

DECEMBER 2018

Official Opening

Special Report 8 December 2018



"Brahm Centre is a good example of such a partnership. Its programmes help those at-risk or diagnosed with mental health conditions by providing free weekly health education exercise programs, art courses, chair yoga, dance therapy, dementia awareness and mindfulness courses... We look forward to Brahm Centre's continued contributions in helping to develop positive mental well-being in Singapore." - President Halimah Yacob, Opening of Brahm Centre @ MacPherson, 8 Dec 2018

*"MacPherson is a mature estate with a significant number of elderly living here, many of whom are also living alone. And hence **I believe that with Brahm Centre here, it is another very important avenue, another touchpoint for elderly to come, where they can pick up very useful knowledge and skills in terms of mindfulness.**"* Ms Tin Pei Ling, MP for MacPherson, Opening of Brahm Centre @ MacPherson



8 December 2018 marked a milestone in Brahm Centre's history.

In five short years it has opened three centres serving residents and the community in Simei, MacPherson, Tampines, Geylang Serai and Moulmein-Cairnhill.

Brahm Centre had been reaching out to residents in MacPherson even before opening a centre there, but with this new centre now open, the organisation is doing even more. In partnership with the Agency for Integrated Care (AIC), Brahm Centre is now piloting Singapore's first Silver Station, and the organisations' goal is to build more dementia-friendly neighbourhoods in Singapore. Since Brahm Centre @ MacPherson opened its doors in end 2018, it has reached out to over 500 individuals with the services it offers.

Brahm Centre also has a care management team that is complemented by a group of trained volunteers. Working closely with AIC and other community partners, Brahm Centre supports vulnerable elderly in the form of case management and befriending. The organisation also collaborates with the People's Association and grassroots leaders to increase awareness of mental health issues and to engage residents in active aging activities.

Tour by President

Brahm Centre Executive Director Ms Angie Chew and Brahm Centre staff introduced President Halimah to Brahm Centre's services, which include mindfulness courses, dementia screenings and art courses.



Official Remarks



Our Guest of Honour President Halimah noted in her keynote address that having a supportive community is important for promoting the recovery of individuals dealing with mental health issues. She stressed the importance of collaborative efforts amongst stakeholders such as social workers, voluntary sector partners and local businesses. Separately, Ms Angie Chew noted there is a sizable population of individuals in Singapore who are at risk of depression, and expressed her belief that the Brahm Centre @ MacPherson's location in the MacPherson estate has allowed persons to benefit more from its various programs.

Music Performances

Music brings people cheer and joy and has been a regular feature of Brahm Centre's programs. Our guest performers Mr Alvin Lee and Mr Lawrence Chen got the crowd moving with their renditions of popular English and Chinese hits.



Appreciating our Patron, Donors and Volunteers

President Halimah presented certificates of appreciation to our major donors, board directors and volunteers, acknowledging their support for Brahm Centre. Their financial support, professional expertise and time spent volunteering have allowed Brahm Centre to continue offering relevant, innovative and affordable programmes to the public.



Our donors include Prof Choo Chiau Beng, patron of Brahm Centre; Prof Foo Keong Tatt, Distinguished Advisor of Brahm Centre; Brahm Centre chairperson Ms Chen Yew Nah; Mr William Chua of Goldbell Foundation; Tan Chin Tuan Foundation; Mrs Lee Li Ming; Dr Jerome Goh; Mr Vincent Toe; Ms Faith Tan and Mr Mark Tan; Dr Ong Mei Horng; Mr Ng Peng Fong and Electrolux. In particular, Mr and Mrs Albert Toh made a generous contribution of \$170,000 which will go towards the opening of a fourth Brahm Centre location. Our directors whom President Halimah acknowledged included vice-chairperson Dr Ho Eu Chin; Mr Henry Baey; Dr Tan Bhing Leet and Dr Irene Tirtajana, while volunteers include Ms Sama Cheong; Dr Koh Li Wearn and Dr Darryl Tan.



MacPherson Residents



President Halimah met participants in Brahm Centre programs, many of whom live in the MacPherson area.



Appreciating our Present, Looking Forward to the Future



The Brahm Centre Team is looking ahead following the generous donations towards the opening of a fourth Brahm Centre location. Brahm Centre will continue to build on the trust of its partner agencies; grassroots organizations and volunteers, and continue working toward its vision of empowering each individual to create her or his own happiness!