



ANNUAL REPORT 2017 – 18

Official opening of Brahm Centre @ Simei
by Dr Amy Khor, Senior Minister of State, Ministry of Health



Happier & Healthier Living

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Happier & Healthier Living

Vision

Empowering Every Individual To Create His/Her Own Happiness

Mission

To promote Happier & Healthier Living

Brahm Centre is a registered charity launched in 2012 to promote healthier and happier living – focusing on proactive actions to empower individuals to help themselves in staying healthy and mentally well. We are a full member of the National Council of Social Services, and also an Institution of Public Character.

As a foundation to happier and healthier living, we offer many science-based mindfulness programs to reduce stress and enhance well-being. Our clients include working professionals, healthcare workers, teachers, students and retirees.

Weekly health talks conducted by healthcare professionals and qualified speakers are offered for free to the public.



Staff and volunteers

Brahm Centre also has a care management team that is complemented by a group of trained volunteers. Working closely with the Agency for Integrated Care and the Ministry of Health, we provide support to vulnerable elderly in the form of case management and befriending. We also collaborate with grassroots leaders to increase the awareness of mental health and engage elders in active aging programs and activities with a special focus on MacPherson, Simei, Tampines, Geylang Serai and Moulmein-Cairnhill.

I am happy to see Brahm Centre expanding to serve more people in Singapore.

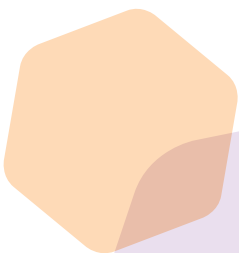
I would like to thank the Board of Directors for good governance, the staff for their achievements, the volunteers for their contributions, and all the donors and grant makers for their support.



Congratulations on the opening of the 2nd centre in Simei and a 3rd centre in MacPherson at the end of 2018.

May your efforts continue to contribute to Singapore becoming a happier nation!

Prof Choo Chiau Beng
Patron



2017/8 was a watershed year.

Mindfulness courses, workshops, talks and seminars saw a record attendance of **6,367**, a **57% increase** compared to the previous year. The 1st Singapore Mindfulness Conference organised by Brahm Centre in May 2018, saw an attendance of over **800** participants!

Our community care team supported more than **600** vulnerable elderly and conducted **1,533** home visits.

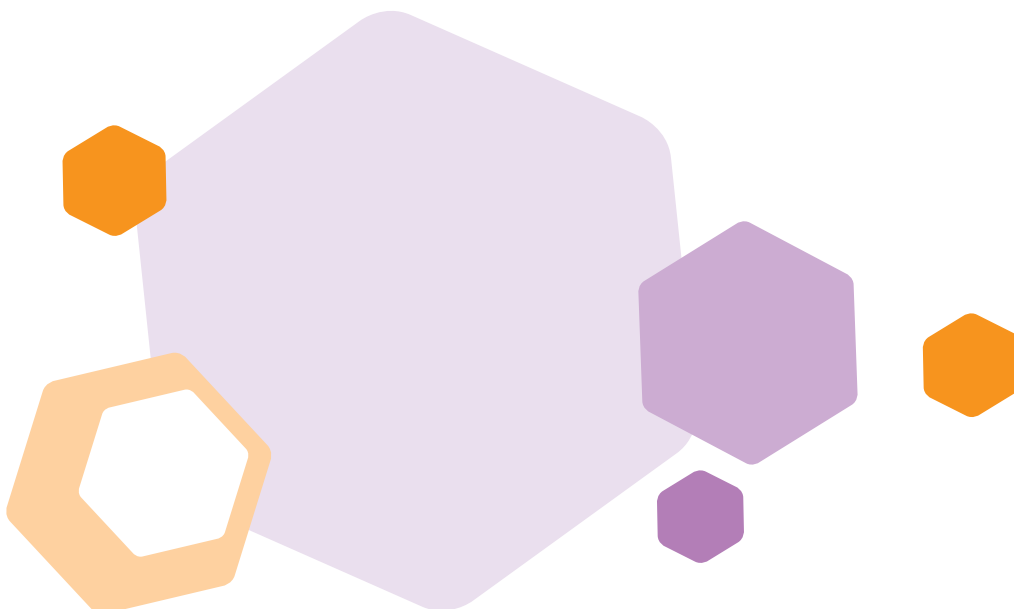
We opened a 2nd Centre located in Simei and soon a 3rd Centre in MacPherson.

I would like to thank the board members serving alongside me in governing and setting the direction for Brahm Centre.

I would like to congratulate and thank the Brahm Centre team and volunteers for making big strides in serving the community.

May we continue the momentum to expand our reach and make an even bigger difference in the coming year!

Ms Chen Yew Nah
Chairperson
Board of Directors



Executive Director's Message



I am honoured to be able to dedicate my life to serving in the community. Crossing over to the charity sector was not an easy decision but one that I am grateful to have made.

Over the last 3 years, we have seen very healthy growth in the level of interest in our programs. The need and acceptance for our mindfulness courses have also been steadily increasing as the level of stress increase in our society. Brahm Centre has become synonymous with Mindfulness. We have been able to offer structured courses and evidence-based interventions to help people to reduce their stress, improve their sleep quality, well-being and relationships. Below are some statistics in relation to our mindfulness programs:



17,677

People impacted
from mindfulness
workshops, talks
and seminars

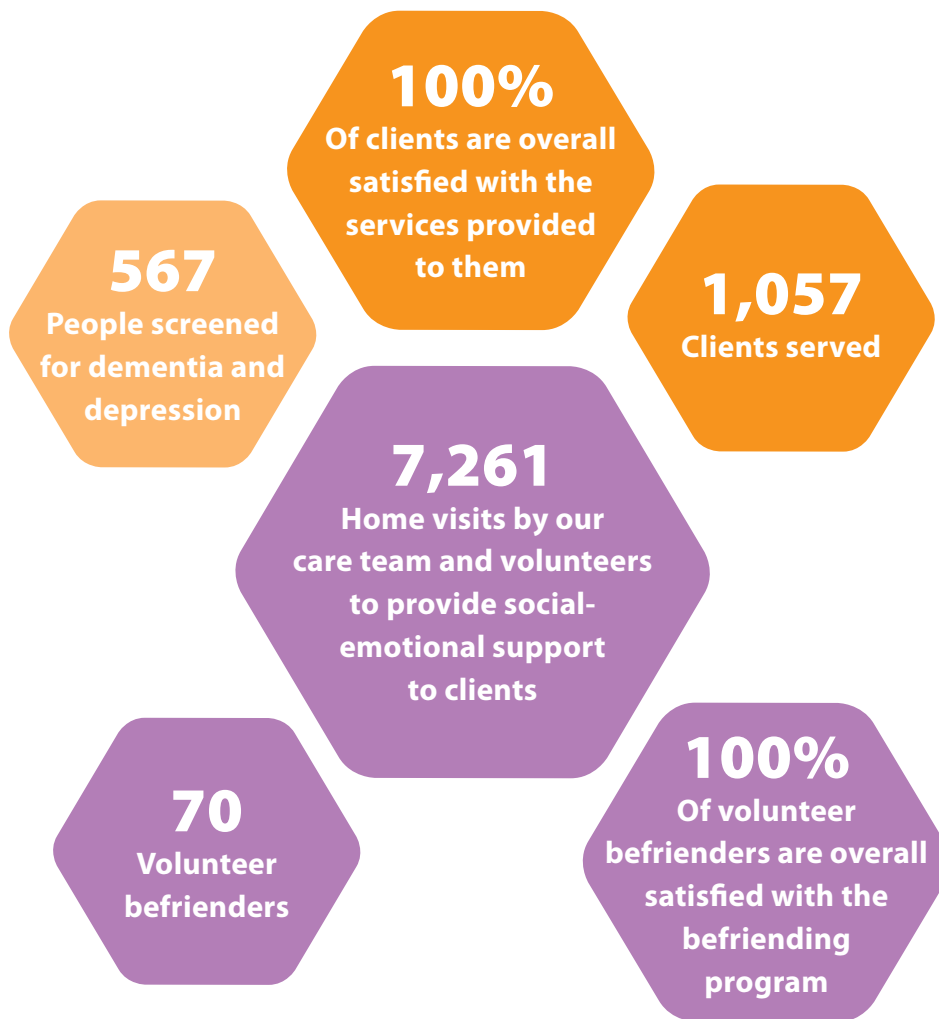
5,007

People attended
our mindfulness
courses

4,407

People engaged
in regular
mindfulness
practices

With the ageing population, we are also doing our part to educate, care and support the elderly to enable them to age gracefully with dignity. In collaboration with the Agency For Integrated Care, we have a Community Resource Engagement Support Team (CREST) to focus on the elderly in Tampines, Simei and MacPherson. To complement, we have a team of trained volunteer befrienders to make regular visits to the homes of the elderly.



I would like to thank my team of staff and volunteers for their contributions that have touched the lives of thousands. I am also grateful to our Patron, Board of Directors, Ministry of Health, Agency for Integrated Care, Tote Board, Turf Club, Goldbell Foundation, Tan Chin Tuan Foundation, Lee Foundation and partners for their support.

Wishing all a Happier and Healthier Year ahead!

A/Prof Angie Chew
Executive Director & Principal Mindfulness Trainer
December 2018

Patron



Prof. Choo Chiau Beng

Our Distinguished Advisors



Dr Daniel Siegel

*Clinical Professor of Psychiatry
University of California at
Los Angeles (UCLA)*



Prof Foo Keong Tatt

*Emeritus Consultant
Department of Urology,
Singapore General Hospital
Adjunct Professor, Duke-NUS
Medical School*



Dr Christopher Cheok

Institute of Mental Health

Legal Advisor



Tan Siak Hee



Ms Chen Yew Nah
*Board Chairperson
Chairman, Audit Committee*



Dr Ho Eu Chin
Board Vice-Chairman



Angie Chew
*Founder
Executive Director*



Ms Ong Siew Kim
*Treasurer
Chairperson
Finance Committee*



Dr Lee Cheng Chuan
*Chairman, Human
Resources Committee*



Dr Tan Geok Leng
*Chairman, Programs and
Services Committee*



Mr Chong Nai Min
Chairman, IT Committee



Ms Serena Yong
*Chairperson,
Scholarship Committee*



Mr Henry Baey



Dr Chan Keen Loong



Mr Patrick Goh



Dr Gregor Lim-Lange



Dr Tan Bhing Leet



Dr Irene Tirtajana

Board Meeting Attendance 2017/18

Directors	29 Jun 17	20 Nov 17	19 Mar 18	11 Jun 18
Ms Chen Yew Nah (Chairperson)	✓	✓	✓	✓
Dr Chan Keen Loong	✓	✓		
Ms Angie Chew	✓	✓	✓	✓
Mr Henry Baey			✓	✓
Mr Chong Nai Min	✓	✓	✓	✓
Mr Patrick Goh				
Dr Ho Eu Chin	✓	✓		
Dr Gregor Lange		✓	✓	✓
Dr Lee Cheng Chuan	✓			✓
Ms Ong Siew Kim	✓	✓	✓	✓
Dr Tan Bhing Leet	✓		✓	✓
Dr Tan Geok Leng	✓	✓	✓	
Dr Irene Tirtajana			✓	
Ms Serena Yong				✓

Our Partners



Our Major Sponsors



Mr Choo Chiau Beng

Ms Lee Li Ming



Front row from left: Fanny Foo, Ong Tjin Lie, Eric Lim, Chew-Chia Shao Wei, Leonard Se, Angie Chew, Amirah Rauf, Lily Gan

Back row from left: Yee Weng Lum, Frank Singam, Ailynn Teh, Lorraine Tang, Toi Liang Shing, Melvina Koo, Denise Ang, Frans van Terwisga, Zsofia Lazci, Nazreen Bee, Angela Lim, Rosalia Zhang, Sim Kang Wei, Shirley Hoon

Not in photo: Ann Choo

Our Staff In The News

Straits Times August 14, 2017

People

Harvard grad opts to work in charity

22-year-old enjoys job at centre that champions mental resilience

Phyllis Grey

At 22, Ms Chew Chia Shao Wei is the youngest and newest employee at charity Braden Centre.

"But don't look down on her just because she is young or small built. She is from Harvard," her colleagues tell elderly residents when not accompanying her on visits to their homes.

Ms Chew Chia told The Straits Times: "Think the clients would be, like, 'Shao? Why don't you get a better job?' I think they don't realise that it is a great job that it is very rewarding and fulfilling."

She works at the five-year-old charity, which champions mental resilience, as an assistant care coordinator. She visits the homes of elderly residents who have, or are at risk of having, mental illnesses, assesses their needs and coordinates the help given. She also conducts research on hoarding.

She joined the centre last month, and is one of the most qualified among its 17 full-time staff.

Ms Chew Chia graduated magna cum laude with a liberal arts degree, with a single major in history and literature and a minor in social anthropology.

At Harvard, the top 5 per cent of the graduating class are awarded summa cum laude, while the average cum laude goes to the next 10 per cent. She had a near-perfect grade point average of 3.96 out of 4.

She was a high achiever in her younger days too.

When she was 13, she won an international essay competition organised by the Royal Commonwealth Society - in a category for students aged 10 to 18.

The winning essay was published four years later as an illustrated book, *The Rock And The Bird*, which tells the story of a friendship between the titular characters. The book was named Best Young Adults' Title in the Singapore Book Awards last year.

Ms Chew Chia, an alumna of Raffles Girls' School and Raffles Junior College, also had as far all her subjects in her A levels, except for a C grade in economics.

People with such grades in junior college and university tend to opt for better-paying jobs, but her volunteering experiences kindled her interest in joining the charity sector.



In particular, a three-week service-learning trip to Cape Town, South Africa, when she was in secondary 3 was "transformative" for her. She went to an area with a high incidence of HIV infection, and helped mainly children and infants who were abused or neglected.

"After returning to school from the trip, I often asked myself, 'Why am I here? Why am I back in school?' But then I would think of the needy people I met in Cape Town and how much they would love to be in my place. So I'm going to school - and such a good school too," she said.

HELPING THE LESS FORTUNATE

When you think of people who don't have as many opportunities, it becomes imperative to do something and give time to volunteer.

Ms Chew Chia Shao Wei

Ms Chew Chia Shao Wei works as an assistant care coordinator at Braden Centre. She visits the homes of elderly residents who have, or are at risk of having, mental illnesses, assesses their needs and coordinates the help given. She also conducts research on hoarding. PHOTO: DON MOORE FOR THE STRAITS TIMES

She said: "In my last semester at Harvard, as I was trying to decide what to do with my future, I realised that the volunteer work I did was the highlight of each week."

"So many how difficult the work could be, I noticed that on the days that I had to go for my volunteering shift, I would literally jump out of bed because I was just too excited. So I decided that after graduating, I would do what I love."

She added: "I have known how to listen, how to be present with someone, and gained knowledge about the community and what things are like on the ground... Those whom we call our care recipients have at least as much or even more to give and teach us."

Her mother had also worked at Braden Centre and was its head of counselling and psychotherapy. Ms Chew Chia joined the centre a few months after her mother retired.

Her father is a semi-retired adviser in physiotherapy at a local university. She has an older sister and a younger brother.

She said: "After hearing my mother's stories about her work, I knew that Braden Centre would be a place where I could learn more about serving the community."

"My mum couldn't give details about the cases due to sensitivity issues, but she talked about the skills she used to manage the cases and the breakthroughs made."

Ms Chew Chia also felt that working in a smaller charity would allow her to take on more responsibilities and expose her to different types of cases in the healthcare sector.

When asked what her family and friends thought of her career choice, she said most were supportive, but noted that some friends were sceptical or had financial situations that would make it hard for them to not opt for better-paying jobs.

Braden Centre executive director Angie Chew said of Ms Chew Chia: "She has natural kindness that people just take to, and this is an asset when you are in the caring profession. It is wonderful that a young person like her wants to care for the elderly instead of chasing material wealth."

Ms Chew Chia said: "Some young people hold back from joining this sector for different reasons, such as financial or family pressures."

"But for those who have the option but never explored it or just dismissed it, I would encourage them to challenge themselves to make a difference, because the reward is immeasurable."

gryt@braden.sg

JULY 2017

Brain Centre @ Novena
711 University Road, Room G, Singapore 115827
Office Opening Hours: Mon - Fri 9am - 6pm
Sat 9am - 1pm
Please register for all programs at: www.braincentre.com

SATURDAY PROGRAMS

Free to attend 4.00pm - 5.30pm

- 1 Jul: Early Detection and Treatment of Breast Cancer by Dr Lee Hwee Hong
- 8 Jul: Nutrition Medicine: Business, Diet Plan, Care to the Elderly by Dr. Ho Yee Hwee
- 15 Jul: Nutrition for the Brain by Dr. Ho Yee Hwee
- 22 Jul: Brain Wellness Round Table by Dr. Ho Yee Hwee
- 29 Jul: Cancer and Stress by Dr. Ho Yee Hwee

CHARITY DINNER

The Season of Sustainable Progress
by Dr. Ho Yee Hwee, M.D., Ph.D.
Guest of Honour: Dr. Lee Hwee Hong, M.D., Ph.D.
7 Sept 2017, Thurs 7pm - 9.30pm
At: The Raffles Hotel, 5, Leith Road, Singapore 189620. Ticket: \$100. Seating for 100. Bookings by 10th July.

CHAIR YOGA

Tues & Thurs starting 4 Jul
Chair yoga is a gentle form of yoga that is suitable for all ages and abilities. It is a great way to improve flexibility, strength and balance.

MINDFUL WALK

Free
Make use of the park and garden to practice mindfulness. This is a great way to improve your mental health and reduce stress.

AUG/SEPT 2017

Brain Centre @ Novena
711 University Road, Room G, Singapore 115827
Office Opening Hours: Mon - Fri 9am - 6pm
Sat 9am - 1pm
Please register for all programs at: www.braincentre.com

SATURDAY PROGRAMS

Free to attend 4.00pm - 5.30pm

- 26 Aug: Aromas For Our Senses by Dr. Ho Yee Hwee
- 16 Sept: Brain Wellness and Nutrition by Dr. Ho Yee Hwee
- 23 Sept: What's in Our Food by Dr. Ho Yee Hwee
- 30 Sept: How to Prevent and Manage Mental Illness by Dr. Ho Yee Hwee

DR JOE LOIZZO PROGRAM

2 in 1 Special: To attend both events is \$200
CHARITY DINNER
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by Dr. Ho Yee Hwee, M.D., Ph.D.
Guest of Honour: Dr. Lee Hwee Hong, M.D., Ph.D.
7 Sept 2017, Thurs 7pm - 9.30pm
At: The Raffles Hotel, 5, Leith Road, Singapore 189620. Ticket: \$100. Seating for 100. Bookings by 10th July.

YIN YOGA

Tues & Thurs starting 4 Jul
Chair yoga is a gentle form of yoga that is suitable for all ages and abilities. It is a great way to improve flexibility, strength and balance.

ART CLUB

Free
Make use of the park and garden to practice mindfulness. This is a great way to improve your mental health and reduce stress.

Sept/Oct 2017

Brain Centre @ Novena
711 University Road, Room G, Singapore 115827
Office Opening Hours: Mon - Fri 9am - 6pm
Sat 9am - 1pm
Please register for all programs at: www.braincentre.com

SATURDAY PROGRAMS

Free to attend 4.00pm - 5.30pm

- 16 Sept: Brain Wellness and Nutrition by Dr. Ho Yee Hwee
- 23 Sept: What's in Our Food by Dr. Ho Yee Hwee
- 30 Sept: How to Prevent and Manage Mental Illness by Dr. Ho Yee Hwee

ONE-DAY MINDFULNESS WORKSHOP

Free to attend 4.00pm - 5.30pm
This is a one-day workshop that will help you to understand mindfulness and how to practice it in your daily life.

SPECIAL SEMINAR

Happiness Is A Choice
by Dr. Ho Yee Hwee
7 Oct 2017, Thurs 7pm - 9.30pm
At: The Raffles Hotel, 5, Leith Road, Singapore 189620. Ticket: \$100. Seating for 100. Bookings by 10th July.

EXCURSION - SINGAPORE ZOO

12 Oct, Thurs 10am - 2pm
Special Ticket Price: \$100
Special: \$10 per person
Includes transport and entrance fees.

OCT/NOV 2017

Brain Centre @ Novena
711 University Road, Room G, Singapore 115827
Office Opening Hours: Mon - Fri 9am - 6pm
Sat 9am - 1pm
Please register for all programs at: www.braincentre.com

SPECIAL SEMINAR

Happiness Is A Choice
by Dr. Ho Yee Hwee
7 Oct 2017, Thurs 7pm - 9.30pm
At: The Raffles Hotel, 5, Leith Road, Singapore 189620. Ticket: \$100. Seating for 100. Bookings by 10th July.

SATURDAY PROGRAMS

Free to attend 4.00pm - 5.30pm

- 14 Oct: Brain Wellness and Nutrition by Dr. Ho Yee Hwee
- 21 Oct: What's in Our Food by Dr. Ho Yee Hwee
- 28 Oct: How to Prevent and Manage Mental Illness by Dr. Ho Yee Hwee

ART CLUB

Free
Make use of the park and garden to practice mindfulness. This is a great way to improve your mental health and reduce stress.

MINDFUL MOVEMENT

Free
Make use of the park and garden to practice mindfulness. This is a great way to improve your mental health and reduce stress.

Nov 2017

Brain Centre @ Novena
711 University Road, Room G, Singapore 115827
Office Opening Hours: Mon - Fri 9am - 6pm
Sat 9am - 1pm
Please register for all programs at: www.braincentre.com

SATURDAY PROGRAMS

Free to attend 4.00pm - 5.30pm

- 11 Nov: Brain Wellness and Nutrition by Dr. Ho Yee Hwee
- 18 Nov: What's in Our Food by Dr. Ho Yee Hwee
- 25 Nov: How to Prevent and Manage Mental Illness by Dr. Ho Yee Hwee

MAHJONG CLUB

A Leisure To Singapore World
4 Levels To Singapore World
Nov 11, 18, 25, 2017
Every Sunday 10.30am - 12.30pm
Fee \$20. Light lunch provided.

ART CLUB

Free
Make use of the park and garden to practice mindfulness. This is a great way to improve your mental health and reduce stress.

MINDFUL MOVEMENT

Free
Make use of the park and garden to practice mindfulness. This is a great way to improve your mental health and reduce stress.

Simei Nov 2017

Brain Centre @ Simei
811 Simei Road, Room G, Singapore 477277
Office Opening Hours: Mon - Fri 9am - 6pm
Sat 9am - 1pm
Please register for all programs at: www.braincentre.com

SATURDAY PROGRAMS

Free to attend 4.00pm - 5.30pm

- 11 Nov: Brain Wellness and Nutrition by Dr. Ho Yee Hwee
- 18 Nov: What's in Our Food by Dr. Ho Yee Hwee
- 25 Nov: How to Prevent and Manage Mental Illness by Dr. Ho Yee Hwee

DEPRESSION & DEMENTIA SCREENING

Free
This is a free screening service for depression and dementia. It is a great way to identify any potential problems early.

SATURDAY HEALTH FORUMS

Time: 2.30pm - 4pm
28 Oct: Caring For Our Senses by Dr. Ho Yee Hwee
- 11 Nov: Diabetes and Hypertension by Dr. Ho Yee Hwee
- 18 Nov: Depression: Symptoms and Management by Dr. Ho Yee Hwee
- 25 Nov: Anxiety and Stress by Dr. Ho Yee Hwee

EXCURSIONS

Free
Make use of the park and garden to practice mindfulness. This is a great way to improve your mental health and reduce stress.

ART CLUB

Free
Make use of the park and garden to practice mindfulness. This is a great way to improve your mental health and reduce stress.

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Brahm Centre @ Novena

11 Broadway Road #01-01 Novena S20027
Singapore 320027
Office Opening Hours: Sun - Tue 10am - 6pm
Phone: 6755 0001 | info@brahmcentre.com
www.brahmcentre.com

SINGAPORE MINDFULNESS CONFERENCE

Keynote Speech:
How Mindfulness Reshapes The Brain
Dr Sara Lazar

19 May 2018 (Sat) 9:30am - 5:30pm
Singapore Conference Hall
Registration fee: \$100 (incl. lunch & materials)
Register at: info.brahmcentre.com

SATURDAY PROGRAMS

Time: 8:00pm - 5:30pm **FREE**

29 May: **Living with Pain**
In: Dr. Kenneth Tan
Author of *Living with Pain*
29 May 2018 (Sat) 8:00pm - 5:30pm
Singapore Conference Hall
Registration fee: \$100 (incl. lunch & materials)
Register at: info.brahmcentre.com

ART COURSES

Watercolor Land (2 sessions)
Apr 6 - Jun 10 (Sat) 10am - 12pm
Fee: \$100 (incl. materials & lunch)
Register at: info.brahmcentre.com

MUSIC & SOCIAL CLUB

Every Thurs @ 10am - 12pm
Fee: \$100 (incl. materials & lunch)
Register at: info.brahmcentre.com

Brahm Centre @ Simel 百仁中心

815 227 Simel @ 401-52 Singapore 320227
Office Opening Hours: Sun - Tue 10am - 6pm
Phone: 6755 0001 | info@brahmcentre.com
www.brahmcentre.com

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Keynote Speech:
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Every Thurs @ 10am - 12pm
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Brahm Centre @ Simel 百仁中心

815 227 Simel @ 401-52 Singapore 320227
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Phone: 6755 0001 | info@brahmcentre.com
www.brahmcentre.com

SINGAPORE MINDFULNESS CONFERENCE

Keynote Speech:
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Dr Sara Lazar

19 May 2018 (Sat) 9:30am - 5:30pm
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Key Highlights



Opening of Brahm Centre @ Simei

Brahm Centre's 2nd centre located at Blk 227 Simei Street 4 was officially opened on 15th December 2017 by Dr Amy Khor, Senior Minister of State, Ministry of Health & Ministry of the Environment and Water Resources. Ms Jessica Tan, Member of Parliament for East Coast GRC was our special guest. The event was attended by over 100 guests with media coverage.



Thank you to Goldbell Foundation, Lee Foundation, Tan Chin Tuan Foundation, Prof. Choo Chiau Beng, Ms Lee Li Ming and M1 Ltd for the generous support.



From left, Mr Tan Geok Leng, Patron Prof. Choo Chiau Beng, Ms Chen Yew Nah, Dr Amy Khor, A/Prof Angie Chew, Ms Jessica Tan, Mr Patrick Goh



Dr Amy Khor recognizing the voluntary efforts of Brahm Centre's oldest volunteer, Ms Renee Chong, 90 years of age.



Chairperson of the Board, Ms Chen Yew Nah, receiving a hand-painted artwork from Yue Jia Xuan, a very talented young artist.



Health Talk Audience



Health Talk



Visit to National Gallery



Happy Workout



Excursion to Sun Yat Sen Mansion



Therapeutic Yoga



Dance Therapy

Dancing at the
Year End Party



Cooking Class



Year End Party

Happy Potluck
Club's oldest couple



5th Anniversary Charity Dinner

21



Brahm Centre celebrated its 5th anniversary on 7 September 2017 with a charity dinner featuring Dr. Joe Loizzo , a Harvard-trained psychiatrist from the United States.

Dr. Loizzo delivered a talk on “The Science of Sustainable Happiness” to a crowd of 350. He also conducted a one-day mindfulness workshop “Mindful Self-Compassion: Empowering Self-Care and Healing” on 9 September 2017 at the Singapore Chinese Cultural Centre.

Dr. Lam Pin Min, Senior Minister of State, Ministry of Health, congratulated Brahm Centre on the impact it has made in the lives of many individuals in Singapore in his address.

Adding to the energy of this meaningful charity dinner was the specially choreographed dance by Brahm Centre’s Executive Director, Ms Angie Chew. The heart-pumping performance by the team brought about much delight to our distinguished donors and guests.



At the end of the evening, a \$60,000 scholarship was also awarded to a scholar, Mr Lim Zheyi, who was heading to Cambridge University to read law. Without the scholarship, he would not have been able to afford the 3-year law degree program at Cambridge. The donor of the scholarship award was present to witness the cheque presentation.



Singapore Mindfulness Conference

19 May 2018

The inaugural Singapore Mindfulness Conference with the theme “Understanding the Mind-Brain-Body Connection”, was held on 19 May 2018, featuring Dr Sara Lazar, a neuroscientist from Harvard University as the keynote speaker. Dr Lam Pin Min, Senior Minister of State for Health and Transport, graced the event as our Guest of Honour, to a sold-out crowd of 800 individuals from all walks of life.

Dr Lazar presented her research at Harvard regarding how mindfulness practice could change the structure and function of the brain and how these brain changes were related to the reduction of stress, depression, anxiety and pain.

The conference also featured topics ranging from mindfulness and its impact on

stress and health, insomnia, dynamic mental states of the brain, to application of mindfulness in different domains including healthcare institution, dermatology, eating, workplace and how mindfulness can be used to enhance parent-child relationships and be tailored to children and youths.



Dr Sara Lazar delivering her keynote address



Participants of the Singapore Mindfulness Conference engaging in an experiential mindfulness practice

Singapore Mindfulness Conference

19 May 2018

23



The conference speakers (from left): Dr Gregor Lim-Lange, A/Prof Giam Yoke Chin, Ms Jennifer Davis, Dr Noorhazlina Bte Ali, Dr Sara Lazar, Ms Chen Yew Nah, Dr Lam Pin Min, Adj. Professor Chua Hong Choon, Ms Angie Chew, Mr Eric Lim, Dr Kinjal Doshi, Prof Choo Chiau Beng, Dr Julian Lim, Dr Ong Mei Horng, Ms Germaine Tan

"I am impressed by the very strong panel of high profile speakers, supporting not just the practice but the reason of the practice. Keep up the excellent work to upkeep the sanity of every Singaporean from all walks of life, amidst the fast-paced lifestyle of today." - Feedback given by participant of the conference.



Principal Mindfulness Trainer and Executive Director, Ms Angie Chew, leading a mindfulness practice at the start of the conference



5 Day Mindfulness Retreat - Coming to Your Senses 21 – 25 June 2018



Brahm Centre hosted a 5-Day Mindfulness Retreat titled “Coming to Your Senses” at Le Méridien Suvarnabhumi, Golf Resort & Spa. The retreat, led by A/Prof Angie Chew, our Principal Mindfulness Trainer, ended with the participants all in smiles, and happy that they will return home having learned more about themselves, and equipped with more skills and tools to treat themselves and “the world” more positively.



Among the 21 participants were couples, business executives, parents, and adults from all walks of life – all of whom came to the retreat with a wish to learn how to lead more meaningful and fulfilling lives and improve their relationships with themselves and others.

The lively discussions, partner work, and heartfelt, earnest and honest sharing brought much laughter, and sometimes even tears, to the participants. The repertoire of activities included yoga and stretching sessions, sitting and walking meditation and mindful eating.



Many of the participants experienced personal transformation and healing during the retreat, and it is indeed heartening that everyone gave the retreat a thumbs up!

5 Day Mindfulness Retreat - Coming to Your Senses 21 – 25 June 2018

25



Thumbs Up!

"The absolute best 5 days of my life is invested in this Mindfulness Retreat. I will join again."

"It is really a 'breakthrough' in my life... to know mindfulness. Never thought I could 'wire' my mind this way."

100 % of the participants would recommend this retreat to their friends, and everyone agreed that the trainer was effective in conducting this course and that the learning objectives were met. In short, this mindfulness retreat is one that, as one participant aptly described, "you must do it at least once in your life!"



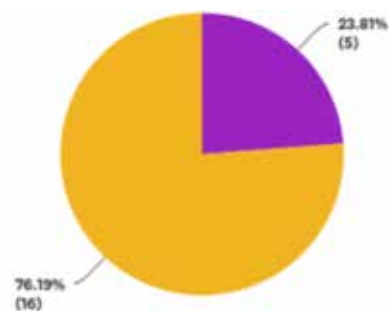
Strongly Disagree Disagree Neutral Agree Strongly Agree

100% agreed and strongly agreed that **they will recommend this course to their friends.**



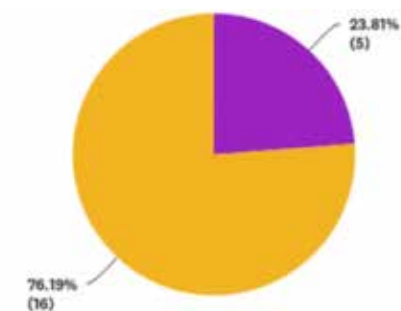
Strongly Disagree Disagree Neutral Agree Strongly Agree

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



Strongly Disagree Disagree Neutral Agree Strongly Agree

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



Strongly Disagree Disagree Neutral Agree Strongly Agree

100% agreed and strongly agreed that the **trainer is able to communicate ideas and concepts clearly.**

*Results are based on 21 respondents who completed the survey for the Mindfulness Retreat from 21-25 June 2018.

Community Mental Health Programs

7,261

Home visits by our
care team and volunteers
to provide social-
emotional support
to clients

100%

Of volunteer
befrienders are overall
satisfied with the
befriending
program

567

People screened
for dementia and
depression

70

Volunteer
befrienders

100%

Of clients are overall
satisfied with the
services provided
to them

1,057

Clients served



Brahm Centre had been proactive in engaging the public to raise awareness of our free health talks, mindfulness courses and dementia screening through our participation at National Silver Academy roadshows and events at community centres and libraries.

Volunteer Sama Cheong distributes about 1,000 flyers at MRT stations each month to promote the programs to the community.



National Silver Academy Roadshows



Community Centre Screenings



Dementia Talk @ Old Folks Home

Dementia and Depression Screening

Anchored by staff and a team of dedicated volunteers trained to be assessors, Brahm Centre conducted dementia screening for a total of 567 individuals to detect dementia and depression across our centres at Novena, Simei and at various community clubs.

Out of the 567 individuals, 20.8% showed signs of depression or dementia.



These screenings are carried out not only to detect early signs and symptoms, but also to **help allay the fears of individuals and their caregivers** who think they are but are actually not suffering from dementia.

“I am delighted to learn that my mother does not have dementia.”

Mr Song Kok Wee



Volunteer Befriending Program

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Brahm Centre started its volunteer befriending program in 2013 to provide care through home visits to discharged patients.

Brahm Centre's Befriending Program has grown over the years to meet the increase in demand for community home care. Our hospital and community partners are Agency for Integrated Care, Tan Tock Seng Hospital, Khoo Teck Puat Hospital, Ren Ci Community Hospital, Institute of Mental Health, Changi General Hospital, family services centres and grassroots organisations.

The volunteer befrienders are matched in pairs with the elderly patients referred to Brahm Centre. The weekly visits to these patients take 1 - 2 hours. Working in pairs, they visit the patients and their caregivers in their homes, offering companionship and emotional support. They encourage social engagement through activities like memory games, singing, drawing and visiting the nearby coffee shops.



Befriender Susan taking elderly out



Our volunteer befriender, Weena, playing a card game with Mdm Chong to help her with her memory.



Our volunteer befriender, Katherine, engaging in a series of hand exercises with Mdm Chong to encourage physical mobility.



Volunteer Thank You Party

A Thank You Party for our volunteers was held at Brahm Centre @ Simei on 16 March 2018 to express our gratitude and appreciation to our volunteers. The event was graced by Ms Jessica Tan, MP of East Coast GRC, Prof Choo Chiau Beng, Patron, Ms Chen Yew Nah, Board Chairperson. Former Mediacorp artiste, Nick Shen, with his suave and charismatic personality, charmed the audience with his rendition of local favorite songs. Our volunteers appreciated the door gift which is the Brahm Centre umbrella.



Art Courses

Art Therapist Paul Lee kicked off art courses at Brahm Centre @ Novena. They became so popular that 30 people would sign up each run. Artist Melu started the art courses at Brahm Centre @ Simei. Other forms of art like paper art and decoupage also proved to be popular with our seniors.



Mahjong Club

Mahjong classes by Alice Tan were introduced to invigorate cognitive functions at Brahm Centre @ Novena.

Henrietta Tay and Leonard Se conducted mahjong classes at Brahm Centre @ Simei. The mahjong classes were well attended.





17,677

People impacted
from mindfulness
workshops, talks
and seminars

5,007

People attended
our mindfulness
courses

4,407

People engaged
in regular
mindfulness
practices

Mindfulness Report

DBS Bank

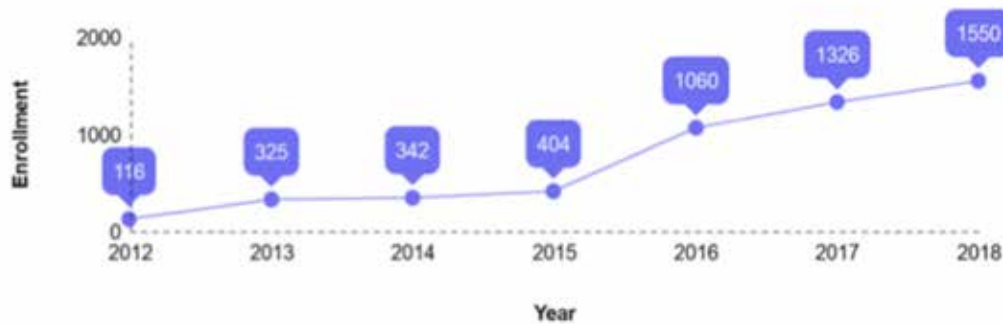


Singtel



The total enrolment of all Mindfulness Courses is **5,123** as at 30 June 2018.

Mindfulness Courses Enrolment (FY to FY Comparison)



Participants enrolment for Mindfulness Courses from 2012 to 2018. FY to FY comparison refers to July of previous year to June of current year.

Brahm Centre has conducted mindfulness programs for a total of **26** schools and institutions of higher learning.



Cedar Girls Secondary School Teachers



Bedok South Secondary School Teachers



Schools counsellors

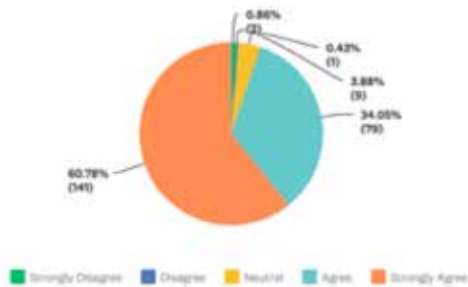


Northbrook Secondary School Teachers

Mindfulness Foundation Course (MFC)

This introductory mindfulness course was designed to introduce mindfulness, the habits of the mind, the practices and the benefits.

95% agreed and strongly agreed that they will recommend this course to their friends.



Graduates of the Mindfulness Foundation Course at Brahm Centre @ Novena on 31 Jan 2018



Graduates of the Chinese Mindfulness Foundation Course at Brahm Centre @ Novena on 24 Apr 2018



"The course has helped me realise how important it is that I take responsibility for my own happiness."

"Attending this course has improved my relationships with colleagues & family members. I now learn to be mindful in my speech and to breathe. I have also learnt to thank others, instead of being frustrated all the time, which has made me feel more at peace overall."

"Don't trust your thought totally. You have the freedom to choose them and choose wisely those thoughts that bring happiness to self and others."

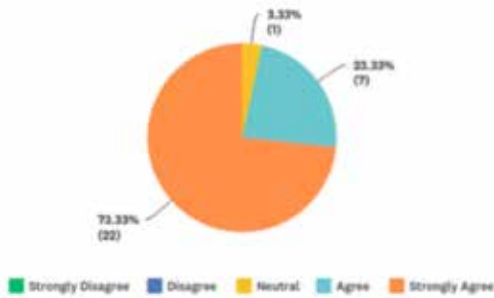
"This course is a good pause in our hectic pace of life in Singapore."

"This course is life-changing. Everyone should attend it and learn how mindfulness can improve their relationships on themselves, others and make them so much happier."

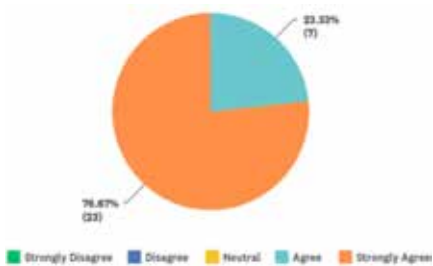
"This mindfulness course in Brahm Centre helped me to improve my focus and provided many tools for me to handle stress and difficult situations. I definitely recommend this programme to anyone who lead a very hectic and fast pace of life."

This course is aimed at deepening the understanding and practices of mindfulness, cultivating the attitudes of gratitude, letting go and patience.

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



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



*Results are based on 30 respondents who completed the survey for the Mindfulness Intermediate Course from July 2017 to June 2018.



Graduates of the Mindfulness Intermediate Course at Brahm Centre @ Simei on 26 January 2018

"This course will benefit anyone, young and old, who may or may not be struggling with any issues. Come with an open mind and be empowered to take more control over your own life and emotions. I enjoyed the sharing and learning."

"Be in the present in an attentive and non-judgmental manner. The mindfulness course opens my eyes and mind to live life positively."

"Mindfulness is a powerful tool that can improve the quality of my life. I am grateful that Brahm centre makes mindfulness accessible to a lot of people."

"To change your life, learn mindfulness. When you are mindful of your thoughts and actions, life changes."

Mindfulness Based Stress Reduction Course (MBSR)

MBSR is an 8-week highly participatory and structured course, which uses relatively intensive training in mindfulness practices as the core, to teach people how to take better care of themselves and live healthier and more adaptive lives.



Graduates of the MBSR at Brahm Centre @ Simei on 25 January 2018

"This course is a must for all of us with our hectic lifestyles. It is a much needed wake up call to make a change in our lives for the better."

"Come and sign up for the course. This course really helped me to cope with stress much better and allowed me to take a different perspective in how I run my life."

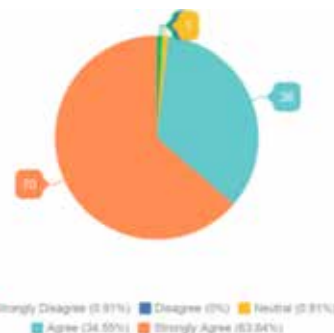
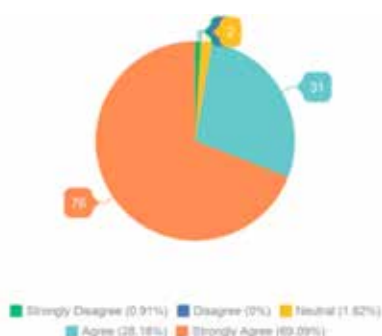
"Mindfulness really is unleashing of the mind to learn and relearn, and to revive the mind that is present, at peace and contented."

"I highly recommend the MBSR course to everybody especially the young adults who are struggling with a stressful life."

"If you have not heard of mindfulness practice, explore with a curious mind and you will be blessed with abundance."

"The MBSR course allows a safe space to reflect on areas where I could gain more acceptance for the challenges I face in my daily life. The group format meant I benefited from the sharing of others in the group."

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



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

Mindfulness-Based Stress Reduction Course (MBSR)

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The beneficial outcomes of Mindfulness-Based Stress Reduction (MBSR) programs on a variety of clinical population is well documented. However, in recent years, an increasing number of studies have focused on the effectiveness of MBSR on non-clinical populations, and have shown promising results in stress reduction and overall well-being.

The study examines the effects of a 8-week MBSR course on healthy participants in Singapore. The study adopted a single-group, pre-post intervention design, during which participants completed self-report questionnaires on perceived stress, sleep quality, mental well-being and mindfulness. Data were collected at baseline and post-course from a group of 94 adults.

Results showed that after MBSR, participants reported significant reductions in perceived stress, improvements in overall sleep quality, mental well-being and mindfulness from pre-to-post intervention. These findings suggest that MBSR may be an effective approach for reducing stress, improving mental wellbeing and sleep quality among healthy individuals in Singapore.

Table 1 PSS-10, WEMWBS, MAAS, PSQI before and after intervention (N=94)

Variable	Pre-Intervention		Post-Intervention		Pre-Post Difference			
	Mean	SD	Mean	SD	Mean	SD	p	d
MAAS	3.75	0.73	4.10	0.63	0.34	0.69	0.000***	0.493
PSS-10	19.35	5.55	15.74	5.63	-3.61	5.19	0.000***	0.695
WEMWBS	46.65	8.05	51.39	7.90	4.75	6.47	0.000***	0.734
PSQI	6.04	3.13	5.20	2.25	-0.84	2.62	0.002**	0.321

MAAS Mindful Attention Awareness Scale, PSS-10 Perceived Stress Scale, WEMWBS Warwick Edinburgh Mental Well-Being Scale, PSQI Pittsburgh Sleep Quality Index, SD Standard Deviation, p Significance Level (two tailed) d Effect Size

***p<0.001, **p<0.01.

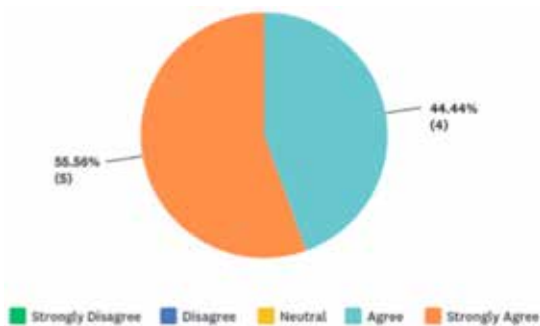


Graduates of the Chinese MBSR at Brahm Centre @ Novena on 4 September 2017

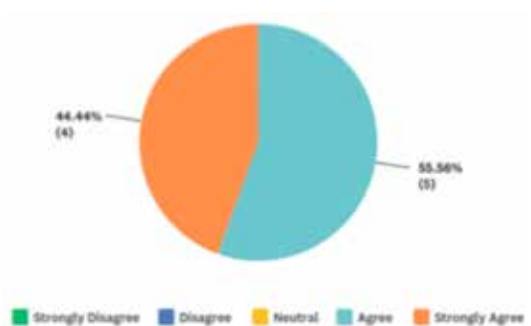
Mindfulness in Pain Management Course

In this course, participants learn to tune into their bodies and change their attitudes towards pain. By investigating the body and mind, participants began a transformative relationship that helped them to cope with both physical and emotional pain.

100% agreed and strongly agreed that they will recommend this course to their friends.



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



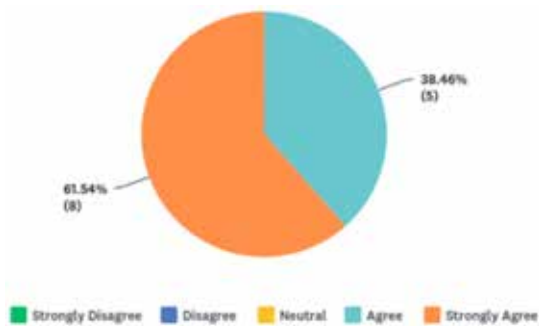
"Mindfulness brings clarity to my pain. Without identifying the pain (type of pain) it is hard to know what to let go and how it actually impacts my perception of my pain."

"I have learnt to recognize the emotional aspect of physical pain, as well as, mindset/thoughts towards the pain. I begin to appreciate the connection between body and our mind."

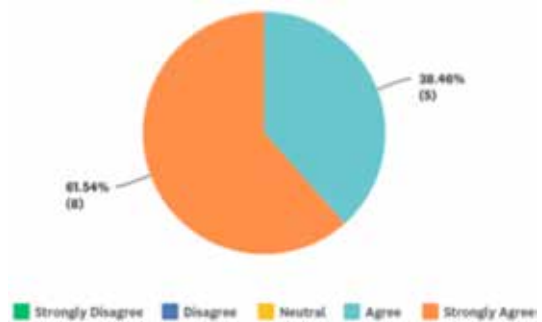
"I try to accept the pain that I am having and not worry about it. I learnt about the need to concentrate, relax and stay calm."

In this mindful parenting course, participants learn how to apply mindfulness in gaining clarity in the mind and put the joy back into parenting.

100% agreed and strongly agreed that they will recommend this course to their friends.



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



*Results are based on 13 respondents who completed the survey for the Mindful Parenting Course from July 2017 to June 2018.



"This course allowed us to see the effect of letting go, less nagging which translates to more responsiveness in our child. A calmer household for us and we are happy parents now."

"I have managed to build a better relationship with my boy after the course. I have also understood how to communicate with them better."

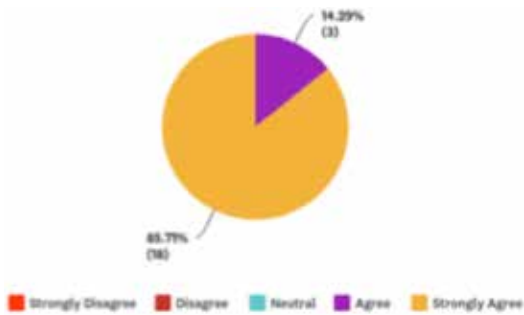
"Mindfulness does work! I am calmer and my daughter is more calm and happy."



Mindfulness For Enhanced Performance Course

This course was designed for participants to learn how mindfulness can be applied in the workplace, enhancing one's ability to focus on what is positive, energising and building resilience in handling the challenges of work-life.

100% agreed and strongly agreed that they will recommend this course to their friends.



Agency For Integrated Care graduates of the Mindfulness for Enhanced Performance Course at Brahm Centre @ Novena on 30 November 2017

"Being mindful of others is important, but what's most important is being mindful of ourselves. We are who we act, say and think who we are."

"I am able to sleep better, thus better quality of work. Being more aware of my own emotions have helped me explore emotions of my own clients."

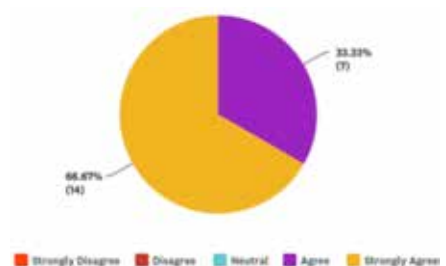
"I learnt to be more mindful of the things/environment and of myself (emotion, sensations), and make use of these to ground myself. I learnt to be more grateful for the things in life."

"Whenever we encounter patients who may perceive or misunderstand us, by allowing them to express themselves before talking or responding to them non-judgmentally, patients become more open to communication."



Agency For Integrated Care graduates of the Mindfulness for Enhanced Performance Course at Brahm Centre @ Novena on 28 March 2018

100% of the participants agreed and strongly agreed that they **have gained knowledge that they can in their work at the end of the course.**



Healthcare professionals are embracing mindfulness to address the feelings of burnout. In collaboration with Tan Tock Seng Hospital, the research data clearly showed that the positive effects of a 4-week of mindfulness intervention improved their mental being, perceived stress and sleep quality.

Forty Institute of Mental Healths counsellors and psychologists also attended the 4-week Mindfulness Foundation Course.



Mindfulness Advance Course

Mindfulness program for healthcare workers: is it beneficial?

CN Tan¹, K Pek¹, A Chew², E Lim², Z Lacz², D Kuladeva², N Ali^{1,3}
¹ Institute of Geriatrics and Active Ageing, Tan Tock Seng Hospital, Singapore
² Brain Centre, Singapore
³ Department of Geriatric Medicine, Tan Tock Seng Hospital, Singapore

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 TTSB 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 professionals (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 relaxed 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.

Demographics

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

Table 1: Demographics of participants

CONCLUSIONS

- Mindfulness program improves HOW 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 longidurately.

The Mindfulness programme is supported by Tan Tock Seng Hospital Foundation Programme.

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

K Pek¹, CN Tan¹, A Chew², E Lim², Z Lacz², D Kuladeva², N Ali^{1,3}
¹ Institute of Geriatrics and Active Ageing, Tan Tock Seng Hospital, Singapore
² Brain 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 (M4H) healthy programme on HCPs' health.

METHODS

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

Figure 1: Programme curriculum and delivery

Week 1: Introduction to mindfulness, Foundations of mindfulness
 Week 2: Mind of the mind
 Week 3: Mindfulness practice
 Week 4: Cultivating Mindfulness

Strategies incorporated:
 Formal mindfulness practice:
 • Body scan
 • Mindful breathing
 • Loving kindness practice
 Informal mindfulness practice:
 • Mindful eating
 • Mindful listening
 Delivery:
 • Interactive videos for reflection
 • Interactive discussions

RESULTS

- Mean age of participants: 36.22 ± 8.7 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	p-value	
PSS-10	18.176	3.409	15.253	4.308	-2.924	0.002*
WEMWBS	45.116	5.401	53.350	7.705	8.232	0.002**
PSQI	8.824	2.189	5.528	1.625	-3.296	0.002*

*p < 0.05, **p < 0.01

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

	Pre-programme	Post-programme	
	PSS-10	WEMWBS	PSQI
PSS-10			
Correlation	-0.429	0.180	-0.608*
p-value	0.076	0.695	0.010
WEMWBS			
Correlation	-0.429	0.180	-0.608*
p-value	0.076	0.695	0.010
PSQI			
Correlation	0.180	0.180	0.334
p-value	0.695	0.695	0.186

*p < 0.05

Findings, Post-programme

- Participants reported a significant reduction of perceived stress, PSS-10 score 15.253 ± 4.308 vs 18.176 ± 3.409, p < 0.05, Table 1.
- Mental well-being of participants was significantly improved, WEMWBS score 53.350 ± 7.705 vs 45.116 ± 5.401, p < 0.05, Table 1.
- Sleep quality was significantly better, PSQI score 5.528 ± 1.625 vs 8.824 ± 2.189, 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 < 0.05, 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 M4H 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.

REFERENCES

1. Davidson RJ, et al. (2012). Mindfulness-based stress reduction and its effects on health and well-being. *Journal of Clinical Medicine*, 1(1), 1-10.
2. Davidson RJ, et al. (2013). Mindfulness-based stress reduction and its effects on health and well-being. *Journal of Clinical Medicine*, 1(1), 1-10.

The M4H programme is supported by the Tan Tock Seng Hospital Foundation Programme.



Institute of Mental Health staff



Brahm Centre Ltd Overview of Financial Results July 2017 - June 2018			
	2017/8 SGD	2016/7 SGD	Variance \$
Charitable Activities			
Income from Courses	571,145	340,470	230,675
Income from Services and Merchandise	46,154	49,168	(3,014)
Less			
Expenses related to Charitable Activities	(1,307,658)	(934,785)	(372,873)
Expenses related to Governance activities	(342,775)	(234,651)	(108,124)
Deficit	(1,033,134)	(779,798)	(253,336)
This is funded by :			
Donations	123,965	465,073	(341,108)
Fundraising	164,160		164,160
Other Income	12,594	9,755	2,838
Less			
Fundraising Expenses	(22,226)	(2,000)	(20,226)
Total Donation, Fundraising and Other Income	278,493	472,828	(194,336)
Deficit from Operations	(754,641)	(306,970)	(447,671)
Income From Government Grants	920,979	551,297	369,681
Matching Grant Contributions	304,103	358,187	(54,084)
Total Surplus from Operations	470,441	602,515	(132,074)
Net Investment and Interest Income	40,490	42,640	(2,150)
Total Surplus for the year	510,931	645,155	(134,223)

Full financial statements can be downloaded separately

Remuneration

No. of staff with annual salary between \$100,000 - \$130,000 : 1





Happier & Healthier Living

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Brahm Centre @ Simei

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(5 min walk from Simei MRT station)

Tel: 6786 0800

Brahm Centre @ MacPherson

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(5 min walk from Simei MacPherson station)

Tel: 6741 1131

