course 4, 11, 18 & 25 August

Tuesday Course 6, 13, 20 & 27 September

CHINESE MINDFULNESS COURSE (4 sessions)

静观修习班 学习静观能提升你的自我意识, 强化情绪与压力上的管理, 以达到更平静和更充实的生活。

星期三, 下午二点半至四点半 九月七、十四、二十一及二十八日



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This talk/activity earns you a Mindful Caregiver stamp



SEPTEMBER 2016

SATURDAY FORUMS

Free-to-attend 4.00pm - 5.30pm

3 Sept: Freedom From The Stress of Daily Life - James Khoo

10 Sept: The Effects & Danger of Anesthesia For Pain Management and Surgery - Dr Kenneth Tan, Anaesthesiologist, formerly from National University Hospital (NUH)

17 Sept: Schizophrenia: Early Warning Signs & Treatment - Dr Surek John, Psychiatrist, Khoo Teck Puat Hospital

24 Sept: The 5Cs in a Family - Conflict, Communication, Cultivate, Connect, Care - Peter Ho, Counselor

YOGA

Two Yoga Courses to choose from!

Yin Yoga@MacPherson

Tuesdays 7.30pm

New Intake: starting Sept 13

Therapeutic Yoga@Brahm Centre

Saturdays 9.00am

New Intake: starting Oct 15

MINDFULNESS COURSES

Learn Mindfulness to enhance your self-awareness and management of stress and emotions to live a calmer and more fulfilling life.

Mindfulness Course (4 sessions)

Tuesdays 7.30pm - 9.30pm

September Course 6, 13, 20 & 27 September

October Course 4, 11, 18 & 25 October

Saturdays 10.30am - 12.30pm

November Course 5, 12, 19 & 26 November

静观修习班 (中文讲解) (四节课)

学习静观能提升你的自我意识, 强化情绪与压力上的管理, 以达到更平静和更充实的生活。

星期三, 下午二点半至四点半 九月七、十四、二十一及二十八日

UPCOMING!

Mindfulness-Based Stress Reduction (MBSR) Course (8 sessions + 1-day retreat)

Sept 29 - Nov 24, Thursdays 7.15pm - 9.30pm

SCHOOL HOLIDAY PROGRAMS

One-Day Mindfulness & Fun Camp For Children To Better Manage Stress (Pri 4 - 6)

September 5, Monday, 9.00am - 5.00pm

Students & Parents Mindfulness Retreat (11-16 yrs)

September 10, Saturday, 10.30am - 3.00pm

Mindfulness Course for Kids (P1-P5) & Parents

9 November - 25 November (6 sessions)

Wednesdays & Fridays, 7.30pm - 8.30pm

MBSR (Mindfulness-based Stress Reduction) Program 8 sessions plus a one-day retreat

Starting 8 Nov 2016 - 14 Jan 2017

Saturdays 1.30pm - 3.30pm

FREE for youths aged 12-16 registering with parents (1 parent - 1 child)

MINDFULNESS PRACTICE

We invite Mindfulness practitioners to join:

Wednesday Mindfulness Club

10.00am - 11.30am

Meets every Wednesday followed by Potluck Lunch (Free)

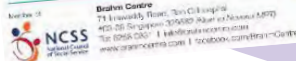
Register: info@brahmcentre.com

Mindfulness & Networking Session

Fridays at 6.30pm - 8.30pm

\$7 per session or \$25 per month

Register: brahmcentre.eventbrite.com



This talk/activity earns you a Mindful Caregiver stamp

Counselling Services Available

Please email: lily@brahmcentre.com



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OCTOBER 2016

Please register for all courses and talks at
brahmcentre.eventbrite.com

SATURDAY FORUMS

Free-to-attend 4.00pm - 5.30pm

1 Oct: Mindful Communications Workshop (Limited to 30) - Angie Chew,
Brahm Centre

8 Oct: Strategies To Strengthen Your Immunity - Dr Hui Mei Kim,
General Practitioner

15 Oct: Mindfulness and Getting Good Sleep - What's The Connection? - Dr Issa Turijana,
Psychiatrist, Ng Teng Fong Hospital

22 Oct: Family Conflicts - Why Is It My Problem? - Frank Singam, Counsellor

BOOK LAUNCH

Bend Not Break

Learning from Loss
with a Tribute to President S R Nathan
Friday 30 Sept 2016
730pm - 9:30pm
@ SOTA Concert Hall, Dhoby Ghaut
FREE Admission



WORLD MENTAL HEALTH DAY

Stamp Out Stigma Walk
with Gurnit Singh
Flag off by Mdm Halimah Yacob,
Speaker of Parliament
Saturday 8 October from 10:30am - 3pm
@ Orchard Road (Playspace @ Scape)
FREE Admission & T-shirt for 1st 100 to register



MINDFULNESS PROGRAMS

Would you like to be more relaxed, sleep better, improve your health & relationships?

Mindfulness Course (Beginners - 4 sessions)
October 4, 11, 18, 25 November 5, 12, 18, 25
Tuesdays 7:30pm - 9:30pm Saturdays 10:30am - 12:30pm

For only \$18 for caregivers eligible for the training grant subsidy

Mindfulness Course (Intermediate)
November 8, 15, 22, 29
Tuesdays 7:30pm - 9:30pm

Mindfulness Based Stress Reduction (MBSR) Program (8 sessions)
September 28 - November 24 November 5 - January 14*
Thursdays 7:15pm - 9:30pm Saturdays 1:30pm - 4:30pm

* FREE for youths aged 12-16 attending with parents



Mindfulness Course for Kids & Parents (6 sessions)
November 9 - 25
Wednesdays & Fridays 7:30pm - 8:30pm
Age group: 6 - 11

FREE Mindfulness Practice Sessions
Wednesdays 10am - 11:30am
Fridays 6:45pm - 8:30pm

MUSIC & SOCIAL CLUB

Would you like to make new friends, sing some songs, enjoy some homemade cooking and explore Singapore together?

Every Thursday 10am - 12pm
followed by potluck lunch

Email to info@brahmcentre.com or call 6250-0931 to let us know you are coming!





BUILD CONFIDENCE

Would you like to develop greater self-confidence and communicate better?

Join the Toastmasters Club, a tried and tested system of personal leadership development!

Every 2nd Thursday of each month

Next sessions: **22 Sept, 20 Oct 2016 @ 7:30pm - 8:30pm**



Member of



NCCS
National Council of Community Service

Brahm Centre
11 Iravaddy Road Ren Ci Hospital
#01-09 Singapore 329662 (next to Novena MRT)
Tel: 6258 0931 | info@brahmcentre.com
www.brahmcentre.com | [facebook.com/brahmcentre](https://www.facebook.com/brahmcentre)

FOLLOW US ON:
fb.com/BRAHMCENTRE

Counselling Services Available
Please email kweykying@brahmcentre.com



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Please register for all courses and talks at
brahmcentre.eventbrite.com

NOV/DEC 2016

SATURDAY FORUMS

Free-to-attend 4.00pm - 5.30pm

5 Nov: Safeguarding Your Investments in the Stock Market
 Invested: **Jack James Khoo**

12 Nov: Looking After Your Ears - Prevent Hearing Loss
 ENT Consultant, Tan Tock Seng Hospital

19 Nov: Arthritis and Rheumatism - Treating The Pain
 Rheumatologist Consultant, Tan Tock Seng Hospital

26 Nov: Understanding Behaviour In Relationships
 Psychologist, IMH

10 Dec: Looking After The Health of Your Colon
 Colorectal Surgeon, Formerly in SGH

17 Dec: Looking After The Health of Your Colon
 Colorectal Surgeon, Formerly in SGH

MUSIC & SOCIAL CLUB

Would you like to make new friends, sing some songs, enjoy some homemade cooking and explore Singapore together?

Every Thursday 10am - 12pm
 followed by perfect lunch
 Email to info@brahmcentre.com or call 6258-0831 to let us know you are coming!

SPECIAL EVENT

Mind Well-Being and Mindfulness Seminar

Friday 8 December
 9:30pm
 Auditorium
 100 Boulevard (Level 7)
 Admission
 Dr Chan Keen Loong,
 Suk Hong and Angie Chew

Brahm Centre
 71 Braswaddy Road Ren Ci Hospital
 602-09 Singapore 329662 (Next to Hwaena MRT)
 Tel: 6258 0831 | info@brahmcentre.com
www.brahmcentre.com | Facebook.com/BrahmCentre

RECRUITING VOLUNTEERS

Volunteer to befriend and support caregivers, stroke patients and patients with mental health conditions

Befrienders will work in pairs, coached and guided by our care coordinators. Training will be provided.

Please email to vol@brahmcentre.com for an appointment to find out more

MINDFULNESS PROGRAMS

Would you like to be more relaxed, sleep better, improve your health & relationships?

Mindfulness Course (Beginners - 4 sessions)
November 5, 12, 19, 26 | **November 9, 16, 23 & 30**
 Saturdays 10:30am - 12:30pm | Wednesdays 2:30pm - 4:30pm

December 6, 13, 20, 27 | **Tuesdays 7:30pm - 9:30pm**
 Caringer Training. Great subsidies are available to eligible caregivers

正念静观练习 (中文讲解)
 November 15, 22, 29 and December 6
 Tuesdays 2:30pm - 5:00pm

Mindfulness Course (Intermediate)
November 8, 15, 22, 29
 Tuesdays 7:30pm - 9:30pm

Mindfulness Based Stress Reduction (MBSR) Program (8 sessions)
November 5 - January 12*
 Saturdays 10:30am - 1:30pm

*** One time offer - FREE** for youths aged 12-16 attending with parents

One-Day MBSR Silent Retreat
December 2
 Friday 8am - 5pm

One-Day Mindfulness Silent Retreat
December 9
 Friday 8am - 5pm



Mindfulness Course for Kids & Parents (6 sessions)
November 9 - 29
 Wednesdays & Fridays 7:30pm - 8:30pm
 Age group: 6 - 11

FREE Mindfulness Practice Sessions
 Wednesdays 10am - 11:30am
 Fridays 6:45pm - 8:30pm

Brahm Centre will be closed on 24 - 26 Dec, 31 Dec & 2nd January

Counselling Services Available

Please email counselling@brahmcentre.com

TEL: 6258 0831
 FB: @BrahmCentre

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DEC 6/JAN17

Please register for all courses and talks at
brahmcentre.eventbrite.com

SPECIAL EVENT

Mental Well-Being & Mindfulness Seminar

Thursday 8 December

7pm - 9:30pm

NTUC Auditorium

1 Marina Boulevard (Level 7)

FREE Admission

Featuring Dr Chan Keen Loong,

Dr Ong Sah Hong and Angie Chew

SATURDAY FORUMS

Free-to-attend 4.00pm - 5.30pm

3 Dec: Choosing The Right Mindfulness Pathway

- Angie Chew

Executive Director & Mindfulness Trainer, Brahm Centre

10 Dec: Looking After The Health Of Your Colon

- Dr Lai Junn Heng

Colonorectal Surgeon, Formerly in SGH

7 Jan: Managing High Blood Pressure And Prevention of Stroke

- Dr Hoo Hui Kim

General Practitioner

14 Jan: How To Look Younger Without Plastic Surgery

- Prof Giam Yoke Chin

National Skin Clinic

21 Jan: Coping with Crisis In The Family

- Frank Singam

Counsellor

YOGA

Starting January 2017

Yin Yoga @ MacPherson

Tuesdays 7:30pm - 11:30pm

Therapeutic Yoga @ Brahm Centre

Saturdays 9am

Please check Eventbrite for exact dates

Brahm Centre will be closed on 24 - 26, 31 Dec, 2 - 27, 31 Jan

MINDFULNESS PROGRAMS

Would you like to be more relaxed, sleep better, improve your health & relationships?

One-Day MBSR

Silent Retreat

December 2

Friday 9am - 5pm

*One time offer: FREE for youths aged 12-18 attending with parents

One-Day Mindfulness

Silent Retreat

December 5

Friday 9am - 5pm

Mindfulness Foundation Course (4 sessions)

Campus Training (Credit reduction are available on application)

December 6, 13, 20, 27 Tuesday 7:30pm - 9:30pm

Jan 3, 10, 17, 24 Tuesday 7:30pm - 9:30pm

Jan 3, 10, 17, 24 Tuesday 7:30pm - 9:30pm

Jan 3, 10, 17, 24 Tuesday 7:30pm - 9:30pm

Jan 3, 10, 17, 24 Tuesday 7:30pm - 9:30pm

Jan 3, 10, 17, 24 Tuesday 7:30pm - 9:30pm

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Jan 3, 10, 17, 24 Tuesday 7:30pm - 9:30pm

Jan 3, 10, 17, 24 Tuesday 7:30pm - 9:30pm

Jan 3, 10, 17, 24 Tuesday 7:30pm - 9:30pm

Jan 3, 10, 17

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Please register for all courses and talks at www.BrahmCentre.com

SPECIAL EVENT **FREE Admission**
Mental Well-Being Seminar
Wed 8 February @ 6pm - 9pm
DBS Auditorium
Refreshments provided
Understanding and Treating Depression
Early Detection of Dementia For Intervention
by Dr Chan Keen Loong

SATURDAY FORUMS
Free-to-attend 4.00pm - 5.30pm
21 Jan: Coping with Crisis In The Family - Frank Singam
4 Feb: Art For Healing and Art Of Healing - Prof Foo Keong Tatt Singapore General Hospital
11 Feb: How Much Sugar Is Good For You - Dr Ajith Damodaran General Practitioner
18 Feb: Psychotherapy - A Healing Pathway - Dr Chia Kwok Ying Brahm Centre
25 Feb: Digestive Health And Cancer Prevention - Dr Lai Jinn Heng Lai Endoscopy & Colorectal Surgery

DEMENTIA SCREENING
Early detection enables early intervention to treat and slow down the progress of dementia.
18 March 2017 10:30am - 4pm
Book online \$5 per person (limited slots)

MINDFUL WALK
FREE! 5 Feb & 5 Mar 7:45am - 9:15am
Botanic Gardens. Please register. Wake your body up with mindful exercise, sitting and walking meditation.

MINDFULNESS PROGRAMS
Brahm Centre will be closed on 27 - 31 Jan
Would you like to be more relaxed, sleep better, improve your health & relationships?
*Mindfulness Foundation Course (4 sessions)
February - NO course
March 2, 9, 16, 23 Thursdays 7:15pm - 9:15pm
*正念静观基础课程 (中文讲解 - 4堂课)
Feb 25, Mar 4, 11, 18 Feb 25, Mar 7, 14, 21 Saturdays 10:30am - 12:30pm
*Mindfulness-Based Stress Reduction (MBSR) Program (8 sessions) + 1 full day retreat
Feb 3, 10, 17, 24, Mar 3, 10, 17, 24 Fridays 7:15pm - 9:30pm
(full day: Mar 14 Sunday 9:30am - 5pm)
Feb 7, 14, 21, 28 Mar 7, 14, 21, 28 Tuesdays 7:15pm - 9:30pm
(full day: Mar 19 Sunday 9:30am - 5pm)
Check website for more dates
*National Silver Academy Subsidy and SkillsFuture Credit can be applied

SOCIAL CLUB
Stay active with singing, mind games, art and excursions.
Every Thursday 10am - 12pm
followed by potluck lunch
FREE - Register by email: enquiries@brahmcentre.com

Counselling Services Available
Please email kwookying@brahmcentre.com

Member of **NCCS** National Council of Social Service

Brahm Centre Limited
71 Irrawaddy Road Rm C1 Hospital #03-09
Singapore 329562 (Next to Novena MRT)
Tel: 6258 0831 | info@brahmcentre.com
www.brahmcentre.com | [facebook.com/BrahmCentre](https://www.facebook.com/BrahmCentre)

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Please register for all courses and talks at www.BrahmCentre.com

SATURDAY FORUMS
Free-to-attend 4.00pm - 5.30pm
11 Feb: How Much Sugar Is Good For You - Dr Ajith Damodaran General Practitioner
18 Feb: Psychotherapy - A Healing Pathway - Dr Chia Kwok Ying Psychologist & Counsellor Brahm Centre
25 Feb: Digestive Health And Cancer Prevention - Dr Lai Jinn Heng Lai Endoscopy & Colorectal Surgery
4 Mar: How To Help Someone Who Is Over-Consuming Alcohol, or Addicted To Drugs/Gambling - Frank Singam Counsellor, Brahm Centre
11 Mar: Knowing First Aid Helps Save Lives - Mark Roselle
18 Mar: Dementia Screening (please register with payments) Book online \$5 per person (limited slots)
25 Mar: Overcoming Anxiety - Darren Tay Advocate & Solicitor Public Speaking World Champion

SOCIAL CLUB
Stay active with singing, mind games, art and excursions.
Every Thursday 10am - 12pm followed by potluck lunch
FREE - Register by email: enquiries@brahmcentre.com

MINDFUL WALK
FREE! 5 Mar & 9 Apr 7:45am - 9:15am
Botanic Gardens. Please register. Wake your body up with mindful exercise, sitting and walking meditation.

ART & CRAFT CLUB
Join the Art & Craft Club - meets every Monday at 10am followed by pot-luck lunch. You just need to contribute art materials or to the cost of purchasing the materials. Register by emailing to info@brahmcentre.com

MINDFULNESS PROGRAMS
Would you like to be more relaxed, sleep better, improve your health & relationships?
*Mindfulness Foundation Course (4 sessions)
February - NO course
Mar 2, 9, 16 & 23 Apr 13, 20, 27 & May 4 Thursdays 7:15pm - 9:15pm
*正念静观基础课程 (中文讲解 - 4堂课)
Feb 25, Mar 4, 11, 18 Saturdays 10:30am - 12:30pm
Feb 28, Mar 7, 14, 21 Tuesdays 2:30pm - 4:30pm
*Mindfulness-Based Stress Reduction (MBSR) Program (8 sessions) + 1 full day retreat
Apr 7, 12, 19, 26, May 3, 10, 17, 24 7:15pm - 9:30pm
(full day: May 14 9:30am - 5pm)
*National Silver Academy Subsidy and SkillsFuture Credit can be applied

Mindful Parenting Course Participants
Mindful Parenting Course (5 sessions)
Jul 1, 8, 15, 22, 29 Saturdays 2pm - 3:30pm
Mindfulness for Students & Parents (6 sessions)
Jul 1, 8, 15, 22, 29 & Aug 5 Saturdays 2pm - 3:30pm

Counselling Services Available
Please email kwookying@brahmcentre.com

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Brahm Centre Limited
71 Irrawaddy Road Rm C1 Hospital #03-09
Singapore 329562 (Next to Novena MRT)
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Please register for all courses and talks at www.BrahmCentre.com

SATURDAY FORUMS
Free-to-attend 4.00pm - 5.30pm
1 Apr: Skin Disorders - Dr Koh Hong Yi Consultant Singapore General Hospital
8 Apr: What Can Go Wrong With Your Mouth And Throat - Dr Ho Eu Chin Consultant Tan Tock Seng Hospital
15 Apr: Govt. Facts and Fallacies - Dr Koh Li Weam Rheumatologist Tan Tock Seng Hospital
22 Apr: Regression Therapy To Resolve Unexplained Fears - Dr Peter Mack Senior Consultant
29 Apr: When Does Over Or Under Eating Become A Disorder? - Dr Victor Kwok Psychiatrist Sengkang Health

MINDFULNESS RETREAT
1 - 5 June 2017
Phuket Marriott Resort Phuket, Thailand
A retreat is a wonderful way to connect with your body and mind, relax and recharge.

SPECIAL TALK
15 April @ 2:30pm
What You Need To Know About Preparing a Will
and Lasting Power Of Attorney
Tan Siak Hee Lawyer

MUSIC & SOCIAL CLUB
Stay active with singing, mind games, art and excursions.
Every Thursday 10am - 12pm followed by potluck lunch
FREE - Register by email: enquiries@brahmcentre.com

YOGA
Yin Yoga - Monday & Tuesday evenings 7:30pm - 8:45pm
Therapeutic Yoga - Saturday 9am - 10am

MINDFULNESS PROGRAMS
Would you like to be more relaxed, sleep better, improve your health & relationships?
*Mindfulness Foundation Course (4 sessions)
April 28, May 5, 12, 19 Fridays 7:15pm - 9:15pm
July 4, 11, 18, 25 Tuesdays 7:15pm - 9:15pm
*Mindfulness Intermediate Course (4 sessions)
April 22, 29, May 6, 13 Saturdays 2:30pm - 4:30pm
*正念静观基础课程 (中文讲解 - 4堂课)
April 8, 15, 22, 29 Saturdays 10am - 12pm
April 4, 11, 18, 25 Tuesdays 2:30pm - 4:30pm
*Mindfulness-Based Stress Reduction (MBSR) Program (8 sessions) + 1 full day retreat
April 7, 12, 19, 26, May 3, 10, 17, 24 Wednesdays 7:15pm - 9:30pm
(full day: May 14 Sunday 9:30am - 5pm)
*Take note it is not the same day of the week for 2 classes
(full day: May 14 Sunday 9:30am - 5pm)
*National Silver Academy Subsidy and SkillsFuture Credit can be applied

Mindful Parenting Course (5 sessions)
July 1, 8, 15, 22, 29 Saturdays 2pm - 3:30pm
Mindfulness for Students & Parents (6 sessions)
July 1, 8, 15, 22, 29 & Aug 5 Saturdays 2pm - 3:30pm
Mindfulness Club: Wednesdays 10am - 12pm
Please email info@brahmcentre.com

MINDFUL WALK
FREE! Wake your body up or wind your week down with mindful exercise, sitting and walking meditation.
Sundays 7:45am: Apr 9, May 7
Friday 9:30pm: Apr 21, May 19
Please register

ART & CRAFT CLUB
Join the Art & Craft Club - meets every Monday at 10am - 12pm followed by pot-luck lunch. You just need to contribute art materials or to the cost of purchasing the materials. Register by emailing to info@brahmcentre.com

Counselling Services Available
Please email kwookying@brahmcentre.com

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SPECIAL TALK
Sat 6 May @ 10am-11am
How The National Electronic Health Records (NEHR) Serve You In The Public Healthcare System
by **AlProf Low Cheng Ooi**
Ministry of Health

SATURDAY FORUMS
Free-to-attend 4.00pm - 5.30pm
HEALTH TALK
29 Apr: When does over or under eating become a disorder?
by **Dr Victor Kwok**
Psychiatrist
Sengkang Health

PERSONAL STORY SERIES
13 May: Overcoming The Challenges and Pain of Giving Care To My Father
by **Eric Lim**
Model Caregiver Award Winner 2017 (Young Category)

20 May: Overcoming Depression
by **Angie Chew**
Principal Mindfulness Trainer, Brahm Centre

27 May: Recovering Against The Odds - A Story Of Courage And Persistence Out Of Paralysis
by **Malar Singam**
Speaker at World Mental Health Day 2016

CHAIR YOGA - FREE TRIAL
Tues 9 May @ 10am
Chair yoga is a form of yoga that can be done while seated or with the support of a chair. While seated, participants can do versions of twists, hip stretches, forward bends, mild backbends.

MINDFULNESS RETREAT
1 - 5 June 2017
Phuket Marriott Resort Phuket, Thailand
A retreat is a wonderful way to connect with your body and mind, relax and recharge.

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MINDFUL WALK @ Botanic Gardens
Wake your body up or wind your week down with mindful exercise, sitting and walking meditation
Sundays 7:45am; May 7, June 4
Friday 6:30pm; May 19
Please register

Counselling Services Available
Please email info@brahmcentre.com

MINDEFULNESS PROGRAMS
Would you like to be more relaxed, sleep better, improve your health & relationships?

***Mindfulness Foundation Course** (4 sessions)
April 25, May 5, 12, 19 Fridays 7:15pm - 9:15pm
July 4, 11, 18, 25 Tuesdays 7:15pm - 9:15pm
August 1, 8, 15, 22 Tuesdays 7:15pm - 9:15pm

***正念基础课程** (中文讲解 - 4堂课)
May 4, 12, 18, 25 Thursdays 2:30pm - 4:30pm (*Fri)

***Mindfulness-Based Stress Reduction (MBSR) Program** (8 sessions) + 1 full day retreat
July 6, 13, 20, 27, Aug 3, 10, 17, 24, 31
Thursdays 7:15pm - 9:30pm
(full day: Aug 20 Sunday 9:30am - 5pm)

***正念减压课程** (中文讲解 - 8堂课 + 一日静观)
July 13, 20, 27, August 3, 10, 17, 24, 31
Thursdays 2:30pm - 5pm
(一日静观: Aug 19 Sunday 9:30am - 5pm)

*National Silver Academy Subsidy and SkillsFuture Credit can be applied

MBSR Practice Sessions for MBSR Graduates
4 Sessions: Apr 26, May 3, 11* & 17
Wednesdays 7:15pm - 9:15pm
(May 11* is Thursday)

Mindfulness for Students & Parents (6 sessions)
July 1, 8, 15, 22, 29 & Aug 5 Saturdays 2pm - 3:30pm

Mindful Parenting Course (5 sessions)
July 1, 8, 15, 22, 29 Saturdays 2pm - 3:30pm

Mindfulness Club: Wednesdays 10:30am - 12pm
Please email info@brahmcentre.com

Mindfulness for school teachers

brahm centre
Happier & Healthier Living

Please register for all courses and talks at www.BrahmCentre.com

JUNE 2017

SATURDAY PROGRAMS
10 June @ 10am - 4pm
Dementia Screening for Early Detection
(Book an appointment)
by **Dr Tan Siok Bee**

17 June @ 4pm
Truths & Myths About Hypnosis
by **Dr Tan Siok Bee**

24 June @ 10am - 4pm
Dementia Screening for Early Detection
(Book an appointment)

1 July @ 4pm
Early Detection and Treatment of Breast Cancer
by **Dr Lim Hwee Yung**

8 July @ 4pm
Podiatric Medicine - Bunions, Flat Feet, Corn & Other Foot Ailments
by **Dr Florina Iliescu**

CHARITY DINNER
The Science of Sustainable Happiness
by **Dr Joe Leizzo, MD, PhD**,
Harvard-Trained Psychiatrist
Guest of Honour: **Dr Lam Pin Min**
Senior Minister of State, Ministry of Health
7 Sept 2017, Thurs @ 7pm - 9:30pm
All Donations are 50% tax deductible
Individual: \$100, \$200, \$300, \$500
Tables for 10 are also available

CHAIR YOGA
Tues @ 10am starting 4 Jul
Chair yoga is a form of yoga that can be done while seated or with the support of a chair.

CLUBS - FREE
Art & Craft: Mon at 10am
Mindfulness: Wed at 10:30am
Music & Social: Thurs at 10am
Mahjong: Fri at 11am - 1pm

MINDFUL WALK @ Botanic Gardens
Wake your body up or wind your week down with mindful exercise, sitting and walking meditation
Sundays 7:45am; May 7, June 4
Friday 6:30pm; May 19
Please register

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MINDEFULNESS PROGRAMS
Would you like to be more relaxed, sleep better, improve your health & relationships?

***Mindfulness Foundation Course** (4 sessions)
July 4, 11, 18, 25 Tuesdays 7:15pm - 9:15pm
August 1, 8, 15, 22 Tuesdays 7:15pm - 9:15pm

***Mindfulness-Based Stress Reduction (MBSR) Program** (8 sessions) + 1 full day retreat
July 6, 13, 20, 27, Aug 3, 10, 17, 24, 31
Thursdays 7:15pm - 9:30pm
(full day retreat: Aug 20 Sunday 9:30am - 5pm)

***正念减压课程** (MBSR - 中文讲解 - 8堂课 + 一日静观)
July 13, 20, 27, August 3, 10, 17, 24, 31
Thursdays 2:30pm - 5pm
(一日静观: Aug 20 Sunday 9:30am - 5pm)

*National Silver Academy Subsidy and SkillsFuture Credit can be applied

Mindfulness for Students & Parents (6 sessions)
Kids (7-12yrs) & Teens and their parents
July 1, 8, 15, 22, 29 & Aug 5 Saturdays 2pm - 3:30pm

Mindful Parenting Course (5 sessions)
July 1, 8, 15, 22, 29 Saturdays 2pm - 3:30pm

***Mindfulness-Based Cognitive Therapy (MBCT)**
Sept 21, 28, Oct 5, 12, 19, 26, Nov 2, 9
Thursdays 7pm - 9:30pm
(full day retreat: Oct 29 Sunday 9:30am - 5pm)

Counselling Services
Pro Bono Legal Advisory
Please email info@brahmcentre.com

COMMUNITY CARE REPORT



At A Glance



Health Awareness Education – 2,632



Clients – 205



Dementia Screening Clients – 400



Home Visit Volunteers – 36

Community Care Team

Our Community Care Team of 9 staff is led by Dr Ann Choo, a 75 year old healthcare veteran who retired from Tan Tock Seng Hospital. The team is responsible for managing befrienders as well clients directly, offering counselling and dementia screening services. In FY2016/7, the team in partnership with 44 befrienders, served more than 200 clients. Our oldest client who subsequently became a befriender is 92 years of age.



As at November 2017

Community Care Report

Brahm Centre's befriending program, funded by Agency for Integrated Care, Lee Foundation, Tan Chin Tuan Foundation and the Wan Family, was first initiated in 2013. In 2016, the program moved into niche specialisation in mental health and stroke with an extension of 2-years until July 2018.

Brahm Centre embarked on training the staff and volunteers to step up to the new challenge. New partnerships with Institute of Mental Health (APCATS), Changi General Hospital (CPGP), Khoo Teck Puat Hospital (THRIVE) and Ng Teng Fong General Hospital/ Jurong Community Hospital were formed for the purpose of patient referrals and training.

Referral of patients also came in from Family Service Centres, Senior Activity Centres and the Community Grassroots Leaders. Many of the elderly referred lack functional mobility and social support. Some of them were suffering from schizophrenia, depression and some with early stages of dementia

With the need for specialisation in Mental Health and Stroke, staff and volunteers involved have been trained to be able to use the mindfulness based methods in the discharge of their duties. Training in the understanding of Mental Health conditions and rehab therapy have since been carried out to better cope with the different challenges they face. The combined approach to home care visits and befriending activities with other forms of intervention would better support the (i) care-recipients and also (ii) the needs of the caregivers. The need to support the Caregivers have also become part of the requirements in this Active Home Care Program stipulated by AIC.

Mental Health Training

Relevant training related to mental health were conducted by IMH and CGH to equip our staff with better understanding of the care and support required. IMH trained more than 60 of Brahm Centre staff and volunteers to conduct dementia and depression screening for early detection and treatment.

The training curriculum included:

- (a) Mindfulness
- (b) Psychosocial and Emotional care approach to prepare for the transitional change from befriending to care of mental health patients and their caregivers.
- (c) Therapy and care for elderly patients
- (d) Common mental illnesses: Dementia, Depression, Anxiety, OCD, Schizophrenia, Bipolar
- (e) Active listening skills
- (f) Suicide Awareness



Volunteer Befriending Program

In 2016, the befriending program focused on providing support to discharged elderly stroke patients as well as those with mental health conditions such as anxiety, depression or schizophrenia. Volunteer befrienders also offer support to the patients' caregivers.

After the volunteer befrienders trained, they are matched with an elderly patient by Brahm Centre's Care Team. The befrienders usually commit 1-2 hours of their time each week. Working in pairs, they



Volunteers receiving training

visit the patients and their caregivers in their homes, offering companionship and emotional support to both. Moreover, in order to promote a healthy and active lifestyle, volunteers encourage mobility and social engagement through activities like memory games, singing, drawing, visiting the nearby coffee shop or taking them for an excursion. Our volunteers are mentored and augmented by a team of staff.



Volunteers being taught how to transfer the clients



Playing board game with the client

Volunteer Befriender Satisfaction

A survey was conducted to evaluate the befriending program to determine if the resources and support provided by Brahm Centre were meeting the needs of the volunteer befrienders.

Data Collection

In the survey, volunteer befrienders were asked to rate their responses or feelings to a set of questions regarding the following 4 categories:

- Satisfaction with resources and training provided
- Satisfaction with personal achievements
- Satisfaction with Brahm Centre staff support
- Overall Satisfaction

Survey forms were administrated to 37 volunteer befrienders via an online platform. By the end of the data collection period, 27 volunteers completed the survey (73% response rate). The data was collected over a month-long period, during June 2017.

Survey Participants

Table 1 represents the demographic characteristics of the participants. The majority of volunteer befrienders were female (70.37%) and 29.63% were male. The age of the befrienders ranged from 21 to 60 and above. Majority of the participants were '60 or older' (33.33%). 48.14% of participants volunteered for more than a year with Brahm Centre.

Characteristics	N=(27)
Gender %	
Female	70.37
Male	29.63
Age Range %	
21-29	18.52
30-39	3.70
40-49	14.81
50-59	29.63
60 or older	33.33
Duration of volunteer work at Brahm Centre %	
More than a year	48.14

Table 1: Demographic Characteristics of volunteer befrienders

Satisfaction Survey Results

The following table demonstrates the questions included in the satisfaction survey, displaying the percentage of volunteers who reported satisfaction regarding each item.

Satisfaction with resources and training provided	% of volunteer befrienders satisfied
Overall how satisfied were you with the resources provided to support you as a befriender? <i>(obtained from the combination of extremely satisfied, very satisfied, somewhat satisfied)</i>	93%
Do you agree that the training materials were sufficient in supporting you as a befriender? <i>(obtained from the combination of strongly agree and agree)</i>	81%
How useful were the volunteer training sessions at our organization? <i>(obtained from the combination of extremely useful, very useful, somewhat useful)</i>	100%
Satisfaction with personal achievements	% of volunteer befrienders satisfied
How much of an impact do you feel your volunteer work had? <i>(obtained from the combination of a great deal of impact, a lot of impact, a moderate amount of impact)</i>	89%
How proud are you of your volunteer work? <i>(obtained from the combination of extremely proud, very proud, moderately proud)</i>	89%
Satisfaction with support provided by Brahm Centre staff	% of volunteer befrienders satisfied
How supportive are the staff at Brahm Centre? <i>(obtained from the combination of extremely supportive, very supportive, somewhat supportive)</i>	93%
How appreciated did Brahm Centre made you feel? <i>(obtained from the combination of extremely appreciated, very appreciated, somewhat appreciated)</i>	93%
Overall satisfaction	% of volunteer befrienders satisfied
How likely are you to recommend Brahm Centre to others as a place to volunteer? <i>(obtained from the combination of extremely likely, very likely, somewhat likely)</i>	96%
How likely are you to continue volunteering at Brahm Centre in the future? <i>(obtained from the combination of extremely likely, very likely, somewhat likely)</i>	96%
Overall were you satisfied with your volunteer experience with Brahm Centre? <i>(obtained from the combination of extremely satisfied, very satisfied, somewhat satisfied)</i>	89%

Conclusion

In conclusion, the survey results reflect that majority of the volunteer befrienders are satisfied with the resources and trainings provided. Regular befriender meetings, travel allowance, and trainings on mental health related topics play an important part in enabling the befrienders to offer a compassionate and valuable service to the patients and their caregivers. The survey findings indicate the usefulness of such resources in enabling the befrienders to perform competently in their engagement with the clients. Most befrienders reported to be satisfied with the support received from the staff, which includes debriefing, emotional support or case discussion pertaining to the needs of the identified client.

The majority of the befrienders felt that their work had a positive impact on the clients and were mostly proud of it. These results clearly demonstrate the reciprocity in the befriender-client relationship. Seeing the positive impact of the befriender's volunteer work on the clients can also increase their own sense of confidence and well-being. However, as some clients may have poorer prognosis than others, it can be difficult for the befriender to evaluate the long-lasting impact of their work beyond the actual visits.

The satisfaction survey revealed that most of the participating befrienders were overall satisfied with the befriending program and they would recommend Brahm Centre as an organization to volunteer with. The results demonstrated that Brahm Centre has met and exceeded the Key Performance Indicator (KPI): 70% of befrienders are satisfied with the training support and resources provided. The results also provided us with valuable information on how to improve our services. Firstly, improvements can be made on the handouts and presentations used during trainings. Secondly, it would be helpful to discuss the clients' conditions with the befrienders to set a more realistic expectation of the progress of individual cases. This helps to address the impact of the befriender's volunteer work. Finally, future research could be improved with a qualitative section that gives befrienders a platform to express their concerns, challenges and suggestions.

Client Satisfaction

In Singapore, social stigma still exists around mental health problems, and with an ageing population on the rise, it is vital to address the issues of mental health and well-being of the elderly.

The elderly patients and their caregivers (clients) were matched with the volunteer befrienders who usually commit 1-2 hours of their time each week. Working in pairs, they visit clients in their homes, offering companionship and emotional support. As most elderly with mental health conditions often face isolation and have very limited social contact, volunteer befrienders provide a form of regular social connection for this group of elderly. During the home visits, they were encouraged to exercise, take their medication and meals regularly, engage in social activities and join excursions.

Aim of the survey

The survey serves to evaluate the services and support provided are meeting the needs of the patients and their caregivers.



Excursion to the Gardens By The Bay

Data Collection

In the survey, all questions were rated on a Likert Scale ranging from 'strongly disagree' to 'strongly agree'. Clients were asked to rate their responses or feelings to a set of statements regarding the following 3 categories:

- Satisfaction with client-befriender matching
- Satisfaction with the volunteer befriender visits
- Overall satisfaction with the support received

Only patients, who were visited at least three times before the commencement of the survey and were in a stable mental state, were selected to participate. Out of the 63 patients, 60 matched the criteria. 54 of the selected patients had caregivers who received support from the befrienders. Survey forms were administered to patients and their caregivers via one-to-one home visits or phone calls. Some clients could not participate in the survey due to poor mental or physical health. By the end of the data collection period, 30 patients and 30 caregivers completed the survey (50% and 55% response rate respectively). The data was collected over a month-long period, during June 2017.



Excursion to the River Safari

Participants

Table 1 represents the demographic characteristics of the patients. The majority of participants (68.97%) were female, while 31.03% were male and the mean age was 70. Out of the 30 participants, 7 had dementia or some type of cognitive impairment, another 7 had schizophrenia or Schizo-affective disorder and 12 was diagnosed with depression. Other 4 patients were diagnosed with various different conditions such as anxiety or delusional disorder.

Variable	(N=30)
Gender %	
Female	68.97
Male	31.03
Age (Mean)	70
Condition	
Dementia or other forms of cognitive impairment	7
Schizophrenia or Schizo-Affective Disorder	7
Depression	12
Other mental health conditions	4

Table 1: Demographic Characteristics of patients

Table 2 represents the demographic characteristics of the caregivers. 63.33% of the participants were female and 36.67% were male. The mean age of caregivers was 48. The majority of the caregivers were family members of the patients, of which 7 were spouses and 15 were children. One caregiver identified herself as the daughter-in law of the patient and another as the mother. The remaining 6 were full-time helpers.

Variable	(N=30)
Gender %	
Female	63.33
Male	36.67
Age (Mean)	48
Relationship to care recipient	
Spouse	7
Child	15
Other family member	2
Full-time helper	6

Table 2: Demographic Characteristics of caregivers



Satisfaction with client-befriender matching	% of patients satisfied
I feel comfortable with my befriender.	100%
Satisfaction with the volunteer befriender	% of patients satisfied

Client Satisfaction Survey Results

The following table demonstrates the statements included in the satisfaction survey, displaying the percentage of patients who reported satisfaction regarding each item (obtained from the combination of *strongly agree* and *agree*).

visits	
The amount of time I get to spend with my befriender at each visit is enough.	93%
I feel better after receiving regular befriender visits.	93%
Overall satisfaction with the support received	% of patients satisfied
Overall I am satisfied with the befriending service.	100%

Caregiver Satisfaction Survey Results

The following table demonstrates the statements included in the satisfaction survey, displaying the percentage of caregivers who reported satisfaction regarding each item (obtained from the combination of *strongly agree* and *agree*).

Conclusion

Satisfaction with client-befriender matching	% of caregivers satisfied
I feel comfortable with the befriender.	100%
Satisfaction with the volunteer befriender visits	% of caregivers satisfied
The amount of time I get to spend with the befriender at each visit is enough.	90%
The help provided by the befriender improved my quality of care to my care recipient.	83%
Overall satisfaction with the support received	% of caregivers satisfied
Overall I am satisfied with the support provided to me as a caregiver	93%

The survey results reflect that all the patients and caregivers are satisfied with the volunteer befriender matching. Pairing the suitable befriender with the clients is crucial in providing services that meet the needs of patients and their caregivers. Based on the findings, clients trust and feel comfortable with the befriender. This enables the volunteer befrienders to support the clients emotionally. This is demonstrated in some of the comments that the clients provided in the survey. Some of the examples include:

'Extraordinarily perceptive and encouraging. Is a real friend. Please continue!'

'Excellent care with lots of love.'

'Volunteer [is] already providing a lot of support. I am most grateful.'

The majority of the clients were satisfied with both the duration and the impact of the volunteer befrienders' visits. The self-reported improvements in the well-being of the patients and in the quality of care for the caregivers, clearly demonstrates the effectiveness of the befriending service in increasing the quality of life of its clients. However, as a significant number of clients suffer from prolonged depression or caregiver stress, it might be difficult for some to report the positive effects of the befriending visits beyond the actual visit.

The satisfaction survey revealed that all patients and 93% of the caregivers were overall satisfied with the services provided to them. The results demonstrated that Brahm Centre has met and exceeded the Key Performance Indicator (KPI): 70% of the clients/caregivers are satisfied with the program. Feedback from the clients of the program include:

'Very helpful, must continue'

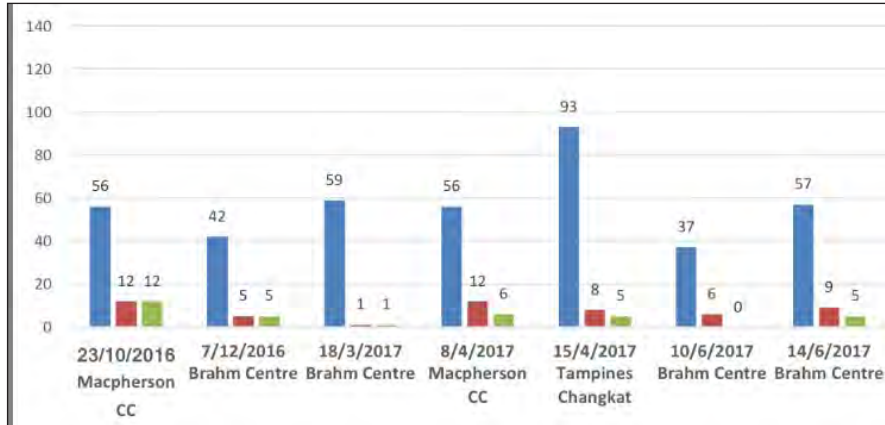
'Continue befriending old folks.'

'Must continue'

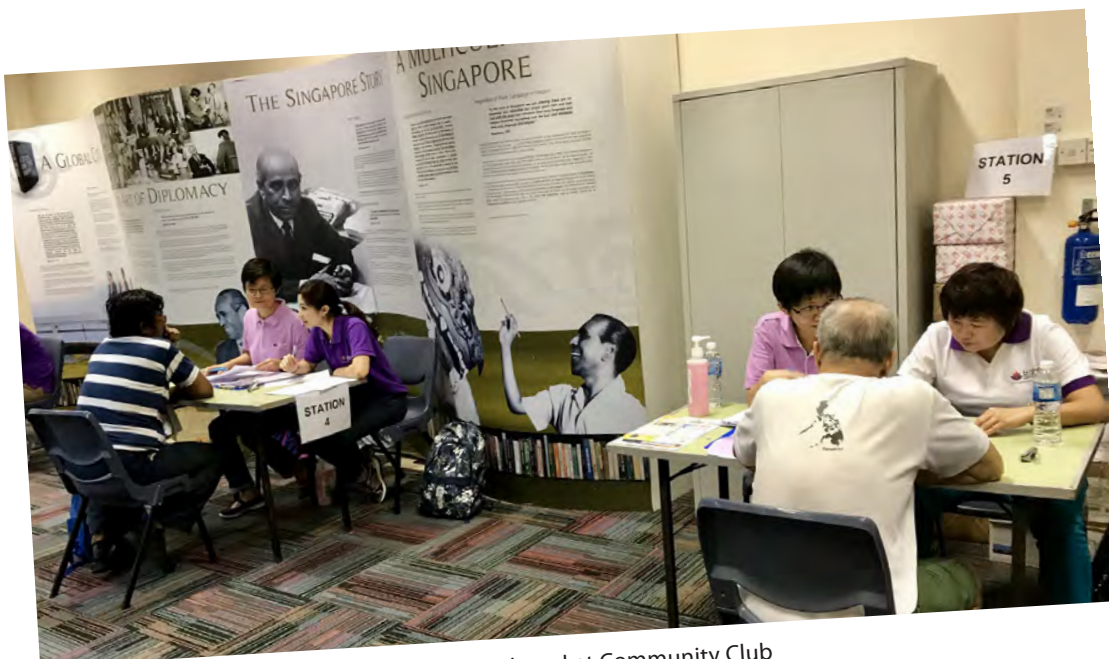
The results also provided us with valuable information on how to improve our services. Firstly, it would be helpful to train the volunteer befrienders more extensively in offering effective support and aid to caregivers who face high levels of stress or burnout. Secondly, the date and timing of the befriender visits could be structured better to ensure that the volunteers visit the clients at a convenient time. Finally, future study could be improved with a qualitative section that gives clients more platform to express their opinion, concerns, and suggestions.

Dementia Screening

Institute of Mental Health APCATS (Aged Psychiatry Community Assessment And Treatment Service) team trained 60 of our staff and volunteers to conduct screening to detect dementia and depression. Over 400 people have been screened and about 8.5% were positive cases for either depression or dementia.



Dementia screening at Brahm Centre



Tampines Changkat Community Club

Outreach

Staff and volunteers conduct outreach to educate and invite the public to join our programs.



Outreach at MacPherson Community Club



Door to door visitation in Simei



Tan Tock Seng Hospital's Patient Conference

Volunteer Appreciation Dinner

A volunteer appreciation dinner was held to thank the wonderful volunteers on 28 December 2016.



MINDFULNESS REPORT





Mindfulness Club members, they meet weekly on Wednesday @ 10:30am

In a fast-paced society that we are living in, mind-wandering, multi-tasking and feeling stressed out have become commonplace. Taking time to pause and maintaining focus in the present moment is becoming a challenge for many. We often find ourselves feeling stressed but we can choose to take appropriate action to reduce our stress levels and lead happier and healthier lives by practising mindfulness as a way of being.

Mindfulness is a key component of the programs that Brahm Centre offers as it is an essential life skill to build mental resilience. Through the cultivation of mindfulness, Brahm Centre aims to empower people to create their own happiness.

This report presents the journey that Brahm Centre has made in the Mindfulness Programs that it has offered since 2012 to 30th June 2017. It explains what mindfulness is, the benefits of mindfulness. It presents a snapshot of Brahm Centre's Mindfulness outreach in terms of the courses, seminars, workshops, talks and practice sessions offered.

The report further examines the evaluation of the mindfulness courses, with the inclusion of testimonials and reflections from people who have experienced and benefited from the Mindfulness Courses. Lastly, this report presents the research findings of the effectiveness of Mindfulness over a range of mental well-being outcomes for the general adult population, youths and parents, and the working population in Singapore.

The Mindfulness Report is produced by Mindfulness Psychologist, Mr Eric Lim. (updated as of 12 Dec 2017)

Overview of Mindfulness Report:

Introduction to Mindfulness

Mindfulness Outreach

Mindfulness Course Evaluation

Mindfulness Course Testimonials

Mindfulness Course Research Findings

Upcoming Mindfulness Courses

Mindfulness In The News

Introduction To Mindfulness

Mindfulness trains the mind to purposefully pay attention to the present moment, without judging the experience. This means noticing the experience just as it is. When we are being mindful, we begin to bring moment-to-moment awareness to our thoughts, emotions and physical sensations. We become more alive and awake to our daily experience.

With mindfulness practice, we can train the mind to ruminate less about the past or worry about the future, by focusing on the here and now. Mindfulness is a mind-body approach that will help enhance both physical health and emotional wellness, bringing about greater attentional control, emotional regulation and self-awareness.

Benefits of Mindfulness

Many studies have pointed to the benefits of practicing mindfulness in improving our psychological functioning. In a review of empirical studies by Keng et al (2011), mindfulness have shown benefits in:

- Reducing self-reported levels of anxiety, depression, anger, perceived stress
- Improving positive affect, self-compassion, empathy, satisfaction with life and quality of life

Apart from our psychological health, mindfulness improves our physical health as well. Mindfulness helps in:

- Better quality of sleep (Black et al., 2015)
- Improved cardiovascular health (Loucks et al., 2014)
- Reducing chronic pain (Grossman et al., 2004)

For some, the ability to focus attention and stay undistracted can be challenging. Research have shown that practising mindfulness helps in our cognitive functioning (Chiesa, Calati, Serretti, 2011), with improvements in working memory capacity (Jha et al., 2010) and attentional functioning (Moore and Malinowski, 2009).

Staff at Goldman Sachs Singapore learning how to reduce their stress level with mindfulness practices.

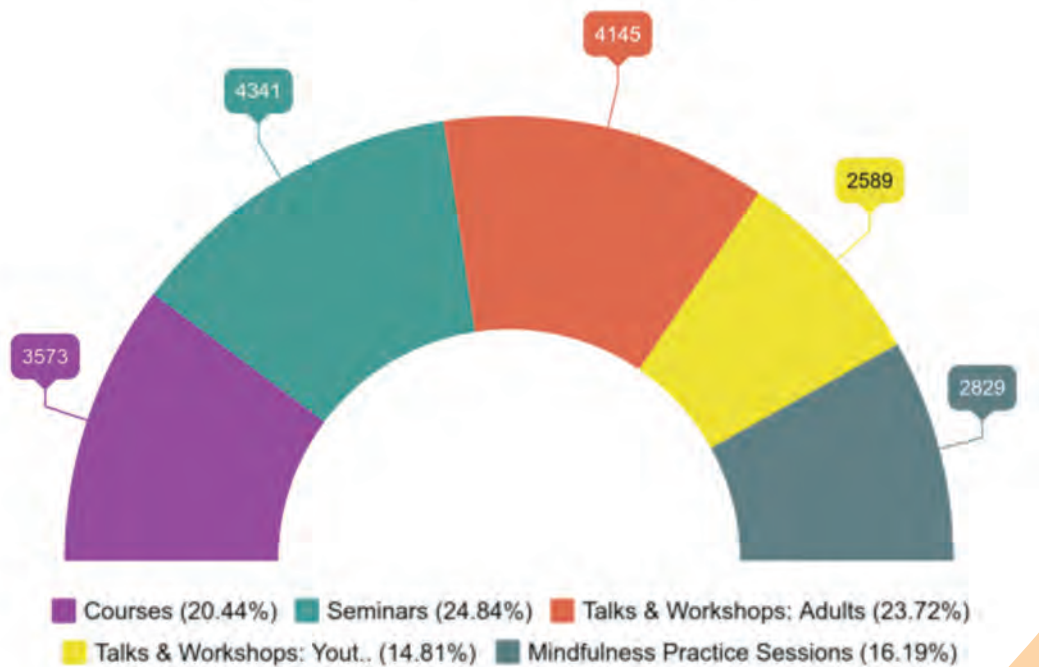


Mindfulness Outreach

To date, Brahm Centre has reached out to **17,477** participants through its offering of mindfulness courses, public seminars, talks, workshops and mindfulness practice sessions from 2012 to June 2017.

S/N	Type of Mindfulness Outreach	Outreach
1	Courses	3,573
2	Seminars	4,341
3	Talks and Workshops: Adults	4,145
4	Talks and Workshops: Youth and Parents	2,589
5	Mindfulness Club and Practice Sessions	2,829
	Total Outreach	17,477

Mindfulness Outreach (till June 2017)



Mindfulness Courses

To-date we have a total enrolment of **3,573** participants in the various Mindfulness Courses that we offer (as listed below). Brahm Centre is launching new mindfulness courses: Mindfulness in Grandparenting, Mindfulness Advance Course and Mindfulness In Pain Management Course in 2018.

S/N	Type of Mindfulness Courses
1	Mindfulness Foundation Course (MFC - English)
2	Mindfulness Foundation Course (MFC - Mandarin)
3	Mindfulness Intermediate Course (MIC)
4	Mindfulness-Based Cognitive Therapy (MBCT)
5	Mindfulness-Based Stress Reduction (MBSR)
6	Mindfulness for Enhanced Performance Course (MFEP)
7	Mindfulness for Teenagers Course (MFTC)
8	Mindfulness for Children Course (MFCC)
9	Mindful Parenting Course (MPC)
10	Other Mindfulness Courses

Mindfulness Courses Enrolment (FY to FY Comparison)

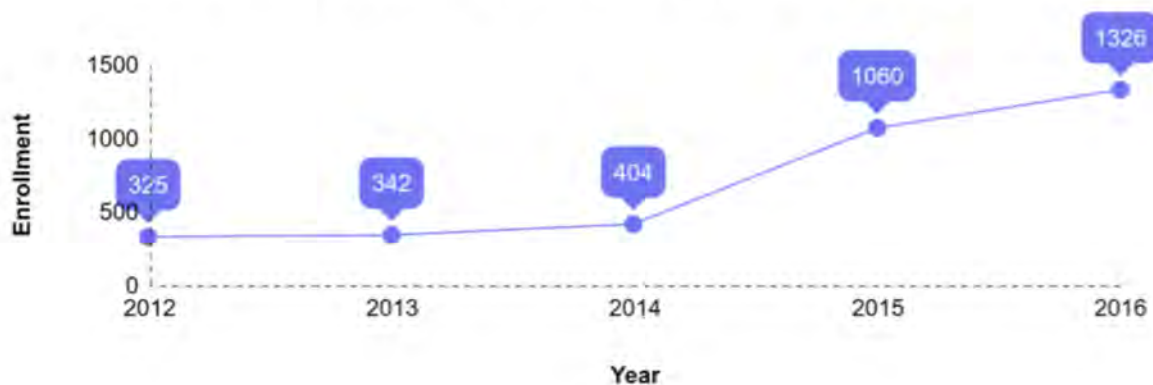


Figure 1: Participants enrolment for Mindfulness Courses from 2012 to 2016.
FY to FY comparison refers to July of previous year to June of current year.

Mindfulness Courses Enrolment (Month to Month Comparison)



Figure 2: Participants enrolment for Mindfulness Courses from 2015/16 to 2016/17 on a monthly basis.

Mindfulness Seminars

Brahm Centre organises a series of large-scale seminars to raise the awareness of Mindfulness to the general public. A total of **4,341** participants benefited from the seminars organised. Below is the list of seminars to-date.

S/N	Seminar	Date
1	Mindfulness: It's Good for Business and It's Good for You by <i>Tan Chade-Meng</i>	17 th July 2014
2	Happiness and Self-Healing Through Mindfulness by <i>Ajahn Brahm and Dr Gregor Lange</i>	10 th Nov 2014
3	The Art and Benefits of Mindfulness by <i>Dr Dan Siegal, Trudy Goodman, Jack Kornfield, Caroline Welch</i>	16 th June 2015
4	The Science of Mindfulness and Mental Wellbeing by <i>Dr Christopher Cheok</i> Mindfulness in Caregiving by <i>Ms Angie Chew</i>	13 th Feb 2016
5	The Science and Impact of Mindfulness by <i>Dr Daniel Racey, Ms Angie Chew and Dr Irene Tirtajana</i>	25 th May 2016
6	Joy on Demand by <i>Tan Chade-Meng</i>	12 th July 2016
7	Bend not Break Seminar by <i>Dr Peter Mack, Yap Su-Yin and Dr Chan Keen Loong</i>	30 th Sept 2016
8	Mental Wellbeing and Mindfulness Seminar by <i>Dr Chan Keen Loong, Dr Ong Seh Hong and Ms Angie Chew</i>	8 th Dec 2016
9	Work and Parenting Made Easier with Mindfulness by <i>Ms Angie Chew</i>	18 th Jan 2017
10	Building Mental Resilience - Bend Not Break by <i>Dr Peter Mack</i>	8 th Feb 2017

Mindfulness Talks and Workshops - Adults

Brahm Centre organises a series of talks and workshops for corporates and the public to raise the awareness of mindfulness. A total of **3,468** participants benefited from the talks and workshops organised.

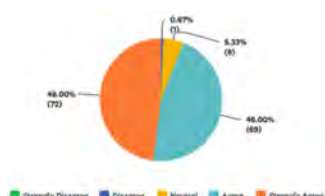
Mindfulness Talks and Workshops – Youths and Parents

Brahm Centre organises a series of talks and workshops for the youths and parents to raise the awareness of Mindfulness. A total of **2,589** participants benefited from the talks and workshops organised.

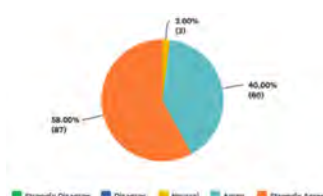
Mindfulness Course Evaluations

A post course evaluation is administered to participants who have completed Brahm Centre Mindfulness Courses.

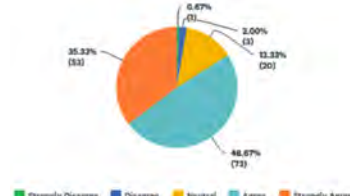
Mindfulness Foundation Course (MFC)



94% agreed and strongly agreed that the learning objectives of this course are met.



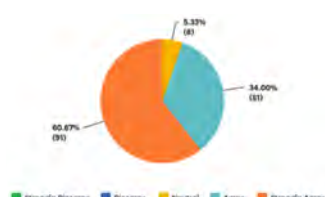
98% agreed and strongly agreed that they have gained knowledge that I can apply at the end of the course.



84% agreed and strongly agreed that the presentation materials were sufficient and well-designed to aid learning and future reference.



93% agreed and strongly agreed that the pace and content of the course were pitched at a suitable level for the participants.



94% agreed and strongly agreed that they will recommend this course to their friends.

Testimonials from participants:

"Mindfulness is a journey inward and this course is the beginning of it."

"Great lessons which exceed expectations at a foundation course."

"I started this course with high anxiety levels and through the course of 4 weeks, I learned to understand with joy, love and gratitude, the actual blessings in my life."

"Mindfulness is not for 'stressed people' but for anyone to learn about their mind and its power to cause changes in their life/ things."

"This course creates awareness of the things we take for granted, yet these are the things that have the most meaningful impact on our lives. Highly recommended."

"Mindfulness practice changed my perspective of the world that I live in."

"Mindfulness works. I was able to immediately use the breathing and body scan practices to put my mind at ease whenever the situation calls for it."

"Being mindful is the stepping stone to happiness in life,"

*Results are based on the survey of 150 respondents who completed the Mindfulness Foundation Course from July 2016 to June 2017.

"Mindfulness is important for our mental and emotional well-being. We learn to be less anxious and less impatient as we stop, breathe and recompose."

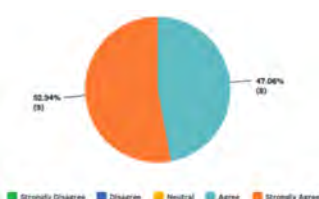
"This is a life-changing course. Everyone should attend and it will change our entire society."

"Many things are easier said than done. the beauty of this course is that it teaches mindfulness concepts in a simple and easy to understand way, that eventually makes it easy for us to actually do (practise) it."

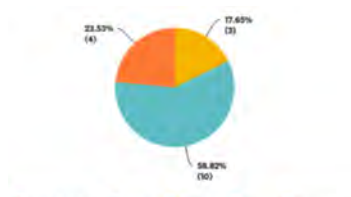
Mindfulness Intermediate Course (MIC)



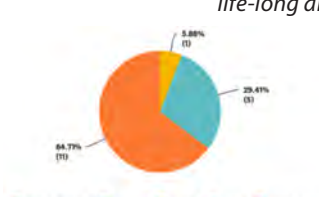
100% agreed and strongly agreed that the learning objectives of this course are met.



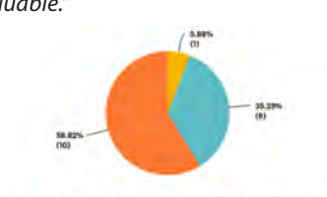
100% agreed and strongly agreed that they have gained knowledge that I can apply at the end of the course.



82% agreed and strongly agreed that the presentation materials were sufficient and well-designed to aid learning and future reference.



94% agreed and strongly agreed that the pace and content of the course were pitched at a suitable level for the participants.



94% agreed and strongly agreed that they will recommend this course to their friends.

Testimonials from participants:

"If you want to find a way towards gaining satisfaction, happiness & contentment in the life you are leading, MINDFULNESS is the very first step."

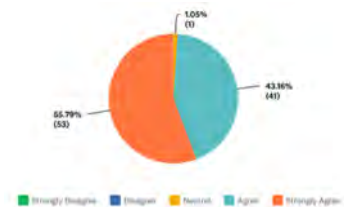
"Mindfulness course changes us as a whole, to be more aware of my mind."

"Mindfulness is a course where every nurse should attend. We deal with high emotional outburst and this course helps us to deal with it."

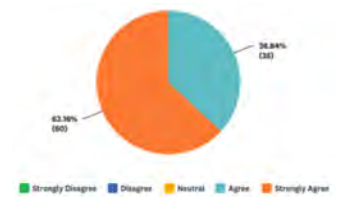
"Take time to nurture yourself. Take time to learn skills that are life-long and valuable."

*Results are based on the survey of 17 respondents who completed the Mindfulness Intermediate Course from July 2016 to June 2017.

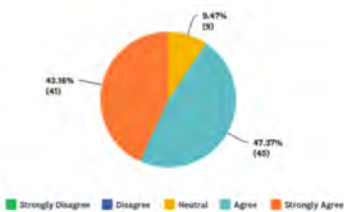
Mindfulness-Based Stress Reduction Course (MBSR)



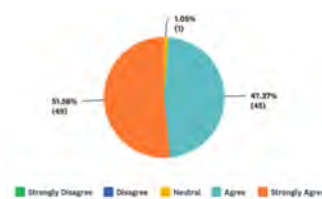
99% agreed and strongly agreed that the learning objectives of this course are met.



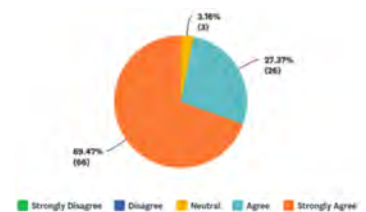
100% agreed and strongly agreed that they have gained knowledge that I can apply at the end of the course.



91% agreed and strongly agreed that the presentation materials were sufficient and well-designed to aid learning and future reference.



99% agreed and strongly agreed that the pace and content of the course were pitched at a suitable level for the participants.



97% agreed and strongly agreed that they will recommend this course to their friends.

*Results are based on the survey of 95 respondents who completed the Mindfulness-Based Stress Reduction Course from July 2016 to June 2017.

Testimonials from participants:

"A must go to course if you wish to rediscover life and the peace within"

"MBSR is a great class to explore mindfulness and meditation. Angie and Eric were wonderful teachers and have been monumental to help start my journey of mindfulness. I am excited to learn more and participate in more mindfulness activities."

"The greatest take-away is the practical tips that were shared to live mindfully like living in the presence and letting go."

"To live life fully, you must know about mindfulness, one of the secrets to successful living."

"MBSR is a secular program that brings mindfulness practice to everyone."

"A must attend course especially for those with relationship challenges at work, at home and in life."

"The course has actually helped me to live my life more actively-appreciating each moment more fully each time."

"I should have known about the mindfulness course earlier! Luckily, it is never too late to learn. It is a must for all especially because it teaches about resilience and how to be a more caring person."

"MBSR provides many tools for busy individuals to live more mindfully and helps to relieve stress and tensions of everyday life."

"I strongly encourage people who have never explored mindfulness but who are drained by stress, to explore this course. Give it a try of 8 weeks, and feel the difference!"

"A fantastic course; life changing in many ways - on a small and large scale. Thank you :-)"

"MBSR course at Brahm Centre has truly been insightful. The best way to enjoy the experience and benefit of mindfulness is to sign up for the course and experience it for yourself."

"Life is like a box of chocolates. Every piece of chocolate in the MBSR box is worth every bite."

"This course helps me to let go of my negative perceptions/ expectations and achieve greater acceptance of myself and others."

Mindful Parenting & Mindfulness for Students



Testimonials from participants:

"This course has built the self-awareness of parenting with your children. I will highly encourage every parent to attend this course, not just learn about mindful parenting, but to remind ourselves that having happy, confident and resilient children are the most important things in life."

"Thanks Angie for bringing clarity to many perceived challenges in our parenting journey, to re-focus on what is truly important to us as parents. Great work by the team at Brahm Centre!"

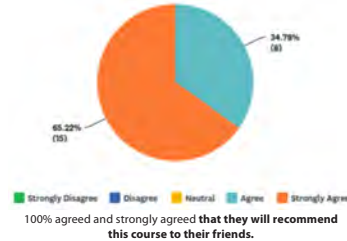
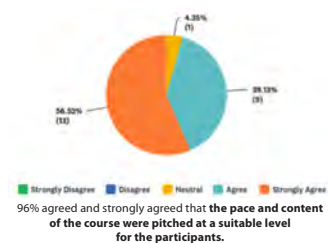
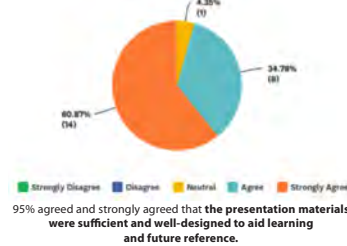
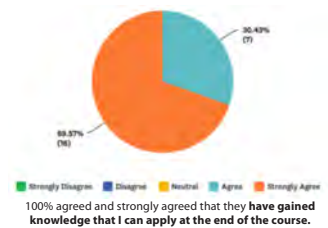
"Parent never attend class, course, training before they become parent. Mistakes, injuries, hurts along the journey of parenting can be heal by learning and practicing mindfulness."

"This course is practical, thought-providing and has helped me apply what I've learnt effectively on my children. Many thanks to the trainer, Angie who has made it an enjoyable process."

"This is a great course. I hope everyone gets to attend this course. It will be wonderful if its implemented to schools, teacher and students."

"Very useful course to teach and remind parents what are the more important things in raising children."

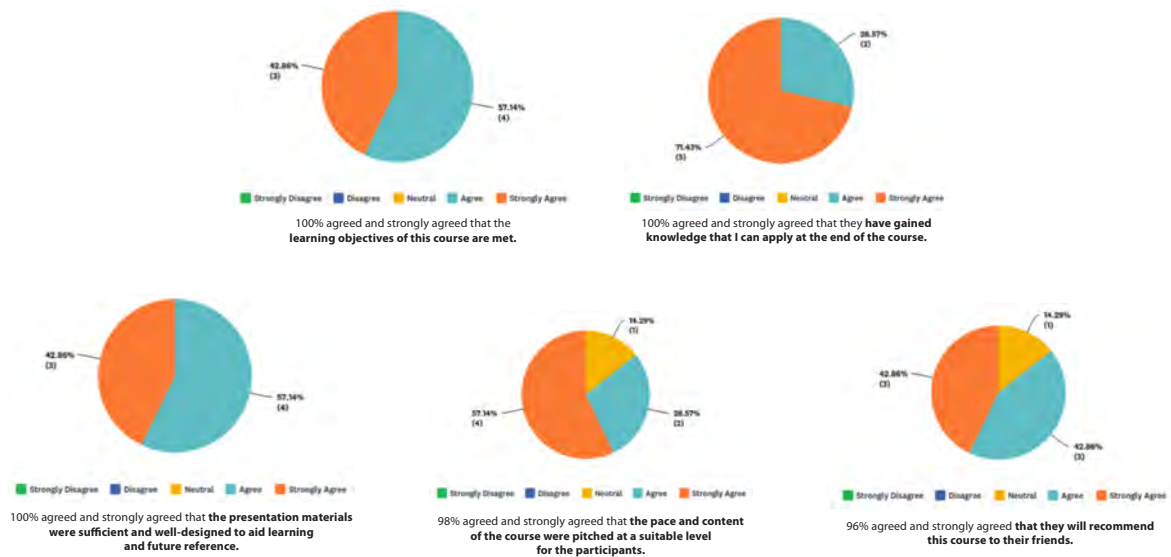
"This would be a course that all parents should attend with their kids to achieve a much happier family and be kind to each other."



*Results are based on the survey of 23 respondents who completed the Mindful Parenting Course from July 2016 to June 2017.



Mindfulness for Enhanced Performance



*Results are based on the survey of 52 respondents who completed the Mindfulness for Enhanced Performance Course from July 2016 to June 2017.

Testimonials from participants:

"The course is great as it helps to make you more aware of yourself and your reactions/mindset. It will teach you practical tips on the little adjustments you can do that will start you on your mindfulness journey and better mental well-being" – Participant (National Council of Social Service)

"Mindfulness session started as a refuge from work by the end of the course. I was able to find this refuge even when I was at work, just by applying techniques that I learnt. Awesome! It made me feel relaxed without needing to take a beach holiday." Participant (SingHealth Group)

"I learnt to be mindful in talking, listening and showing empathy to colleagues." – Participant (Lee Kuan Yew School of Public Policy)

"Mindfulness - it is a journey to understanding yourself, and taking control of your happiness. I have used mindfulness to help cope with the stressful situations at work, in helping to modify my attitude towards a situation and changing the accompanying emotions. It has also been helpful in improving focus and concentration, and for getting a good night's sleep." – Participant (SingHealth Group)



Mindfulness for Enhanced Performance Course

Agency For Integrated Care has sent over 6 teams of staff for the course.



Mindfulness Course Research

At Brahm Centre, we are committed to using scientific research to understand the impact of the mindfulness courses in the general population in terms of physical and psychological health. The findings below reflect the uncontrolled study at Brahm Centre where participants completed pre and post course questionnaires, on a voluntary basis.

Mindfulness Foundation Course

Based on a sample size of 81 participants, participants showed a **significant reduction in perceived stress levels** ($p < 0.001$). After 4 weeks, there was a **significant increase in the levels of mental well-being** ($p < 0.001$).

Mindfulness for Students and Parents Course

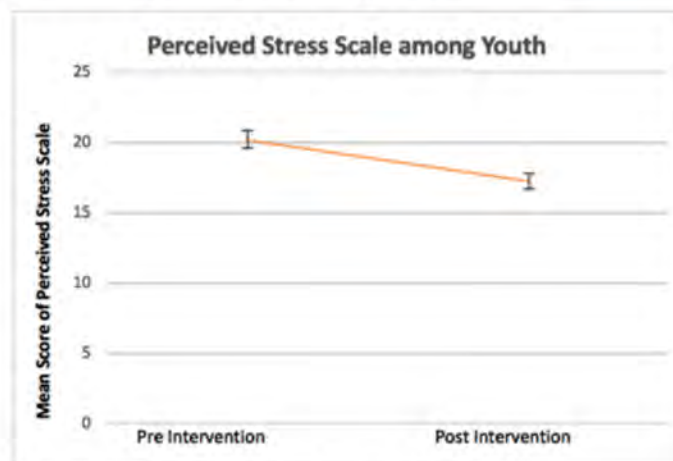
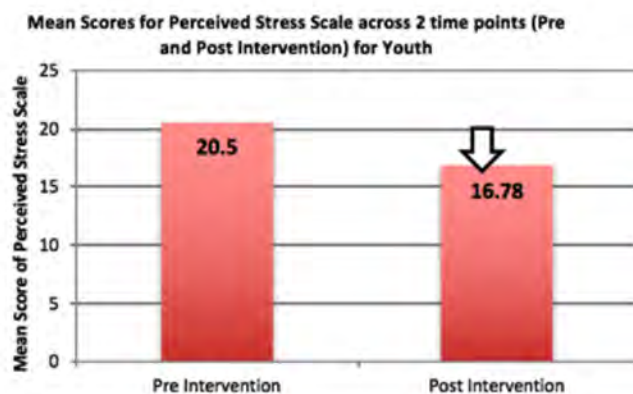
18 parent-youth dyads (youth aged 10-18 years) participated in an 8-week parallel mindfulness training course. Findings from this study provide initial evidence of the effects of parallel mindfulness training program in:

- Reducing stress among the youth
- Reducing perceived stress and enhancing well-being among the parents.
- Improved parent-child relationship

Table 1 PSS-10 and WEMWBS for youth before and after the intervention (N=18)

Variable	Pre-Intervention		Post-Intervention		Pre-post difference			
	Mean	SD	Mean	SD	Mean	SD	p	d
PSS-10	20.50	4.17	16.78	3.71	-3.72	3.32	0.00**	1.130
WEMWBS	45.33	6.86	47.17	10.01	1.83	10.91	0.48	0.173

PSS-10 Perceived Stress Scale, WEMWBS Warwick-Edinburgh Mental Wellbeing Scale

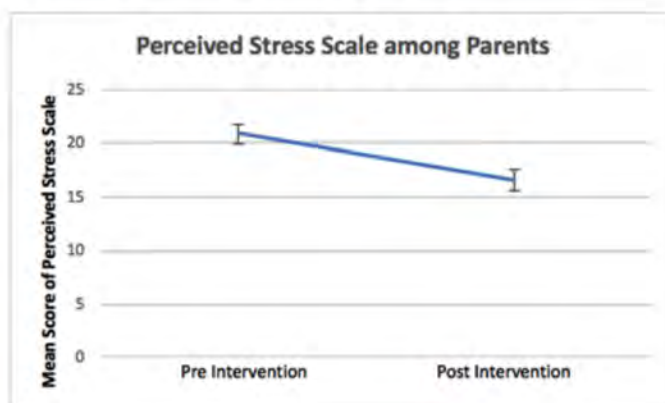
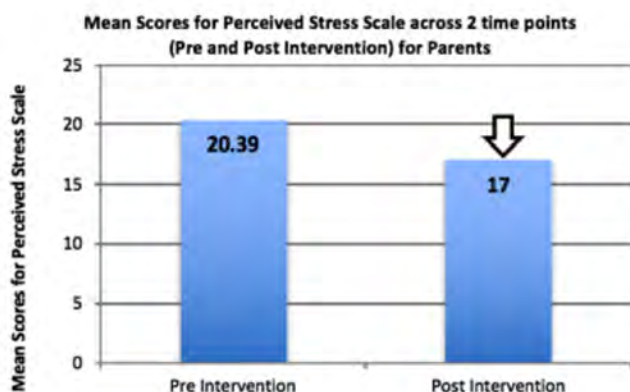


The youth reported a **significant reduction** in perceived stress ($p=0.48$, $d=1.130$) with a large effect size.

Table 1 PSS-10 and WEMWBS for parents before and after the intervention (N=18)

Variable	Pre-Intervention		Post-Intervention		Pre-post difference			
	Mean	SD	Mean	SD	Mean	SD	<i>p</i>	<i>d</i>
PSS-10	20.39	6.33	17.00	5.20	-3.38	5.10	0.012**	0.675
WEMWBS	44.94	8.98	51.22	8.49	6.27	7.77	0.003**	0.804

PSS-10 Perceived Stress Scale, WEMWBS Warwick-Edinburgh Mental Wellbeing Scale

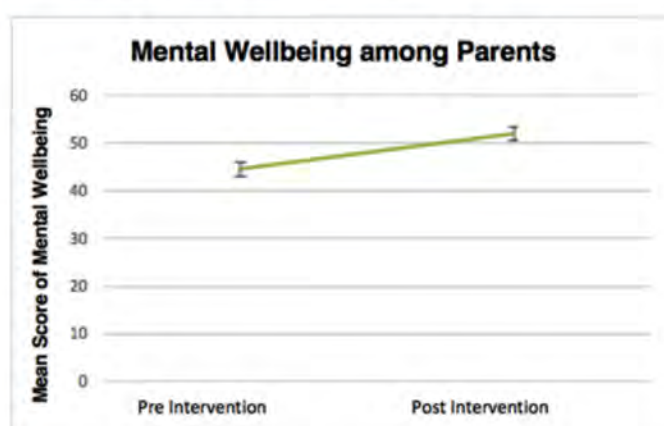
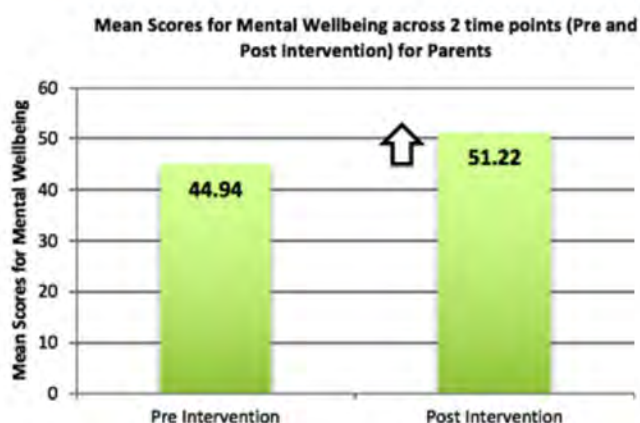


The parents reported a **significant reduction** in perceived stress ($p=0.012$, $d=0.675$) with a moderate effect size.

Table 1 PSS-10 and WEMWBS for parents before and after the intervention (N=18)

Variable	Pre-Intervention		Post-Intervention		Pre-post difference			
	Mean	SD	Mean	SD	Mean	SD	<i>p</i>	<i>d</i>
PSS-10	20.39	6.33	17.00	5.20	-3.38	5.10	0.012**	0.675
WEMWBS	44.94	8.98	51.22	8.49	6.27	7.77	0.003**	0.804

PSS-10 Perceived Stress Scale, WEMWBS Warwick-Edinburgh Mental Wellbeing Scale



The parents reported a **significant increase** in mental wellbeing ($p=0.003$, $d=0.804$) with a large effect size.

Mindfulness for Enhanced Performance Course

The consequences of work related stress, especially in the human service sector, include poor sleep quality, anxiety, emotional exhaustion and burnout. Mindfulness-based interventions in the workplace have shown promising results in reducing stress, and enhancing employees well-being, job satisfaction and sleep quality. This research paper represents the findings of two studies conducted on employees from Agency for Integrated Care (AIC). Study 1 examined the effects of a 4-week mindfulness intervention on 38 participants on measures of burnout and perceived stress. Study 2 investigated the impact of a 4-week mindfulness intervention on perceived stress and sleep quality on 49 employees. Both studies adopted a single-group, pre-post intervention design. **In Study 1, participants reported significant improvements in professional achievement. Study 2 found significant improvements in participants' quality of sleep after the mindfulness intervention.** Qualitative feedback across the 2 studies demonstrated that participants learned techniques to reduce stress, and mindfulness helped them to become kinder and communicate more effectively with both their clients and colleagues.

Table 2: PSS-10, MBI before and after intervention (N=38)

Variable	Pre-Intervention		Post-Intervention		Pre-post difference			
	Mean	SD	Mean	SD	Mean	SD	<i>p</i>	<i>d</i>
PSS-10	19.82	5.09	18.24	5.1	-1.58	4.9	0.055	0.310
Emotional Exhaustion	26.45	12.35	24.92	10.46	-1.53	7.46	0.215	0.134
Depersonalisation	8.47	5.75	9.05	5.28	0.58	4.51	0.434	0.105
Professional Accomplishment	26.89	7.60	30.13	5.80	3.24	6.24	0.003*	0.484

PSS-10 Perceived Stress Scale, *MBI* Maslach Burnout Inventory – Human Service Survey, *SD* Standard Deviation, *p* Significance Level (two-tailed), *d* Effect Size



Mindfulness For Healthcare

Brahm Centre collaborated with the Institute of Geriatrics and Active Ageing to investigate the impact of a 4-week Mindfulness Programme on Healthcare Professionals from Tan Tock Seng Hospital in March 2017.



Impact of a 4-week Mindfulness Programme on Healthcare Professionals' Stress, Mental Well-being and Sleep Quality: The Tan Tock Seng Hospital Experience

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¹ Institute of Geriatrics and Active Ageing, Tan Tock Seng Hospital, Singapore

² Brahm Centre, Singapore

³ Department of Geriatric Medicine, Tan Tock Seng Hospital, Singapore

BACKGROUND

- Healthcare Professionals (HCPs) often face high levels of stress in the delivery of quality patient care, which may have a negative influence on their well-being and sleep quality.
- Mindfulness interventions have demonstrated positive effects on HCPs, such as reduced stress, enhanced well-being, higher level of compassion^{1,2}.

AIM

- We aim to examine the effects of our Mindfulness for Health (MIND4Health) programme on HCPs' health.

METHODS

- Single group, pre-post study design
- 4-week mindfulness intervention developed and delivered by Brahm Centre. Figure 1

Figure 1: Programme curriculum and delivery



- Participants included 23 multidisciplinary HCPs involved in geriatric care from Tan Tock Seng Hospital (all females). Figure 2

Figure 2: Composition of multidisciplinary HCPs



- 17 (73.91%) completed pre- and post-course questionnaires
 - Perceived Stress Scale (PSS-10) (score range 0 – 40, higher PSS score indicates higher perceived stress)
 - Warwick-Edinburgh Mental Well-being Scale (WEMWBS) (score range 0 – 70, higher WEMWBS score indicates better mental well-being)
 - Pittsburgh Sleep Quality Index (PSQI) (score range 0 – 21, higher PSQI score indicates poorer sleep quality)
- Paired t-tests using SPSS version 21

RESULTS

- Mean age of participants: 36.22±8.68 years

Table 1: Pre- and post-programme scores for PSS-10, WEMWBS and PSQI

Variable	Pre-programme		Post-programme		Pre-post difference		
	Mean	SD	Mean	SD	Mean	SD	p-value
PSS-10	18.176	3.486	15.353	4.358	-2.824	4.940	0.032*
WEMWBS	46.118	5.407	53.000	7.080	6.882	6.264	0.000**
PSQI	6.824	2.186	5.529	1.625	-1.294	2.173	0.026*

*p<0.05, **p<0.001

Table 2: Correlations of PSS-10, WEMWBS and PSQI scores

		Pre-programme			Post-programme		
		PSS-10	WEMWBS	PSQI	PSS-10	WEMWBS	PSQI
PSS-10	Correlation	-	-0.439	0.103	-	-0.608**	0.334
	p-value	-	0.078	0.695	-	0.010	0.190
WEMWBS	Correlation	-0.439	-	0.150	-0.608**	-	-0.331
	p-value	0.078	-	0.566	0.010	-	0.194
PSQI	Correlation	0.103	0.150	-	0.334	-0.331	-
	p-value	0.695	0.566	-	0.190	0.194	-

**p<0.01

Findings: Post-programme

- Participants reported a significant reduction of perceived stress, PSS-10 score 15.353±4.358 vs. 18.176±3.486, p<0.05. Table 1
- Mental well-being of participants was significantly improved, WEMWBS score 53.000±7.080 vs. 46.118±5.407, p<0.01. Table 1
- Sleep quality was significantly better, PSQI score 5.529±1.625 vs. 6.824±2.186, p<0.05. Table 1
- Mental well-being showed significant inverse correlation with perceived stress which was not observed pre-programme, r = -0.608, p<0.01. Table 2
- No significant correlation observed however, for perceived stress and sleep quality, and mental well-being and sleep quality, both pre- and post-programme. Table 2

CONCLUSION

- The 4-week MIND4Health programme seems to exert positive effects on perceived stress, mental well-being and sleep quality of healthcare professionals.
- More research is necessary in the local context, to evaluate long-term benefits of mindfulness on health and well-being of healthcare professionals and its influence on patient care.

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The MIND4Health programme is supported by the Ng Teng Fong Healthcare Innovation Programme.

Mindfulness program for healthcare workers: is it beneficial?

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² Brahm Centre, Singapore

³ Department of Geriatric Medicine, Tan Tock Seng Hospital, Singapore



IGA
Institute of Geriatrics
and Active Ageing



BACKGROUND

- In recent years, occupational stress may be causing burnout among healthcare workers which might be a potential threat to patient safety and healthcare quality.
- Numerous study have shown that mindfulness intervention can effectively help healthcare workers in managing physical and mental well-being.

AIMS

- We aim to examine the impact of mindfulness program on healthcare workers from Tan Tock Seng Hospital, Singapore.

METHODS

- Twenty-three TTSH staffs underwent a 4-weeks mindfulness program.



Figure 1: Programme curriculum and delivery

- Qualitative data was collected post-intervention via a feedback form to evaluate the impact of mindfulness in Healthcare worker working in the geriatrics field.
- Analysis of common themes was performed on the feedbacks collected.

RESULTS

- All participants are female with an average age of 36.2 ± 8.7 years old.
- Majority are nurses (52.17%), with minority being doctors (8.7%) and allied health professional (39.13%).
- Analysis of 23 qualitative feedbacks revealed several benefits of Mindfulness program such as improvement in interpersonal relationship and mental well-being.
- Majority of the participants felt calmer, more relax and achieve greater sense of control when applying the stop and breathe technique learnt from the mindfulness program.
- Mindfulness program had effected a positive change in the participants' attitudes and perspectives on life and work as they were able to apply mindfulness techniques regardless of the situation they were in.

Demographic	
Gender (% Female)	100%
Age	36.2 ± 8.7
Occupation	
Doctors	8.7%
Nurses	52.17%
Allied Health	39.13%

Table 1: Demographics of participants

Mindfulness improves interpersonal relationship

“...I continued the course which proved very useful as it allowed me to learn how to manage my stress at work so that it won't unduly affect my loved-ones.

“Whenever there is a person that upsets me, I will take a moment to think that I need to be kind... instead of being mean to the person, I take a moment to relax and be nice to the person instead.

Mindfulness improves mental well-being

“I am better aware of my state of mind wherever I feel anxious/panicked.... It takes a “switch” of mindset” to turn negative situations into positive ones

“Mindfulness course has enabled me to control my emotions better and to reduce rumination of unpleasant events.

CONCLUSIONS

- Mindfulness program improves HCW physical and mental well-being, with incorporation of mindfulness techniques into their personal and work life.
- We will need to embark on further studies to monitor effectiveness of mindfulness program and the sustainability of these benefits longitudinally.

Mindfulness In the News

Radio Interviews

938 Live



February 7, 2017

Interview with Angie on 938 Live - Parenting Made Easy with Mindfulness



March 28, 2017

Mr Eric Lim, Merit Award Recipient for 2017 Model Young Caregiver Award & Mindfulness Psychologist at Brahm Centre, speaks to 938 Live about how mindfulness helps him.



UFM 100.3



April 26, 2017

获得AWVA颁发的模范看护28岁俊杰的父亲前后中风三次，现在只能通过眼神沟通。年纪轻轻的俊杰，无微不至的打理父亲的一切。他的“正念”值得你我学习。(Eric Lim, Mindfulness Psychologist at Brahm Centre)



Newspaper

March 14, 2017 (The Straits Times)

Kids find inner calm through mindful breathing



MORE SCHOOLS SIGNING UP FOR PROGRAMME

A study examining the effectiveness of the Mindfulness in Schools Programme in several British secondary schools showed that the more often students used mindfulness practices, the higher their levels of well-being. Students involved in it also reported significantly less stress and fewer depressive symptoms than those not involved. The findings were published in The British Journal Of Psychiatry in 2013.

Simple activities at home to keep kids focused

Parents can help children with cultivating mindfulness by doing simple everyday things.

Ms Angie Chew, executive director at Brahm Centre, said parents should not rush or distract their children when they are focusing on a task. They should also let older kids learn to take charge of their own timetable. If they have too much on their plate, parents can offer to help them prioritise and reduce their to-do list.

Ms Angie Chew, 53, the executive director and principal mindfulness trainer at Brahm Centre, said the centre sees at least one new request from a school a month, mostly for an eight-week programme.

Ms Chew said that mindfulness is a secular practice. She added; "People of different faiths are embracing it. Yesterday, we had a (sign-up) who turned out to be the pastor of a Baptist church."

Mindfulness Workshops for Schools



Principals, Vice Principals and Heads of Departments from schools in the East Zone.



St Anthony Canossian Secondary School



Hwa Chong Institution



School Counsellors



School Counsellors



Nanyang Girls Secondary School

HIGHLIGHTS



Parenting Seminar

Brahm Centre and Khoo Teck Puat Hospital co-organised the Parenting Seminar on 2nd July 2016



Joy on Demand Seminar

Joy on Demand Seminar featuring Tan Chade-Meng, author of Joy On Demand and New York Times bestseller, Search Inside Yourself was held on 12 July 2016. Guest of Honor was Minister Dr Yaacob Ibrahim. It was held at SOTA Concert Hall, attended by over 500 people.



From left seated: Mrs and Mr Sim Gim Guan, Dr Ho Eu Chin, Ms Yap Su-Yin, Dr Lai Jiunn Herng, Angie Chew, Dr Yaacob Ibrahim. Standing from left: Tan Chade-Meng and Mrs Cindy Tan.



Angie Chew, Executive Director of Brahm Centre welcoming the guests



Breath mindfulness practice session



Kevin Hardy, Managing Director of Blackrock, emptying his wallet to buy copies of Joy on Demand!



Bend Not Break Book Launch

Bend Not Break by Dr Peter Mack is about a teenager who took his own life. This unfortunate event devastated both his family and his friends. The revealing accounts shed light on the aftermath of a suicide. The intention of the book is to educate students, parents and educators on suicide and the importance of mental resilience.

The book had a foreword by Singapore's 6th President and it was launched on 30 September 2016. The Guest of Honour was Dr Amy Khor, Senior Minister of State, Ministry of Health.

< Friday Sep 30, 2016



Student Ryan Lim (left) shares how he fell into depression after his best friend's suicide, in a book written by Dr Peter Mack (right), a senior consultant at Singapore General Hospital. Dr Mack said the way to help someone with suicidal thoughts is simply to listen with compassion. ST PHOTO: LAU FOOK KONG

Those left behind after a suicide share their stories

New book also discusses teen psychological development and how to nurture resilience

Janice Tai

Even though three years have passed since 17-year-old "Jay" hanged himself in his bedroom, his loved ones are still struggling to cope with the loss.

His best friend Ryan Lim, now 21, a student, lapsed into depression after the suicide. He would get panic attacks whenever a friend parted ways with him as it reminded him of the last time Jay said goodbye before going home.

Mr Lim later started cutting himself and had suicidal thoughts. As for Jay's parents and brother, they tried to cope by moving to Hong Kong to "start life afresh".

"One thing suicide victims may not realise is that they are not the only ones who die," said Jay's brother. "We die a little inside every day."

Brahm Centre, a charity that champions mental resilience, will be launching a book tonight that captures personal accounts of Jay's

best friend and brother on the events that led up to his suicide and its impact on them.

The book, titled Bend Not Break - Learning From Loss, also discusses the phases of psychological development in adolescence and how parents can nurture emotional resilience in their children.

"The book is a valuable addition as we seldom have the opportunity to listen to the voice of suffering first-hand under such circumstances," wrote the late former president S R Nathan in its foreword.

"I believe it will be an easy and valuable read for all parents, siblings and teachers," said Mr Nathan, who was supposed to launch the book but died last month.

Senior Minister of State for Health, and the Environment and Water Resources Amy Khor will be gracing the launch instead.

Teen suicide has come under the spotlight after the number hit a 15-year high last year with 27 cases. This was double that in 2014, despite a drop in the overall

number of suicides.

Of concern, too, are the "suicide survivors" - who can be anyone affected by a suicide death, including the family, friends, neighbours, colleagues, classmates or health-care providers.

From 2013 to last year, Samaritans of Singapore (SOS) has seen a rising number of clients who come in for suicide grief counselling. More than half of them have suicidal thoughts due to their loss.

SOS has a programme and support group for these survivors.

About 300 to 400 Singaporeans kill themselves annually. With SOS' conservative estimate of six people affected by every suicide death, this means thousands of people grappling with such losses each year.

"Bereavement following suicide is usually different from bereavement following death by natural causes, both in kind and intensity, and there is much greater trauma," said SOS executive director Christine Wong.

Many suicide survivors face a heightened risk of suicide themselves because they experience intense feelings of guilt, abandonment, shame and anger, on top of the usual sadness and loneliness.

In Mr Lim's case, he has since come to terms with his friend's death with the help of a therapist and psychiatrist.

The book's author, Dr Peter Mack, a senior consultant at Singapore General Hospital, said what can be done to help someone struggling with suicidal thoughts is simply to listen with compassion.

He recounted how he had just met a woman who was planning to end her life a fortnight ago. She happened to read about the book launch and contacted him.

"All I did was to listen with the sole intent to understand her - not to evaluate, judge or advise her on what to do," he said. "Your best gift to someone who is struggling is your time and reassurance. Be a compassionate listener and don't offer solutions."

janitai@sph.com.sg

* The book can be bought at Kinokuniya bookshops and Brahm Centre, 71 Irrawaddy Road, for \$12.80 before GST.

Helplines

Samaritans of Singapore:

1800-221-4444

Singapore Association for

Mental Health:

1800-283-7019

Institute of Mental Health's

Mobile Crisis Service:

6389-2222

Care Corner Counselling

Centre (Mandarin):

1800-353-5800

Silver Ribbon: 6386-1928

Tinkle Friend (for primary

school-aged children):

1800-274-4788



From left: Brahm Centre Board Members, Dr Tan Geok Leng, Ms Angie Chew, Dr Lee Cheng Chuan and Dr Chan Keen Loong, with Author - Dr Peter Mack (in grey shirt) and Guest of Honour - Senior Minister of State Dr Amy Khor (in red dress)

Health Seminars at DBS Bank

Two health seminars were held on 18 January and 8 February 2017 at DBS Auditorium, attended by over 500 people in total. The speakers were Dr Christopher Cheek from IMH, Dr Chan Keen Loong from KTPH, Dr Peter Mack from SGH, Dr Victor Kwok from Sengkang Health and Angie Chew from Brahm Centre. The venue was sponsored by DBS Bank.



Health Seminar at Changi Airport

Changi Airport and Brahm Centre co-organised two Health Seminars for their staff and partner organizations in April 2017, featuring Dr Chan Keen Loong from KTPH and Dr Hoo Hui Kim



Highlights

Music and Social Club

Music and Social Club is open to everyone, meets every Thursday at 10am.



Mindful Walk

Mindful Walks at Botanic Gardens on Sunday mornings, held once a month.



FINANCIAL STATEMENTS

2016/17



Brahm Centre Ltd.
[UEN. 200200167M]

Audited Financial Statements
Financial Year Ended 30 June 2017

DIRECTORS' STATEMENT

The directors present their statement to the members together with the audited financial statements of Brahm Centre Ltd. (the "Company") for the financial year ended 30 June 2017.

In the opinion of the directors,

- a) the financial statements as set out on pages 7 to 30 are drawn up so as to give a true and fair view of the financial position of the Company at 30 June 2017 and of the financial performance, changes in funds and cash flows of the Company for the financial year then ended; and
- b) at the date of this statement, there are reasonable grounds to believe that the Company will be able to pay its debts as and when they fall due.

Directors

The directors of the Company in office at the date of this statement are as follows:

Gim Leng Chew Monksfield	
Baey Seng Kah	
Wu Ee Tsien	
Ng Sock Leng	Alternate director to Wu Ee Tsien
Yong Mui Lee	
Ho Eu Chin	
Tan Bhing Leet	
Tan Geok Leng	
Lee Cheng Chuan	
Chong Nai Min	
Chen Yew Nah	
Chan Keen Loong	
Ong Siew Kim	
Irene Tirtajana	(Appointed on 5 October 2016)
Wolf-Gregor Tobias Lange	(Appointed on 2 November 2017)

Arrangements to enable directors to acquire shares and/or debentures

Neither at the end of nor at any time during the financial year was the Company a party to any arrangement whose object is to enable the directors of the Company to acquire benefit by means of the acquisition of share sin, or debentures of, the Company or any other body corporate.

Brahm Centre Ltd.
[UEN. 200200167M]

Audited Financial Statements
Financial Year Ended 30 June 2017

DIRECTORS' STATEMENT (CONT'D)

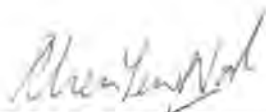
Other matters

As the Company is limited by guarantee and not having share capital, matters relating to interest in shares, debentures or share options are not applicable.

Independent auditors

The independent auditors, Messrs. Fiducia LLP, Public Accountants and Chartered Accountants, have expressed its willingness to accept re-appointment.

On behalf of the directors,



Chen Yew Nah
Director



Ong Siew Kim
Director

Singapore, 29 NOV 2017

Brahm Centre Ltd.
[UEN. 200200167M]

Audited Financial Statements
Financial Year Ended 30 June 2017

Fiducia LLP

Public Accountants and
Chartered Accountants of Singapore

71 Ubi Crescent
Excalibur Centre, #08-01
Singapore 408571.
T: (65) 6846-8376
F: (65) 6725-8161

Independent auditor's report to the members of:

BRAHM CENTRE LTD.
[UEN. 200200167M]

[A company limited by guarantee and not having share capital]

[Incorporated in the Republic of Singapore]

Report on the Audit of the Financial Statements

Opinion

We have audited the accompanying financial statements of Brahm Centre Ltd. (the "Company"), which comprise the statement of financial position as at 30 June 2017, and the statement of financial activities, statement of changes in funds and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompany financial statements are properly drawn up in accordance with the provisions of the Companies Act, Chapter 50 (the "Act"), the Charities Act, Chapter 37 and other relevant regulations (the "Charities Act and Regulations") and Financial Reporting Standards in Singapore ("FRSs") so as to give a true and fair view of the financial position of the Company as at 30 June 2017 and of the financial performance, changes in funds and cash flows of the Company for the financial year ended on that date.

Basis for Opinion

We conducted our audit in accordance with Singapore Standards on Auditing ("SSAs"). Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Company in accordance with the Accounting and Corporate Regulatory Authority ("ACRA") Code of Professional Conduct and Ethics for Public Accountants and Accounting Entities ("ACRA Code") together with the ethical requirements that are relevant to our audit of the financial statements in Singapore, and we have fulfilled our other ethical responsibilities in accordance with these requirements and the ACRA Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other Information

Management is responsible for the other information. The other information comprises the Directors' Statement set out on pages 2 and 3 but does not include the financial statements and our auditor's report thereon, which we obtained prior to the date of this auditor's report, and the annual report, which is expected to be made available to us after that date.

Our opinion on the financial statements does not cover the other information and we do not and will not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information identified above and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. If, based on the work we have performed on the other information that we obtained prior to the date of this auditor's report, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Brahm Centre Ltd.
[UEN. 200200167M]

*Audited Financial Statements
Financial Year Ended 30 June 2017*

Fiducia LLP

Public Accountants and
Chartered Accountants of Singapore

71 Ubi Crescent
Excalibur Centre, #08-01
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T: (65) 6846-8376
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(CONT'D)

Independent auditor's report to the members of:

BRAHM CENTRE LTD.
[UEN. 200200167M]

[A company limited by guarantee and not having share capital]

[Incorporated in the Republic of Singapore]

Other Information (Cont'd)

When we read the annual report, if we conclude that there is material misstatement therein, we are required to communicate the matter to those charged with governance and take appropriate actions in accordance with SSAs.

Responsibilities of Management and Directors for the Financial Statements

Management is responsible for the preparation of financial statements that give a true and fair view in accordance with the provisions of the Act, the Charities Act and Regulations and FRSS, and for devising and maintaining a system of internal accounting controls sufficient to provide a reasonable assurance that assets are safeguarded against loss from unauthorized use or disposition; and transactions are properly authorized and that they are recorded as necessary to permit the preparation of true and fair financial statements and to maintain accountability of assets.

In preparing the financial statements, management is responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Company or to cease operations, or has no realistic alternative but to do so.

The directors' responsibilities include overseeing the Company's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with SSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with SSAs, we exercise professional judgement and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.

Brahm Centre Ltd.
[UEN. 200200167M]

Audited Financial Statements
Financial Year Ended 30 June 2017

Fiducia LLP

Public Accountants and
Chartered Accountants of Singapore

71 Ubi Crescent
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F: (65) 6725-8161

(CONT'D)

Independent auditor's report to the members of:

BRAHM CENTRE LTD.
[UEN. 200200167M]

[A company limited by guarantee and not having share capital]

[Incorporated in the Republic of Singapore]

Auditor's Responsibilities for the Audit of the Financial Statements (Cont'd)

- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation

We communicate with the directors regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Report on Other Legal and Regulatory Requirements

In our opinion, the accounting and other records required to be kept by the Company have been properly kept in accordance with the provisions of the Act, and the Charities Act and Regulations.

During the course of our audit, nothing has come to our attention that causes us to believe that during the year:

- (a) the Company has not used the donation moneys in accordance with its objectives as required under Regulation 11 of the Charities (Institutions of a Public Character) Regulations; and
- (b) the Company has not complied with the requirements of Regulation 15 of the Charities (Institutions of a Public Character) Regulations.


Fiducia LLP

Public Accountants and
Chartered Accountants
Singapore, 20 NOV 2017

Partner-in-charge: Lee Choon Keat
PAB No.: 01721

STATEMENT OF FINANCIAL ACTIVITIES FOR THE FINANCIAL YEAR ENDED 30 JUNE 2017

	Note	2017				2016 Total funds S\$
		Scholarship fund S\$	Restricted funds Active programme fund S\$	Care and Share S\$	Unrestricted fund Accumulated general fund S\$	Total funds S\$
INCOME						
Income from generating funds						
Donations						
- Tax deductible donations		0	0	0	451,384	451,384
- Non-tax deductible donations		0	0	0	13,689	13,689
		0	0	0	465,073	465,073
Government grants	5	0	357,360	358,187	195,090	910,637
		0	357,360	358,187	660,163	1,375,710
Activities for generating funds						
Sale of crystal		0	0	0	1,120	1,120
Sale of T-shirts		0	0	0	0	0
Fundraising income - Tax deductible		0	0	0	0	0
		0	0	0	1,120	1,120
Income from charitable activities						
Services		0	0	0	10,205	10,205
Courses		0	0	0	340,470	340,470
Sale of books		0	0	0	31,975	31,975
Toastmasters club		0	0	0	3,985	3,985
Other income		0	0	0	728	728
		0			387,363	387,363
Investment income						
Interest income		0	0	0	42,640	42,640
Other income						
Miscellaneous receipts		0	0	0	585	585
Wage credit scheme		0	0	0	9,170	9,170
		0			9,755	9,755
Total income		0	357,360	358,187	1,101,041	1,816,588
						1,693,023

STATEMENT OF FINANCIAL ACTIVITIES FOR THE FINANCIAL YEAR ENDED 30 JUNE 2017 (CONT'D)

	2017					2016
	Scholarship fund S\$	Restricted funds Active programme fund S\$	Care and Share S\$	Unrestricted fund Accumulated general fund S\$	Total funds S\$	Total funds S\$
LESS: EXPENDITURE						
Cost of generating funds						
Fundraising expenses	0	0	0	2,000	2,000	21,142
Cost of charitable activities						
Advertisements and promotions	0	5,356	1,412	19,955	26,723	18,838
Computers and office equipment expensed off	0	775	0	3,344	4,119	174
Cost of events gift	0	0	0	1,402	1,402	0
Cost of sales - Books	0	0	0	17,475	17,475	8,576
Depreciation of property, plant and equipment	0	0	0	5,165	5,165	1,708
Director's CPF contributions	0	15,197	0	0	15,197	10,120
Director's salaries	0	116,200	0	0	116,200	91,300
Instructor fees	0	2,000	0	22,473	24,473	41,317
Meals for elderly	0	0	0	2,410	2,410	9,184
Office rental	0	33,550	26,772	0	60,322	65,952
Overseas retreat expense	0	0	11,456	0	11,456	0
Therapist fees	0	0	0	1,550	1,550	395
Toastmasters club fees	0	0	0	2,373	2,373	1,092
Refreshment for courses	0	(470)	0	6,015	5,545	3,547
Rental of training and facility rooms	0	3,290	0	11,605	14,895	3,000
Staff cost						
- CPF Contributions	0	29,445	17,117	18,520	65,082	35,374
- Staff salaries and bonuses	0	230,334	103,250	129,095	462,679	276,492
- Staff training	0	60	20,437	18,726	39,223	32,172
- Staff insurance	0	0	1,545	0	1,545	2,597
Telecommunications	0	2,663	0	1,612	4,275	2,216
Transportation	0	17,013	14,407	0	31,420	35,698
Utilities	0	399	1,675	0	2,074	1,373
Volunteer expenses	0	2,784	0	521	3,305	6,049
	0	458,596	198,071	262,241	918,908	647,174

Brahm Centre Ltd.
[UEN. 200200167M]

Audited Financial Statements
Financial Year Ended 30 June 2017

STATEMENT OF FINANCIAL ACTIVITIES FOR THE FINANCIAL YEAR ENDED 30 JUNE 2017 (CONT'D)

	2017				2016 Total funds S\$
	Scholarship fund S\$	Restricted funds Active programme fund S\$	Care and Share S\$	Unrestricted fund Accumulated general fund S\$	
LESS: EXPENDITURE (CONT'D)					
Governance and administrative costs					
Audit fees	0	0	0	7,851	5,200
Appreciation token	0	0	0	78	2,354
Bank charges	0	0	12,126	1,641	0
Branding fees	0	0	4,675	0	6,593
Computers and office equipment expensed off	0	0	0	0	969
Depreciation of property, plant and equipment	0	0	0	68,833	49,316
Entertainment and refreshments	0	60	0	3,024	3,801
Equipment rental	0	0	0	0	1,096
General expenses	0	7	4,647	3,205	2,858
Office maintenance	0	0	5,696	0	6,870
Office rental	0	0	36,193	0	30,563
Postage and courier	0	0	0	1,414	406
Professional fees	0	0	0	1,990	1,030
Staff cost	0	0	0	0	9,803
- Contract services	0	0	0	0	13,642
- CPF Contributions	0	0	14,017	0	72,956
- Staff salaries and bonuses	0	0	79,896	0	635
- Staff training	0	0	0	0	5,480
- Staff insurance	0	1,117	0	0	776
- Staff uniform	0	0	1,654	0	3,145
Telecommunications	0	0	0	1,191	1,907
Utilities	0	0	1,212	0	219,400
	0	1,184	160,116	89,227	
Total expenditure	0	459,780	358,187	353,468	887,716
NET (LOSS)/INCOME FOR THE YEAR	0	(102,420)	0	747,573	805,307

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

Brahm Centre Ltd.
[UEN: 200200167M]

Audited Financial Statements
Financial Year Ended 30 June 2017

STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2017

	Note	2017 S\$	2016 S\$
ASSETS			
Current assets			
Cash and cash equivalents	6	2,910,390	2,287,087
Trade and other receivables	7	422,724	420,892
Inventories	8	0	3,663
		<u>3,333,114</u>	<u>2,711,642</u>
Non-current asset			
Property, plant and equipment	9	<u>75,485</u>	<u>129,922</u>
Total assets		<u>3,408,599</u>	<u>2,841,564</u>
LIABILITIES			
Current liabilities			
Other payables	10	65,078	34,520
Deferred income	11	<u>138,418</u>	<u>247,094</u>
		<u>203,496</u>	<u>281,614</u>
Net assets		<u>3,205,103</u>	<u>2,559,950</u>
FUNDS			
Restricted funds			
Scholarship fund		187,130	187,130
Active programme fund		3,295	105,715
Unrestricted fund			
Accumulated general fund		<u>3,014,678</u>	<u>2,267,105</u>
Total funds		<u>3,205,103</u>	<u>2,559,950</u>

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

Brahm Centre Ltd.
[UEN. 200200167M]

Audited Financial Statements
Financial Year Ended 30 June 2017

STATEMENT OF CHANGES IN FUNDS FOR THE FINANCIAL YEAR ENDED 30 JUNE 2017

	Restricted funds		Unrestricted fund	Total funds S\$
	Scholarship fund S\$	Active programme fund S\$	Accumulated general fund S\$	
2017				
Balance at beginning of financial year	187,130	105,715	2,267,105	2,559,950
Net (loss)/income for the year	0	(102,420)	747,573	645,153
Balance at end of financial year	<u>187,130</u>	<u>3,295</u>	<u>3,014,678</u>	<u>3,205,103</u>

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

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

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STATEMENT OF CASH FLOWS FOR THE FINANCIAL YEAR ENDED 30 JUNE 2017

	Note	2017 S\$	2016 S\$
Cash flows from operating activities			
Net income for the year		645,153	805,307
Adjustment for:			
- Grants amortisation	9	(1,154)	(1,827)
- Gain on disposal of property, plant and equipment		0	(4)
- Depreciation of property, plant and equipment	9	73,998	51,024
Operating cash flow before working capital changes		717,997	854,500
Changes in working capital			
- Inventories		3,663	(2,100)
- Trade and other receivables		(1,832)	(328,056)
- Other payables		30,558	(41,433)
- Deferred income		(108,676)	172,134
Net cash provided by operating activities		<u>641,710</u>	<u>655,045</u>
Cash flows from investing activities			
Proceeds from sale of property, plant and equipment		0	640
Purchases of property, plant and equipment	9	(18,407)	(31,105)
Net cash used in investing activities		<u>(18,407)</u>	<u>(30,465)</u>
Net increase in cash and cash equivalents		623,303	624,580
Cash and cash equivalents at beginning of financial year		<u>2,287,087</u>	<u>1,662,507</u>
Cash and cash equivalents at end of financial year	6	<u>2,910,390</u>	<u>2,287,087</u>

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

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NOTES TO THE FINANCIAL STATEMENTS FOR THE FINANCIAL YEAR ENDED 30 JUNE 2017

These notes form an integral part of and should be read in conjunction with the accompanying financial statements.

1. General information

Brahm Centre Ltd. (the "Company") is a company limited by guarantee. The Company was incorporated on 14 January 2002 and was registered as a charity on 5 March 2012.

The address of its registered office and principal place of business is located at 71 Irrawaddy Road, #03-09, Ren Ci Hospital, Singapore 329562.

It has been conferred an Institution of Public Character ("IPC") status for the period from 1 February 2016 to 31 July 2017, renewed for the period from 1 August 2017 to 30 April 2020.

The principal activities of the Company are those of social services and mental health and activities that promote happy and healthy living.

The Company is limited by guarantee and does not have a share capital. Based on the Memorandum of Association, the liability of each member is limited to an amount not exceeding S\$100.

2. Significant accounting policies

2.1 Basis of preparation

The financial statements have been prepared in accordance with Singapore Financial Reporting Standards ("FRSs") and the disclosure requirements of the Companies Act (Chapter 50) and Charities Act (Chapter 37). The financial statements have been prepared under the historical cost convention, except as disclosed in the accounting policies below.

These financial statements are presented in Singapore Dollar (S\$), which is the Company's functional currency.

The preparation of these financial statements in conformity with FRSs requires management to exercise its judgement in the process of applying the Company's accounting policies. It also requires the use of certain critical accounting estimates and assumptions.

The areas involving a higher degree of judgement or complexity, or areas where assumptions and estimates are significant to the financial statements are disclosed in Note 3.

2.1.1 Interpretations and amendments to published standards effective in 2016

The Company has adopted the new or revised FRSs and Interpretations to FRSs ("INT FRSs") that are mandatory for application from that date. Changes to the Company's accounting policies have been made as required, in accordance with the relevant transitional provisions in the respective FRSs and INT FRSs.

2. Significant accounting policies (Cont'd)

2.1 Basis of preparation (Cont'd)

2.1.1 Interpretations and amendments to published standards effective in 2016 (Cont'd)

The following are the FRSs and INT FRSs that are relevant to the Company:

<u>FRS</u>	<u>Effective date</u>	<u>Title</u>
FRS 1	1.1.2016	Presentation of financial statements (Disclosure initiative)
FRS 19	1.1.2016	Employee benefits (Determining the discount rates for post-employment benefit obligations)

The adoption of these new or amended FRSs and INT FRSs did not result in substantial changes to the Company's accounting policies of the Company and had no material effect on the amounts reported for the current or prior financial years.

2.1.2 Standards issued but not yet effective

The Company did not early adopt the following relevant new/revised FRSs, INT FRSs and amendments to FRSs that were issued at the date of authorisation of these financial statements but not yet effective until future periods:

<u>FRS</u>	<u>Effective date</u>	<u>Title</u>
FRS 109	1.1.2018	Financial instruments
FRS 115	1.1.2018	Revenue from Contracts with Customers
FRS 116	1.1.2019	Leases

Management believes that the adoption of the revised standards and interpretations will have no material impact on the financial statements in the period of initial application.

2.2 Revenue recognition

Revenue comprises the fair value of the consideration received or receivable in the ordinary course of the Company's activities. Revenue is recognised as follows:

2.2.1 Rendering of services

Revenue from services is recognised over the period in which the services are rendered.

2.2.2 Sale of goods

Revenue from the sale of goods is recognised when the Company has delivered the products to the customers, the customer has accepted the products and the collectability of the related receivables are reasonably assured.

2. Significant accounting policies (Cont'd)

2.2 Revenue recognition (Cont'd)

2.2.3 Donations and sponsorships

Donation income from charity events and all income except as listed below, are recognised on receipt basis. Donations-in-kind are recognised when the fair value of the assets received can be reasonably ascertained.

2.2.4 Grants

Grants are recognised when there is reasonable assurance that the Company will comply with conditions related to them and that the grants are certain to be received.

2.2.5 Interest income

Interest income is recognised on a time-proportion basis using the effective interest method.

2.2.6 Other income

Other income is recognised when earned.

2.3 Expenditure recognition

All expenditures are accounted for on accrual basis, aggregated under the respective areas.

2.3.1 Cost of generating funds

Costs that are directly attributable to the fund-raising activities are separated from those costs incurred in undertaking charitable activities.

2.3.2 Cost of charitable activities

Cost of charitable activities comprises all directly attributable costs incurred in the pursuit of the charitable objects of the Company.

2.3.3 Governance and administrative costs

Governance and administrative costs include the costs of governance arrangement, which relate to the general running of the Company, providing governance infrastructure and ensuring public accountability. These costs include costs related to constitutional and statutory requirements and an apportionment of overhead and shared costs.

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2. Significant accounting policies (Cont'd)

2.4 Employee compensation

2.4.1 Defined contribution plans

Defined contribution plans are post-employment benefit plans under which the Company pays fixed contributions into separate entities such as the Central Provident Fund ("CPF"), on a mandatory, contractual or voluntary basis. The Company has no further payment obligations once the contributions have been paid. The Company's contribution to defined contribution plans are recognised as employee compensation expense when they are due.

2.4.2 Employee leave entitlement

Employee entitlements to annual leave are recognized when they accrue to employees. A provision is made for the estimated liability for annual leave as a result of services rendered by employees up to the reporting date.

2.5 Leases

Leases of assets in which a significant portion of the risks and rewards of ownership are retained by the lessor are classified as operating leases. Payments made under operating leases (net of any incentives received from the lessor) are taken to the statement of financial activities on a straight-line basis over the period of the lease. When an operating lease is terminated before the lease period has expired, any payment required to be made to the lessor by way of penalty is recognised as an expense in the period in which termination takes place.

Rental on operating lease is charged to statement of comprehensive income. Contingent rents are recognised as an expense in the statement of financial activities in the financial year in which they are incurred.

2.6 Currency translation

Transactions denominated in a currency other than Singapore Dollar ("foreign currency") are translated into Singapore Dollar using the exchange rates prevailing at the dates of the transactions. Currency translation gains and losses resulting from the settlement of such transactions and from the translation at the closing rate at the reporting date of monetary assets and liabilities denominated in foreign currencies are recognized in the statement of financial activities.

2. Significant accounting policies (Cont'd)

2.7 Financial assets

2.7.1 Classification

The Company classifies its financial assets as loans and receivables. The classification depends on the nature of the asset and the purpose for which the assets were acquired. Management determines the classification of its financial assets at initial recognition and re-evaluates this designation at each reporting date.

Loans and receivables are non-derivative financial assets with fixed or determinable payments that are not quoted in an active market. They are presented as current assets, except for those expected to be realised later than 12 months after the reporting date which are presented as non-current assets. Loans and receivables are presented "Trade and other receivables" and "Cash and cash equivalents" on the statement of financial position.

2.7.2 Recognition and derecognition

Financial assets are derecognised when the rights to receive cash flows from the financial assets have expired or have been transferred and the Company has transferred substantially all risks and rewards of ownership. On disposal sale of a financial asset, the difference between the net sale proceeds and its carrying amount is taken to the statement of comprehensive income. Any amount in the fair value reserve relating to that asset is also taken to the statement of financial activities.

2.7.3 Measurement

Financial assets are initially recognised at fair value plus transaction costs except for financial assets at fair value through the statement of financial activities, which are recognised at fair value. Transaction costs for financial assets at fair value through statement of financial activities are recognised immediately as expenses.

2.7.4 Impairment

The Company assesses at each reporting date whether there is objective evidence that a financial asset or a group of financial assets is impaired and recognises an allowance for impairment when such evidence exists.

Significant financial difficulties of the debtor, probability that the debtor will enter bankruptcy or financial reorganisation, and default or delinquency in payments is considered indicators that the receivable is impaired.

An allowance for impairment of loans and receivables including trade and other receivables, are recognised when there is objective evidence that the Company will not be able to collect all amounts due according to the original terms of the receivables.

The amount of the allowance is the difference between the asset's carrying amount and the present value of estimated future cash flows, discounted at the original effective interest rate. When the amount becomes uncollectible, it is written off against the allowance account. Subsequent recoveries of amounts previously written off are recognised against the same line item in profit or loss.

2. Significant accounting policies (Cont'd)

2.8 Cash and cash equivalents

Cash and cash equivalents include cash on hand and deposits with financial institutions, which are subject to an insignificant risk of change in value.

2.9 Trade and other receivables

Trade and other receivables are initially recognised at fair value, and subsequently carried at amortised cost, using the effective interest method.

2.10 Inventories

Inventories are carried at the lower of cost and net realisable value. Cost is determined using the first-in, first-out method. The cost of finished goods comprises purchase cost of the inventories and those costs that have been incurred in bringing the inventories to their present location and condition. Net realisable value is the estimated selling price less the estimated costs of finished goods and applicable variable selling expenses.

2.11 Property, plant and equipment

2.11.1 Measurement

All items of property, plant and equipment are initially recognised at cost and subsequently carried at cost less accumulated depreciation and accumulated impairment losses.

The cost of an item of property, plant and equipment initially recognised includes its purchase price and any costs that are directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by Management.

2.11.2 Depreciation

Depreciation on property, plant and equipment is calculated using the straight-line method to allocate their depreciable amounts over their estimated useful lives as follows:

	Useful lives
Computers	3 years
Equipment	3 years
Furniture and fittings	3 to 5 years
Renovation	3 years

Fully depreciated assets are retained in the financial statements until these items are disposed.

The residual values, estimated useful lives and depreciation method of property, plant and equipment are reviewed, and adjusted as appropriate, at each reporting date. The effects of any revision are recognised in the statement of financial activities in the financial year in which the changes arise.

2. Significant accounting policies (Cont'd)

2.11 Property, plant and equipment (Cont'd)

2.11.3 Subsequent expenditure

Subsequent expenditure relating to property, plant and equipment that has already been recognised is added to the carrying amount of the asset only when it is probable that future economic benefits associated with the item will flow to the Company and the cost of the item can be measured reliably. Other subsequent expenditure is recognised as repair and maintenance expenses in statement of financial activities during the financial year in which it is incurred.

2.11.4 Disposal

On disposal of an item of property, plant and equipment, the difference between the net disposals proceeds and its carrying amount is taken to the statement of financial activities.

2.12 Impairment of non-financial assets

Non-financial assets are reviewed for impairment whenever there is any indication that these assets may be impaired. If any such indication exists, the recoverable amount (i.e. the higher of the fair value less cost to sell and value in use) of the assets is estimated to determine the amount of impairment loss.

For the purpose of impairment testing of the assets, recoverable amount is determined on an individual asset basis unless the asset does not generate cash flows that are largely independent of those from other assets. If this is the case, recoverable amount is determined for the cash-generating unit (CGU) to which the asset belongs.

If the recoverable amount of the asset (or CGU) is estimated to be less than its carrying amount, the carrying amount of the asset (or CGU) is reduced to its recoverable amount. The impairment loss is recognised in the statement of financial activities.

An impairment loss for an asset is reversed if, there has been a change in the estimates used to determine the assets' recoverable amount since the last impairment loss was recognised. The carrying amount of an asset is increased to its revised recoverable amount, provided that this amount does not exceed the carrying amount that would have been determined (net of depreciation) had no impairment loss been recognised for the asset in prior years. A reversal of impairment loss for an asset is recognised in the statement of financial activities.

2.13 Financial liabilities

Financial liabilities are recognised when the Company becomes a party to the contractual agreements of the instrument and are classified according to the substance of the contractual arrangements entered into. All interest related charges are recognised in the statement of financial activities. Financial liabilities include "Other payables".

Financial liabilities are derecognised when the obligations under the liability is discharged, cancelled or expired. When existing financial liabilities are replaced by another from the same lender on substantially different terms of an existing liability are substantially modified, such an exchange or modification is treated as a derecognition of the original liability and the recognition of a new liability, and the difference in respective carrying amounts is recognised in the statement of financial activities.

2. Significant accounting policies (Cont'd)

2.14 Other payables

Other payables are initially recognised at fair value, and subsequently carried at amortised cost, using the effective interest method.

2.15 Provisions for other liabilities and charges

Provisions for other liabilities and charges are recognised when the Company has a present legal or constructive obligation as a result of past events, it is more likely than not that an outflow of resources will be required to settle the obligation and the amount has been reliably estimated.

2.16 Funds

Fund balances restricted by outside sources are so indicated and are distinguished from unrestricted funds allocated to specific purpose, if any, by action of the Board of Directors. Externally restricted funds may only be utilised in accordance with the purposes for which they are established. The Board of Directors retains full control over the use of unrestricted funds for any of the Company's purposes.

2.17 Related parties

A related party is defined as follows:

- (a) A person or a close member of that person's family is related to the Company if that person:
 - (i) Has control or joint control over the Company;
 - (ii) Has significant influence over the Company; or
 - (iii) Is a member of the key management personnel of the Company or of a parent of the Company;
- (b) An entity is related to the Company if any of the following conditions applies:
 - (i) The entity and the Company are members of the same group which means that each parent, subsidiary and fellow subsidiary is related to the others;
 - (ii) One entity is an associate or joint venture of the other entity (or an associate or joint venture of a member of a group of which the other entity is a member);
 - (iii) Both entities are joint ventures of the same third party;
 - (iv) One entity is a joint venture of a third entity and the other entity is an associate of the third entity;
 - (v) The entity is a post-employment benefit plan for the benefit of employees of either the Company or an entity related to the Company. If the Company is itself such a plan, the sponsoring employers are also related to the Company;
 - (vi) The entity is controlled or jointly controlled by a person identified in (a);
 - (vii) A person identified in (a)(i) has significant influence over the entity or is a member of the key management personnel of the entity (or of a parent of the entity)
 - (viii) The entity, or any member of a group of which it is a part, provides key management personnel services to the reporting entity or to the parent of the reporting entity.

3. Critical accounting estimates, assumptions and judgments

Estimates, assumptions and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

3.1 Critical accounting estimates and assumptions

The Company makes estimates and assumptions concerning the future. The resulting accounting estimates will, by definition, seldom equal the related actual results. The estimate and assumption that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year is discussed below.

3.1.1 Estimated useful lives of property, plant and equipment

The Company reviews annually the estimated useful lives of property, plant and equipment based on factors such as operating plans and strategies, expected level of usage and future technological developments. It is possible that future results of operations could be materially affected by changes in these estimates brought about by changes in the factors mentioned.

3.2 Critical judgments in applying the entity's accounting policies

The key assumptions concerning the future and other key sources of estimation uncertainty at the reporting date, that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year, are discussed below.

3.2.1 Allowance for impairment of receivables

The Company reviews the adequacy of allowance for impairment of receivables at each closing by reference to the ageing analysis of receivables, and evaluate the risks of collection according to the credit standing and collection history of individual customer. If there are indications that the financial position of a customer has deteriorated resulting in an adverse assessment of his risk profile, an appropriate amount of allowance will be provided.

3.2.2 Impairment of property, plant and equipment

Property, plant and equipment are reviewed for impairment whenever there is any indication that the assets are impaired. If any such indication exists, the recoverable amount (i.e. higher of the fair value less cost to sell and value in use) of the assets is estimated to determine the impairment loss. The key assumptions for the value in use calculation are those regarding the growth rates, and expected change to selling price and direct costs during the year and a suitable discount rate.

4. Income tax

As the Company is an approved charity, no provision for tax has been made in the financial statements as it is exempted from income tax under Section 13(1) of the Income Tax Act.

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5. Government grants

	2017 S\$	2016 S\$
Active Programme Fund	357,360	233,096
Amortisation of grant received	1,154	1,827
Care and share	358,187	374,377
CREST	152,689	0
NCSS	10,000	0
NCSS VCF Fund	1,939	9,018
NVPC	0	30,000
Tote Board	0	104,622
Training	20,947	0
Virtual Hospital	8,361	186,835
	<u>910,637</u>	<u>939,775</u>

6. Cash and cash equivalents

	2017 S\$	2016 S\$
Cash in bank	344,163	70,716
Cash on hand	893	130
Fixed deposits	<u>2,565,334</u>	<u>2,216,241</u>
	<u>2,910,390</u>	<u>2,287,087</u>

Fixed deposits have maturity terms of 12 months to 36 months (2016: 12 months to 36 months) and interest rates ranging from 1.30% to 2.20% (2016: 1.70% to 2.20% per annum).

Long-term fixed deposits are included as cash and cash equivalents as these can be readily converted into cash without incurring significant penalty.

At the reporting date, the tenures of the fixed deposits are as follows:

	2017 S\$	2016 S\$
Within 12 months	1,800,000	561,894
Between 12 months to 24 months	765,334	1,504,347
Between 24 months to 36 months	0	150,000
	<u>2,565,334</u>	<u>2,216,241</u>

At the reporting date, the carrying amounts of cash and cash equivalents approximated their fair values.

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7. Trade and other receivables

	2017 S\$	2016 S\$
Trade receivables		
– Outside parties	23,990	1,750
Other receivables		
– Deposit	15,664	13,541
– Interest receivable	38,464	27,522
– Prepayments	11,757	13,323
– Grant receivables	332,849	364,716
– Miscellaneous	0	40
	<u>422,724</u>	<u>420,892</u>

Trade and other receivables are non-interest bearing and are generally on 30 days (2016: 30 days) term.

At the reporting date, the carrying amounts of trade and other receivables approximated their fair values.

8. Inventories

	2017 S\$	2016 S\$
Books	<u>0</u>	<u>3,663</u>

The cost of inventories recognised as expenditure and included in "Cost of sales" amounted to S\$3,663 (2016: S\$8,576).

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9. Property, plant and equipment

2017	Balance at beginning of year S\$	Additions S\$	(Disposals) S\$	Balance at end of year S\$
Cost				
Computers	23,984	15,971	0	39,955
Equipment	20,237	0	0	20,237
Furniture and fittings	16,395	542	0	16,937
Renovation	167,268	1,894	0	169,162
	<u>227,884</u>	<u>18,407</u>	<u>0</u>	<u>246,291</u>
	Balance at beginning of year S\$	Depreciation charge S\$	(Written back/off) S\$	Balance at end of year S\$
Accumulated depreciation				
Computers	14,815	7,706	0	22,521
Equipment	4,859	4,367	0	9,226
Furniture and fittings	9,038	5,958	0	14,996
Renovation	67,863	55,967	0	123,830
	<u>96,575</u>	<u>73,998</u>	<u>0</u>	<u>170,573</u>
	Balance at beginning of year S\$	Grants received S\$	(Disposals) S\$	Balance at end of year S\$
Grants				
Grants for computers	<u>9,351</u>	<u>0</u>	<u>0</u>	<u>9,351</u>
	Balance at beginning of year S\$	Amortisation charge S\$	(Written back/off) S\$	Balance at end of year S\$
Accumulated amortisation				
Grants for computers	<u>7,964</u>	<u>1,154</u>	<u>0</u>	<u>9,118</u>
	Balance at beginning of year S\$			Balance at end of year S\$
Net book value				
Computers	7,782			17,201
Equipment	15,378			11,011
Furniture and fittings	7,357			1,941
Renovation	99,405			45,332
	<u>129,922</u>			<u>75,485</u>

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9. Property, plant and equipment (Cont'd)

2016	Balance at beginning of year S\$	Additions S\$	(Disposals) S\$	Balance at end of year S\$
Cost				
Computers	17,640	7,775	(1,431)	23,984
Equipment	5,347	14,890	0	20,237
Furniture and fittings	15,678	717	0	16,395
Renovation	159,545	7,723	0	167,268
	<u>198,210</u>	<u>31,105</u>	<u>(1,431)</u>	<u>227,884</u>
	Balance at beginning of year S\$	Depreciation charge S\$	(Written back/off) S\$	Balance at end of year S\$
Accumulated depreciation				
Computers	9,950	5,660	(795)	14,815
Equipment	2,921	1,938	0	4,859
Furniture and fittings	5,338	3,700	0	9,038
Renovation	28,137	39,726	0	67,863
	<u>46,346</u>	<u>51,024</u>	<u>(795)</u>	<u>96,575</u>
	Balance at beginning of year S\$	Grants received S\$	(Disposals) S\$	Balance at end of year S\$
Grants				
Grants for computers	<u>9,351</u>	<u>0</u>	<u>0</u>	<u>9,351</u>
	Balance at beginning of year S\$	Amortisation charge S\$	(Written back/off) S\$	Balance at end of year S\$
Accumulated amortisation				
Grants for computers	<u>6,137</u>	<u>1,827</u>	<u>0</u>	<u>7,964</u>
	Balance at beginning of year S\$			Balance at end of year S\$
Net book value				
Computers	4,476			7,782
Equipment	2,426			15,378
Furniture and fittings	10,340			7,357
Renovation	<u>131,408</u>			<u>99,405</u>
	<u>148,650</u>			<u>129,922</u>

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10. Other payables

	2017 S\$	2016 S\$
Accruals	64,458	32,553
Non-trade payables	620	1,967
	<u>65,078</u>	<u>34,520</u>

At the reporting date, the carrying amounts of other payables approximated their fair values.

11. Deferred income

	2017 S\$	2016 S\$
Care and share fund:		
Balance at beginning of year	220,086	(91,414)
Grants received	203,168	594,463
Grants utilized	(358,187)	(282,963)
Balance at end of year	<u>65,067</u>	<u>220,086</u>
Receipts in advance:		
- Donations	51,100	0
- Courses	22,251	27,008
	<u>138,418</u>	<u>247,094</u>

Care and Share grant is a matching grant from Ministry of Social and Family Development ("MSF"), based on eligible donations raised by the Company are matched Dollar-for-Dollar by the Government. The matched fund goes towards building the Company's capabilities and capacity in the provision of social services and programmes for its beneficiaries. The fund is restricted and any unused funds for programmes that are withdrawn or terminated prematurely may be clawed back by MSF.

12. Funds

12.1 Scholarship fund

Donation received was to be restricted to scholarship paid for students' pursuit of education only. Unless approved by donor for other purpose.

12.2 Active programme fund

The programme aims to enhance outreach and awareness of mental health conditions and train caregivers, families, care recipients and community partners on mindfulness techniques. It also aims to recruit and provide befriending services so as to encourage active volunteerism for a socially inclusive community.

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12. Funds (Cont'd)

12.3 Accumulated general fund

The income of the Company where so ever derived shall be applied solely towards the objectives of the Company as set forth therein and no portion thereof shall be paid or transferred directly or indirectly by way of dividends, bonus or otherwise howsoever by way of profit to its members.

13. Operating lease commitments

As at the reporting date, the Company leases office premise under non-cancellable operating lease agreements. The leases have varying terms, escalating clauses and renewal rights. Commitments in relation to non-cancellable operating lease contracted for, but not recognised as liabilities are as follows:

	2017 S\$	2016 S\$
Not later than one year	28,150	96,516
Later than one year but not later than give years	0	28,150
	<u>28,150</u>	<u>124,666</u>

14. Remuneration of key management personnel

The key management personnel are those persons having authority and responsibility for planning, directing and controlling the activities of the Company.

The directors are considered as the Company's key management personnel. One of them was appointed as a paid staff and has received the following compensation during the financial year:

	2017 S\$	2016 S\$
Salaries and other short-term employee benefits	116,200	91,300
Post-employment benefits – contribution to CPF	15,197	10,120
	<u>131,397</u>	<u>101,420</u>

The annual remuneration of the top 3 highest paid staff who each receives remuneration exceeding S\$100,000 is as follows:

Remuneration bands	2017 No. of staff	2016 No. of staff
Between S\$100,000 to S\$200,000	<u>1</u>	<u>1</u>

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15. Financial risk management

The Company's overall risk management seeks to minimise potential adverse effects of financial performance of the Company. The directors, who manage the Company's financial risk directly, review on constant basis the policies and ensure that they are complied with.

The following sections provide details regarding the Company's exposure to these risks:

15.1 Interest rate risk

The Company's income and operating cash flows are not substantially affected by changes in market interest rates, as they do not have significant interest-bearing assets or liabilities as at the reporting date.

15.2 Credit risk

Credit risk is the potential financial loss resulting from the customer defaulting on its contractual obligations to the Company.

The Company has policies in place to ensure that sales are made to customers with an appropriate credit history and credit standing.

The Company's maximum exposure to credit risk is represented by the carrying amount of financial assets recorded in the financial statements, net of allowances of losses.

The trade receivables are neither past due nor impaired. The directors are of the opinion that they are not impaired since they will subsequently be collected.

15.3 Liquidity risk

Liquidity risk is the risk that the Company will encounter difficulty in meeting its financial obligations due to shortage of funds. The Company's exposure to liquidity risk arises primarily from mis-matches of the maturities of financial assets or liabilities.

Management monitors and ensures that the Company maintains a level of cash and cash equivalents deemed adequate to finance the Company's operations.

The table below summarizes the maturity profile of the Company's financial assets and liabilities at the end of the reporting period based on the contractual undiscounted repayment obligations:

	Within one year S\$	Later than one year but not later than five years S\$	Total S\$
2017			
Financial assets			
Cash and cash equivalents	2,910,390	0	2,910,390
Trade and other receivables	410,967	0	410,967
	<u>3,321,357</u>	<u>0</u>	<u>3,321,357</u>
Financial liabilities			
Other payables	(65,078)	0	(65,078)
	<u>3,256,279</u>	<u>0</u>	<u>3,256,279</u>

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15. Financial risk management (Cont'd)

15.3 Liquidity risk (Cont'd)

	Within one year S\$	Later than one year but not later than five years S\$	Total S\$
2016			
Financial assets			
Cash and cash equivalents	2,287,087	0	2,287,087
Trade and other receivables	407,569	0	407,569
	<u>2,694,656</u>	<u>0</u>	<u>2,694,656</u>
Financial liabilities			
Other payables	<u>(34,520)</u>	<u>0</u>	<u>(34,520)</u>
	<u>2,660,136</u>	<u>0</u>	<u>2,660,136</u>

15.4 Fair values

As at 30 June 2017, the carrying amounts of the financial assets and liabilities recorded in the financial statements of the Company approximate their fair values due to their short-term nature.

16. Reserve position and policy

The Company's reserve position for financial year ended 30 June 2017 is as follows:

		2017	2016	Increase / (Decrease)
		S\$'000	S\$'000	%
A	Unrestricted funds			
	Accumulated general fund	3,015	2,267	33.00
B	Restricted funds			
	Scholarship fund	187	187	0
	Active programme fund	3	106	(97.17)
C	Endowment funds	0	0	N.A.
D	Total funds	3,205	2,560	25.20
E	Total annual operating expenditure	1,171	888	31.87
F	Ratio of funds to annual operating expenditure (A/E)	2.57	2.55	

Reference:

- C. Endowment fund consists of assets, funds or properties, which are held in perpetuity, which produce annual income flow for an entity to spend as grants.
- D. Total funds include unrestricted, restricted / designated and endowment funds.
- E. Total annual operating expenditure includes expenses related to cost of charitable activities and governance and other operating and administration expenditure.

The Company's reserve policy is as follows:

The Company would hold its reserves up to three years' operational expenses and place under fixed deposits with Singapore registered banks.

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17. Management of conflict of interest

There is one paid staff on the Company's Board of Directors.

Board of Directors are required to disclose any interest that they may have, whether directly or indirectly, that the Company may enter into or in any organisations that the Company has dealings with or is considered dealing with; and any personal interest accruing to him as one of the Company's supplier, user of services or beneficiary. Should there be any potential conflict of interest, the affected Board of Directors may not vote on the issue that was the subject matter of the disclosure. Detailed minutes will be taken on the disclosure as well as the basis for arriving at the final decision in relation to the issue at stake.

18. Authorisation of financial statements

These financial statements for the financial year ended 30 June 2017 were authorised for issue in accordance with a resolution of the Board of Directors of the Company on 20 NOV 2017



Happier & Healthier Living

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