



Happier & Healthier Living

ANNUAL REPORT 2018 – 19



Official opening of Brahm Centre @ MacPherson by President Halimah Yacob

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OUR MISSION & VISION



Happier & Healthier Living

Vision

Empowering Every Individual To Create Her/His Own Happiness

Mission

To promote happier and 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 healthcare and government agencies, schools and corporations.

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

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 National Council of Social Service (NCSS), schools, People's Association and grassroots leaders to increase the awareness of mental health and engage residents in active aging programs and activities in Simei, MacPherson, Tampines, Geylang Serai and Moulmein-Cairnhill.

PATRON'S MESSAGE



The development of Brahm Centre in recent years, has been nothing short of amazing.

Singapore topped the world in life expectancy in 2017, with an expected lifespan at birth of 84.8 years. As we live longer, it is crucial that we keep ourselves physically fit and mentally active for a happier and healthier life.

The backdrop of an ageing population and the importance of living and ageing well, propelled the growth of Brahm Centre. Brahm Centre MacPherson, officially opened by President Halimah Yacob on 8 December 2018, provides a wide range of community care services such as dementia and depression screening, befriending and social activities to engage our seniors to stay active and upbeat.

Brahm Centre also launched free physiotherapy gym sessions to help improve the mobility of the senior residents with physical movement challenges.

The success of Brahm Centre hinges upon various factors – strong governing board, committed and competent team, selfless and dedicated volunteers and of course, the generous contributions from the donors and grant makers. A big thank you to each and every one.

May Brahm Centre continue its good work in serving the needs of our community, empowering them to live happier and healthier.

Choo Chiau Beng

Patron

CHAIRPERSON'S MESSAGE



I'm pleased to report healthy growth in the two main thrusts of Brahm Centre – mindfulness programs and community care services. Our signature mindfulness program has reached out to a total of 15,110 participants through courses, public seminars, talks, workshops and practice sessions in FY2018. Over the same period, a total of 4,461 home visits were conducted, 1,095 clients served and 518 screened for dementia and depression.

Brahm Centre has worked with 97 different organisations including government agencies, healthcare institutions, schools and businesses to impart mindfulness practice, an important life skill to fortify mental resilience and enhance our overall well-being. In particular, the "Healthy Mind, Better Life" workshop and seminar on 25 October 2018 saw over 500 attendees benefitting from talks on mindfulness, self-care, managing stress at work and parent-child relationship.

Another key milestone was the opening of the 3rd centre in MacPherson on 8 December 2018. This allows us to better serve the significant number of elderly and low-income households in this old neighbourhood.

I would like to express my deepest appreciation to my fellow board members for their instrumental role in charting the direction for Brahm Centre.

I would also like to thank the Brahm Centre team, under the capable leadership of Angie, and volunteers for their much valued contribution in advancing the centre's cause.

Together, we shall continue to give our best in supporting the community!

Ms Chen Yew Nah
Chairperson
Board of Directors

CEO'S MESSAGE



It gives me great satisfaction to see the evolution of Brahm Centre. We started offering health talks in our infancy stage and the centre has since grown to be the biggest course provider in mindfulness to promote mental wellness. We have also expanded our community outreach efforts, putting in place various programmes and activities to support our elderly to age well and gracefully. With the opening of Brahm Centre MacPherson in 2018, we now have three centres to meet the needs of our greying population and increasing importance on psychological wellbeing.

Our first mass mindfulness practice session on 7 October 2018 at the Singapore Botanic Gardens saw over 900 mindfulness enthusiasts, young and old, turning up. Our "Healthy Mind, Better Life" workshop and seminar on 25 October 2018 at the Singapore Conference Hall benefitted over 500 participants on talks on mindfulness, self-care, managing stress at work and parent-child relationship. In FY2018, 15,110 participants benefitted from our mindfulness programs. A 3-day mindfulness retreat was conducted on NUS Campus and the 5-day mindfulness retreat was conducted in Phuket.

On community care front, 4,461 home visits were conducted by the care team and volunteers to provide social and emotional support for the vulnerable seniors. 518 individuals were screened for dementia and depression, with about 20% as probable cases, allowing for early intervention.

I would like to thank my staff and volunteers for their relentless efforts in driving all these initiatives, our Patron, Board of Directors, grant makers, donors and partners for their incredible support.



CEO'S MESSAGE

Looking ahead into 2019/20

Brahm Centre will be expanding to establish a fourth centre, this time in Tampines in mid 2020. This is aligned with our focus on seniors in need of socio-emotional support living in MacPherson, Geylang Serai, Changi, Simei and Tampines. These are the areas assigned by the Agency of Integrated Care as part of the grants provided to Brahm Centre to establish teams specializing in supporting people with dementia, mental health conditions or socio-emotional issues.

In line with the focus on mental health, CEO of Institute of Mental Health (IMH), Prof Chua Hong Choon, Chairman Medical Board at IMH, Dr Daniel Fung and former Director of National Addictions Management Service, Dr Christopher Cheok have joined our panel of Distinguished Advisors.

Joining Brahm Centre's Board of Directors this year were former CEO of M1 Limited, Ms Karen Kooi and IMH's Chief of Forensic Psychiatry, Dr Jerome Goh.

Brahm Centre's pool of volunteers has been growing steadily. A large number of volunteers have been trained to become certified dementia assessors and they have been helping to screen seniors to detect early onset of dementia. Going forward, committed volunteers will be trained in becoming Healthier Living Assessors to help people become aware of their diet and lifestyle to make changes to improve their health. Selected volunteers will also be trained and coached to become Volunteer Leaders. This is an enablement of volunteers to upscale and increase their value to the community.

Brahm Centre will be expanding its focus to offer more services and programs to parents, the young and the Chinese-speaking community and the young. The Assistline to support parents and students in distress was launched in August 2019.

We will continue to address gaps and the needs of the community to remain relevant and serve from our hearts!

Adj A/Prof Angie Chew
CEO and Principal Mindfulness Trainer
December 2019



OUR PATRON AND DISTINGUISHED ADVISORS

Patron



Mr Choo Chiau Beng

Our Distinguished Advisors



Prof Foo Keong Tatt



Adj Prof Chua Hong Choon



Dr Daniel J. Siegal



Dr Christopher Cheok



Mr Tan Siak Hee
Legal Advisor

OUR BOARD



Ms Chen Yew Nah
*Chairman of the Board
Chairman of Audit Committee*



Dr Ho Eu Chin
*Vice-Chairman of the Board
Chairman of Programs and
Services Committee*



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



Mr Henry Baey



Mr Chong Nai Min
Chairman of IT Committee



Dr Jerome Goh



Ms Karen Kooi



Dr Lee Cheng Chuan
*Chairman of Human
Resources Committee*



Dr Gregor Lim-Lange



Ms Ong Siew Kim
Treasurer



Dr Tan Bhing Leet



Dr Tan Geok Leng



Dr Irene Tirtajana

OUR TEAM



"I love being part of a high-performing team where we get the chance to do good, and do it well. But much more importantly, it is Brahm Centre's mission and vision which inspire and make so much sense to me. Promoting happier and healthier living — isn't that at the heart of what most of us do in our daily lives? And the vision we have, to empower everyone to create her or his own happiness, is such a sensible way to bring about happier and healthier living."

Zheng Yuepeng, 34, Deputy Head, Care Team

"Being a customer service officer at Brahm Centre gives me great satisfaction because I am the first person to make contact with anyone that comes through our doors. I feel the appreciation and warmth of the participants whenever I am able to address their concerns or queries. I enjoy ensuring that all the participants have a smooth learning experience here."

Amirah Rauf, 24, Customer Service Officer & Admin Executive



"Being 76 and a physiotherapist, it has been most meaningful to be a part of the Brahm Centre's initiatives, where the elderly come to participate and experience the meaning of aging with love and grace. This fulfils our mission of promoting happier and healthier living."

Ann Choo, 76, Care Manager

"The Brahm Centre team is like a band of rubber bands. Under normal circumstances, a single rubber band would snap easily when applied great amount of force. At Brahm Centre, we act in unity like rubber bands in its dozens, withstanding even the greatest of force. I am proud to be a rubber band."

Wong Qinyuen, 32, Care Coordinator



JULY 2018 – JUNE 2019 PROGRAMS

The image displays six overlapping brochures from the Brahm Centre, organized by date and location:

- Novena July 2018:** Features programs like Saturday Programs (8:00pm - 8:30pm), Mindfulness Programs, Dementia & Depression Screening, Saturday Health Forums (7:00pm - 8:30pm), Art Courses, Family Yoga, Smartphone Workshop, Happy Potluck Club, and Mindfulness Club.
- Simei July 2018:** Features programs like Dementia & Depression Screening, Saturday Health Forums (7:00pm - 8:30pm), Mindfulness Programs, Mindfulness & Botanic Gardens, Baking Demo, Smartphone Workshop, Happy Potluck Club, and Mahjong Club.
- Novena Jul/Aug 2018:** Features programs like Saturday Programs (8:00pm - 8:30pm), Mindfulness Programs, Art Courses, Mahjong Club, Therapeutic Yoga, Dance Therapy, Happy Potluck Club, and Mindfulness for Students.
- Simei Jul/Aug 2018:** Features programs like Dementia & Depression Screening, Saturday Health Forums (7:00pm - 8:30pm), Mindfulness Programs, 3-Day Residential Retreat, Mindfulness for Students, Mindfulness & Botanic Gardens, and Mindfulness Club.
- Novena Aug/Sept 2018:** Features programs like Dementia & Depression Screening, Saturday Health Forums (7:00pm - 8:30pm), Mindfulness Programs, 3-Day Residential Retreat, Mindfulness for Students, Mindfulness & Botanic Gardens, Smartphone Photo, and Happy Plus Workouts.
- Simei Aug/Sept 2018:** Features programs like Dementia & Depression Screening, Mindfulness Programs, Art Courses, Street Photography (Smartphone), Yin Yoga, Dance Therapy, Mahjong Club, Happy Potluck Club, Mindfulness & Botanic Gardens, and Nonya Noodles Cooking Class.

Each brochure includes contact information for the Brahm Centre and a disclaimer: "Counselling Services, Pro Bono Legal Advisory".

JULY 2018 – JUNE 2019 PROGRAMS

COURSES & ACTIVITIES SEPT/OCT 2018

Register at: www.brahmcentres.com

DEPRESSION & DEMENTIA SCREENING

MacPherson Oct 12 (Sat) 8.30am - 12pm
Nov 20 (Sat) 9.30am - 12pm

ART COURSES

Painting: Oct 12, 19, 26, Nov 2, 9, 16, 23, 30
Sculpture: Oct 12, 19, 26, Nov 2, 9, 16, 23, 30

MINDFULNESS COURSES

8-Week Course: Oct 16, 23, 30, Nov 6, 13, 20, 27, Dec 4, 11, 18, 25, 2018

FREE PROGRAMS SEPT/OCT 2018

Register at: www.brahmcentres.com

SATURDAY HEALTH TALKS

23 Sept: 10.30am - 12pm
Topic: Mindfulness for Seniors

MINDFULNESS @ SINGAPORE BOTANIC GARDENS

Oct 7 (Sat) 10am - 12pm
Free gift for the 200 registrants only

HAPPY POTLUCK CLUB

Join us for a relaxing and social meal with other attendees before and after the course.

Brahm Centre @ MacPherson 百仁中心

818 55 Pict Road #01-01 Singapore 370055

SATURDAY HEALTH FORUMS

10-30am - 12pm FREE

MINDFULNESS @ SINGAPORE BOTANIC GARDENS

Oct 7 (Sat) 10am - 12pm

HAPPY POTLUCK CLUB

Join us for a relaxing and social meal with other attendees before and after the course.

COURSES & ACTIVITIES OCT/NOV 2018

Register at: www.brahmcentres.com

DEPRESSION & DEMENTIA SCREENING

MacPherson Oct 28 (Sat) 9.30am - 12pm
Nov 5 (Sat) 9.30am - 12pm

ART COURSES

Painting: Oct 28, Nov 4, 11, 18, 25, Nov 1, 8, 15, 22, 29
Sculpture: Oct 28, Nov 4, 11, 18, 25, Nov 1, 8, 15, 22, 29

MINDFULNESS COURSES

8-Week Course: Oct 28, Nov 4, 11, 18, 25, Nov 1, 8, 15, 22, 29

FREE PROGRAMS OCT/NOV 2018

Register at: www.brahmcentres.com

SATURDAY HEALTH TALKS

23 Oct: 10.30am - 12pm
Topic: Mindfulness for Seniors

HEALTHY MIND, BETTER WORKSHOP & SEMI

Oct 26 (Thu) 9.30am - 12pm

HAPPY POTLUCK CLUB

Join us for a relaxing and social meal with other attendees before and after the course.

Brahm Centre @ Simei 百仁中心

818 227 Simei St 4 #01-03 Singapore 530227

MINDFULNESS @ BOTANIC GARDENS

Oct 12 (Sat) 10am - 12pm

SATURDAY HEALTH FORUMS

10-30am - 12pm FREE

MINDFULNESS COURSE

8-Week Course: Oct 12, 19, 26, Nov 2, 9, 16, 23, 30

JULY 2018 – JUNE 2019 PROGRAMS

Brahm Centre @ MacPherson 百仁中心 NOV/DEC 2018

30A, 55 Phipps Road #01-01 Singapore 370056

Register at: www.brahmcentre.com

SATURDAY HEALTH FORUMS 星期六健康講座 (入場免費)

10:30am - 12pm FREE

18 Dec: 如何處理你的晚年 李國強博士

22 Dec: 失智症知多少 李國強博士

29 Dec: 預防及治療眼疾 廖國強醫生

MINDFULNESS GARDENS 正念練習

19 Dec: 如何處理你的晚年 李國強博士

22 Dec: 失智症知多少 李國強博士

29 Dec: 預防及治療眼疾 廖國強醫生

CHRISTMAS MUSIC CAFE 聖誕音樂咖啡

19 Dec: 10:30am - 12pm

22 Dec: 10:30am - 12pm

29 Dec: 10:30am - 12pm

ART COURSES 繪畫課程

Watercolour Painting 水彩畫

Chinese Calligraphy 中國書法

Handicraft Courses 手工藝

MINDFULNESS 正念課程

8 Weeks Course 8週課程

10 Weeks Course 10週課程

12 Weeks Course 12週課程

EXCURSION 郊遊

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

DANCE THERAPY 舞蹈治療

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

MAHJONG COURSE 麻將課程

Learn Mahjong to improve your social skills

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

HAPPY POTLUCK CLUB 喜樂聚餐會

Join our FREE festive season and end of year festive Potluck Club

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

LUNAR NEW YEAR ARRANGEMENT 農曆新年佈置

Make a New Year lantern for the Chinese New Year

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

Counselling Services, Pro Bono Legal Advisory Email: info@brahmcentre.com

COURSES & ACTIVITIES NOV/DEC 2018

Register at: www.brahmcentre.com

CHRISTMAS MUSIC CAFE 聖誕音樂咖啡

19 Dec: 10:30am - 12pm

22 Dec: 10:30am - 12pm

29 Dec: 10:30am - 12pm

MINDFULNESS @ BOTANIC GARDENS 正念練習

19 Dec: 10:30am - 12pm

22 Dec: 10:30am - 12pm

29 Dec: 10:30am - 12pm

ART COURSES 繪畫課程

Watercolour Painting 水彩畫

Chinese Calligraphy 中國書法

Handicraft Courses 手工藝

EXCURSIONS 郊遊

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

FESTIVE CARD WATERCOLOUR WORKSHOP 節日賀卡水彩畫工作坊

Make your own festive and end of year watercolour cards

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

DANCE THERAPY 舞蹈治療

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

LUNAR NEW YEAR FLORAL ARRANGEMENT 農曆新年花藝

Make a New Year floral arrangement for the Chinese New Year

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

HAPPY POTLUCK CLUB 喜樂聚餐會

Join our FREE festive season and end of year festive Potluck Club

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

MAHJONG COURSE 麻將課程

Learn Mahjong to improve your social skills

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

Counselling Services & Pro Bono Legal Advisory by appointment

Brahm Centre 百仁中心
 Novena: 71 Irwaddy Road Ren Ci Hospital #03-09 S(22942) - 5 min walk from Novena MRT | 6258 0831
 Simei: Blk 227 Simei St 4 #01-50 S(20227) - 5 min walk from Simei MRT | 6786 0000
 MacPherson: Blk 55 Phipps Road #01-01 S(37056) - 5 min walk from MacPherson MRT | 6241 1131
 Enquiries: info@brahmcentre.com

HEALTH TALKS & COURSES NOV/DEC 2018

Register at: www.brahmcentre.com

SATURDAY HEALTH TALKS 星期六健康講座 (入場免費)

MacPherson: 10:30am - 12pm FREE

1 Dec: 如何處理你的晚年 李國強博士

15 Dec: 失智症知多少 李國強博士

22 Dec: 失智症知多少 李國強博士

29 Dec: 預防及治療眼疾 廖國強醫生

MINDFULNESS COURSES 正念課程

Learn the skills to reduce stress, to connect, more present and improve your relationships

8 Weeks Course 8週課程

10 Weeks Course 10週課程

12 Weeks Course 12週課程

MINDFULNESS @ BOTANIC GARDENS 正念練習

19 Dec: 10:30am - 12pm

22 Dec: 10:30am - 12pm

29 Dec: 10:30am - 12pm

MINDFULNESS FOR STUDENTS 學生正念學習

Mindfulness Camp - Calming on Demand

Students will learn mindfulness techniques and practices to cope with external pressure and each other's experience

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

Counselling Services & Pro Bono Legal Advisory by appointment

Brahm Centre 百仁中心
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 MacPherson: Blk 55 Phipps Road #01-01 S(37056) - 5 min walk from MacPherson MRT | 6241 1131
 Enquiries: info@brahmcentre.com

COURSES & ACTIVITIES DEC 2018 / JAN 2019

Register at: www.brahmcentre.com

ART COURSES 繪畫課程

Watercolour Painting 水彩畫

Chinese Calligraphy 中國書法

Handicraft Courses 手工藝

MINDFULNESS 5-DAY RETREAT COMING TO YOUR SENSES 正念五日靜修

Should you like to reduce stress, anxiety, worry and feel that self consciously without just thinking, this retreat is for you

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

POTLUCK CLUB 喜樂聚餐會

Join our FREE festive season and end of year festive Potluck Club

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

DANCE THERAPY 舞蹈治療

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

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 Enquiries: info@brahmcentre.com

HEALTH TALKS & COURSES DEC 2018 / JAN 2019

Register at: www.brahmcentre.com

SATURDAY HEALTH TALKS 星期六健康講座 (入場免費)

10:30am - 12pm FREE

18 Dec: 如何處理你的晚年 李國強博士

22 Dec: 失智症知多少 李國強博士

29 Dec: 預防及治療眼疾 廖國強醫生

MINDFULNESS COURSES 正念課程

8 Weeks Course 8週課程

10 Weeks Course 10週課程

12 Weeks Course 12週課程

MINDFULNESS @ BOTANIC GARDENS 正念練習

19 Dec: 10:30am - 12pm

22 Dec: 10:30am - 12pm

29 Dec: 10:30am - 12pm

MINDFULNESS FOR ENHANCED PERFORMANCE 正念提升表現

Learn the skills to reduce stress, to connect, more present and improve your relationships

Jan 10 - Feb 20 (10 days)

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Jan 20 - Mar 9 (8 days)

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 MacPherson: Blk 55 Phipps Road #01-01 S(37056) - 5 min walk from MacPherson MRT | 6241 1131
 Enquiries: info@brahmcentre.com

COURSES & ACTIVITIES JAN / FEB 2019

Register at: www.brahmcentre.com

CHINESE CALLIGRAPHY WORKSHOP 中國書法

Learn the art of Chinese calligraphy

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

ART COURSES 繪畫課程

Watercolour Painting 水彩畫

Chinese Calligraphy 中國書法

Handicraft Courses 手工藝

POTLUCK CLUB 喜樂聚餐會

Join our FREE festive season and end of year festive Potluck Club

Jan 10 - Feb 20 (10 days)

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Jan 20 - Mar 9 (8 days)

DANCE THERAPY 舞蹈治療

Jan 10 - Feb 20 (10 days)

Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

MAHJONG COURSE 麻將課程

Learn Mahjong to improve your social skills

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Jan 15 - Mar 4 (9 days)

Jan 20 - Mar 9 (8 days)

MINDFULNESS 5-DAY RETREAT COMING TO YOUR SENSES 正念五日靜修

Should you like to reduce stress, anxiety, worry and feel that self consciously without just thinking, this retreat is for you

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 Enquiries: info@brahmcentre.com

JULY 2018 – JUNE 2019 PROGRAMS

The image displays a collection of promotional flyers for Brahm Centre, arranged in a collage. Each flyer features the Brahm Centre logo and contact information. The flyers are organized by month and program type:

- HEALTH TALKS & COURSES JAN / FEB 2019:** Includes Saturday Health Talks (Feb 10), Focus Group and Health Talk on Antibiotic (Feb 18), Advance Care Planning Workshop (Feb 22), Mindfulness Courses (Feb 19-21), Mindfulness for Students (Mar 14-16), Mindfulness Botanic Gardens (Mar 23), and Mindfulness Club (Mar 27).
- FEB / MAR 2019 COURSES & ACTIVITIES:** Includes Art Courses (Feb 23), Music Cafe @ Novena (Mar 10), Potluck Club (Mar 18), Dance Therapy (Apr 1), Flower Arrangements for Mothers (Apr 29), Therapeutic Yoga (Mar 23), Mindfulness Botanic Gardens (Mar 26), and Mindfulness Club (Mar 30).
- FEB / MAR 2019 HEALTH TALKS & COURSES:** Includes Saturday Health Talks (Feb 10), Mindfulness Courses (Feb 19-21), Mindfulness Botanic Gardens (Mar 23), Mindfulness Club (Mar 27), and Mindfulness for Students (Mar 14-16).
- MAR / APR 2019 COURSES & ACTIVITIES:** Includes Art Courses (Mar 23), Singapore Mindfulness Conference (Mar 23-24), Potluck Club (Mar 30), Baking Demo (Mar 30), Dance Therapy (Apr 1), Flower Arrangements for Mothers (Apr 29), Mindfulness Club (Apr 3), and Mahjong Courses (Apr 12).
- MAR / APR 2019 HEALTH TALKS & COURSES:** Includes Saturday Health Talks (Mar 10), Mindfulness Courses (Mar 17-19), Potluck Club (Mar 17), Dance Therapy (Apr 1), Flower Arrangements for Mothers (Apr 29), Therapeutic Yoga (Mar 23), Mindfulness Botanic Gardens (Mar 26), and Mindfulness Club (Mar 30).
- APR / MAY 2019 COURSES & ACTIVITIES:** Includes Art Courses (Apr 23), Singapore Mindfulness Conference (Apr 23-24), Potluck Club (Apr 30), Baking Demo (Apr 30), Dance Therapy (May 1), Flower Arrangements for Mothers (May 29), Mindfulness Club (May 3), and Mahjong Courses (May 12).
- APR / MAY 2019 HEALTH TALKS & COURSES:** Includes Saturday Health Talks (Apr 10), Mindfulness Courses (Apr 17-19), Potluck Club (Apr 17), Dance Therapy (May 1), Flower Arrangements for Mothers (May 29), Therapeutic Yoga (Apr 23), Mindfulness Botanic Gardens (Apr 26), and Mindfulness Club (Apr 30).

Each flyer provides details on dates, times, fees, and contact information for Brahm Centre, located at 71 Inverness Road, Singapore. The contact number is 650 5229421, and the website is www.brahmcentre.com.

JULY 2018 – JUNE 2019 PROGRAMS



OUR MAJOR SPONSORS



**Albert & Li Wee Toh
Choo Chiau Beng
Chen Yew Nah**

**Lee Li Ming
Wan Family
Faith & Mark Tan**

SPECIAL HIGHLIGHT - OPENING OF BRAHM CENTRE@MACPHERSON



Brahm Centre extended its community outreach into MacPherson, one of Singapore's oldest public housing, with a significant number of elderly and low-income households. President Halimah Yacob officiated the opening on 8 December 2018. This marks the third facility by Brahm Centre in a short span of five years, which saw the Centre ramping up its efforts to widen its community care services to serve a rapidly greying population. The centre has partnered with the Agency for Integrated Care (AIC) to pilot Singapore's first Silver

Station. The aim is to raise public awareness on dementia and mental health by promoting early detection and providing related information, resources and referrals. Today, one in 10 seniors who are aged 60 and above in Singapore has dementia. This is projected to rise to 187,000 by 2050. Since opening its doors, Brahm Centre MacPherson has reached out to over many individuals with its services and activities such as the Potluck Club where residents whipped up their favourite dish and shared it with other fellow mates over music and dance.

President stresses need for supportive community

Cheryl Teh

Mental well-being is an integral and essential component of good health, said President Halimah Yacob yesterday.

"Having a supportive community helps with the recovery for those with mental health issues," she added. "By leveraging existing service providers, we can improve access to mental health services through community engagement."

She added that collaborations among patients, social care workers, volunteers and local businesses can develop local networks.

These social networks can raise community mental health awareness, and improve knowledge on

how, when and where to seek help, better reaching the under-served, Madam Halimah said at the official opening of the third Brahm Centre, at MacPherson.

The centre offers a range of services for people with mental health issues. Over 500 individuals have visited it for support and counselling since the services became available at the centre in October.

Associate Professor Angie Chew, founder of the Brahm Centre, said, "The centre is important as it serves both the mental and physical health needs of the community."

"Mental health is increasingly important as more people are finding life to be stressful."

The number of children and elderly suffering from anxiety and

even depression is on the incline, noted Prof Chew, commenting as well on the high density of lonely elderly in the area.

"By being closer to them, they are able to benefit from the myriad of programmes that we offer," she said.

The proximity of the centre to the MacPherson estate has allowed the staff to respond faster to the needs of the elderly, and made it more convenient for seniors to get to the centre for activities, noted its centre manager, Ms Fanny Fan.

The Brahm Centre, which offers five weekly health education forums, befriending and support services for patients and caregivers, and dementia screening and counselling services, also has outlets at Novena and Simei.

The organisation is also partnering with the Ministry of Health and the Agency for Integrated Care to establish a community safety network for people with at risk of depression, dementia and other mental illnesses.

ten@pzh.com.sg



President Halimah Yacob adding two leaves to a Chinese painting at the official opening of Brahm Centre @ MacPherson yesterday. With her are (from right) the centre's counselling and care manager Lily Tan, Brahm Centre founder Angie Chew and MacPherson JAP Tin Pei Ling. ST PHOTO: SHAWN TOO

百仁中心麦波申设立全国第一所乐龄站

王瑞莹 报道
wangry@pzh.com.sg

百仁中心在麦波申设立全国第一所乐龄站，为社区提供针对精神健康问题的支援服务。中心以服务失智症患者为主，为老年人提供支持。

乐龄站 (Silver Station) 由百仁中心和护理中心联合开办，是“先智先老新加坡” (Dementia-Friendly Singapore) 旗下的新服务，旨在帮助长者及其家属。

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PROGRAMS & ACTIVITIES



Music & Movement at Brahm Centre @ Simei



Music & Movement at Brahm Centre @ MacPherson



Potluck at Brahm Centre @ MacPherson with weekly donated dishes from Neo Garden



Table Games (Rummy-O & Mahjong) after exercising

PROGRAMS & ACTIVITIES



\$50 NTUC voucher ang pows were presented to the elderly at Brahm Centre MacPherson, generously donated by Mr & Mrs William Chua from Goldbell Foundation in celebration of their grand-daughter's birthday



Dementia & Depression Screening



Dementia Awareness Talk at Charis ACE

PROGRAMS & ACTIVITIES



Physio Gym Session



Saturday Health Talk



Art Course



Therapeutic Yoga



Jewel Changi Airport Excursion



Singapore Zoo Excursion sponsored by Bank of America



Gardens by the Bay Excursion



VOLUNTEERS' RETREAT, 15 APRIL 2019

A retreat was planned for Brahm Centre's volunteers on 15 April 2019 in appreciation of their tireless support for the community work. Besides recognising their invaluable contribution, the platform was also used to gather feedback from the ground to improve service delivery to our clients/beneficiaries. The volunteers also engaged in mindfulness practice to strengthen their mental resilience.



SCHOLARSHIP AWARD CEREMONY 30 MARCH 2019

6 students from the Chen Su Lan Home were awarded scholarships totaling almost \$30,000 at the Brahm Centre's Scholarship Award Ceremony on 30 March 2019. The scholarships aim to allow the students to continue to pursue higher education for a better future.



CELEBRATING LIFE & HEALTH

29 July 2018, Ren Ci Hospital



Over 200 people from all walks of life joined A/Prof Angie Chew, Brahm Centre's Executive Director and Dr Lee Liang Tee, Ren Ci Community Hospital's Clinical Director for an afternoon of enrichment, enjoyment and energy on 29 July 2018 at Ren Ci Community Hospital. Aptly coined "Celebrating Life and Health", guests were entertained with familiar tunes of the 60s and 70s delivered by vocalist Robert Fernando, tasty snacks, mindfulness practices and tips on how to stay healthy. They also participated in fun games and walked away with loads of goodies.



HEALTHY MIND, BETTER LIFE WORKSHOP & SEMINAR



A champion for mental wellness, Brahm Centre organised the Healthy Mind, Better Life Workshop and Seminar on 25 October 2018 at the Singapore Conference Hall. Over 500 participants benefitted from talks on mindfulness, self-care, managing stress at work and parent-child relationship.

The guest-of-honour, Dr Amy Khor, Senior Minister of State for Health and Environment and Water Resources, launched the Dementia Friends mobile app. The app was developed as part of the DementiaFriendly Singapore initiative to build a supportive community for persons with dementia and their caregivers.

Renowned vocalist Robert Fernando serenaded the crowd with jazz and evergreen melodies delivered in his rich, velvety soulful voice. Participants were also engaged in the HAPPY Workout, a series of fun and interactive exercises to train one's mind and body plus a taste of mindfulness practice.

The seminar was part of the Mental Health Awareness Singapore Learning Series organised to commemorate World Mental Health Day 2018. Held in five regions - North, South, East, West and Central, the learning series helped the communities to learn more about mental health, prevention and resilience-building. The learning series, themed "Be Understanding • Be Supportive" empowered the community to share perspectives, inspire ideas, and start conversations on mental health through sharing, experiential and educational learning.



MINDFULNESS AT SINGAPORE BOTANIC GARDENS

Over 900 mindfulness enthusiasts, young and old, showed up at Brahm Centre’s first mass mindfulness practice session on 7 October 2018 morning at the Singapore Botanic Gardens.

Dr Christopher Cheok, psychiatrist at the Institute of Mental Health shared on the long-term benefits of mindfulness on our mind and body with Adj Assoc Prof Angie Chew, Brahm Centre’s Executive Director and principal mindfulness trainer, leading the session with mindful stretches and body-scan mindfulness practices to relax the body and mind.



Kickstarted by Brahm Centre, the mindfulness outreach was a collaborative effort among Singapore Botanic Gardens, Institute of Mental Health and the Agency for Integrated Care, and sponsored by Turbo One Pte Ltd, NTUC LearningHub and NTUC FairPrice Foundation.





MINDFULNESS CAMPS

Student mindfulness camps were met with popular demand with the six sessions in FY2018 fully subscribed. Targeting mainly teenagers between 11 and 15 years old, the mindfulness camps helped the 114 students to be calmer and handle their stress better. They also learnt to better self-regulate their emotions, understand the science of how their brain works and train their mind through mindfulness practices. The highly engaging sessions were taught using a combination of teaching, hands-on experiential mindfulness practices and interactive group sharing.



What the kids have to say

"I learnt how to remain calm, control my emotions and why we react the way we do."

"I learnt how to use my five senses to calm down and my breathing to relieve stress."



HEALING THE MIND AND BODY MINDFULNESS RETREATS

Retreats are a great way to reflect and renew oneself. That was how the 104 participants felt from the three mindfulness retreats by Brahm Centre in November 2018 and June 2019. The individuals took the opportunity to heal their body and mind from anxiousness, depression, psychosomatic physical and mental pain and to infuse themselves with positivity to start the next lap.

The retreats highlighted the pattern of the mind, the associated emotions and effects. With the newfound awareness, participants were empowered to reduce self-criticism, unhelpful thoughts and actions to enhance their personal well-being.



Takeaways from Mindfulness Retreats' Participants

"I've started living in the present, trusting and understanding my mind, learning to let go and be non-striving and happy."

"Mindfulness has helped me recover from anxiety and regression. I'm more aware of my issues, how the brain works and have the knowledge to make wiser choice."

"As a coach, mindfulness has really helped deepen my listening and my presence. The retreat has helped me to reconnect to the joy within!"





SUPPORTING OUR COMMUNITY THROUGH HOLISTIC CARE MANAGEMENT

*Linda's mother, Mdm Lee was diagnosed with early stage of dementia in 2012 at 77 years old. Through Brahm Centre's care management team, she was referred to a geriatric psychiatrist in Changi General Hospital. This saved them the hassle of having to travel all the way to the Singapore General Hospital (SGH) as they stay in Tampines. Mdm Lee also benefitted from a whole range of activities by Brahm Centre such as its befriending service, Eldersitter care and Potluck Club.

"The staff has shown their unconditional love and care to my mother and we feel so blessed under the care of Brahm Centre. They all play a part in improving the quality of life for my demented mother. As some of them were once nurses working in hospitals, they also provided medical expertise and shared valuable knowledge with us during their visits. So thankful to them!" said Linda.



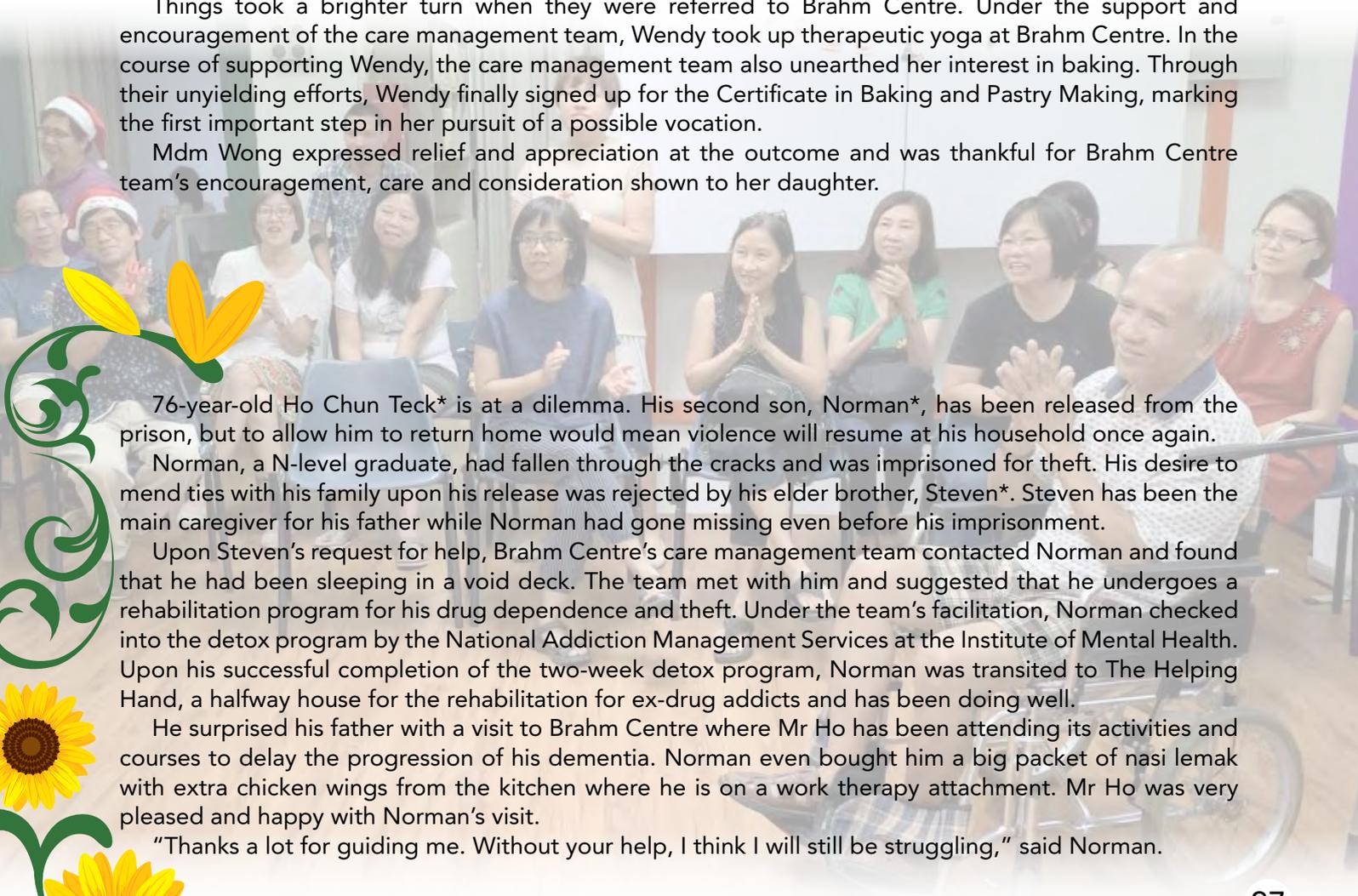
Stepping into the teenage phase is probably the start of endless dreams and exciting possibilities for many of us. This was not the case for 17-year-old Wendy*. Things came to a standstill when she stopped schooling mid-way through her ITE course, as she was diagnosed psychotic disorder, autism and obsessive-compulsive disorder.

For a year, apart from her medical follow-ups and snacks trips to the supermarket, Wendy confined herself to her home, spending most of her time on her mobile phone.

Her mother, Mdm Wong*, was highly stressed and worried at her daughter's lack of self-care and self-improvement. A widow, Mdm Wong works as a freelance service staff in a Japanese restaurant as she is the only caregiver for her daughter. Her monthly income averages \$1,500 and she relies partly on financial assistance.

Things took a brighter turn when they were referred to Brahm Centre. Under the support and encouragement of the care management team, Wendy took up therapeutic yoga at Brahm Centre. In the course of supporting Wendy, the care management team also unearthed her interest in baking. Through their unyielding efforts, Wendy finally signed up for the Certificate in Baking and Pastry Making, marking the first important step in her pursuit of a possible vocation.

Mdm Wong expressed relief and appreciation at the outcome and was thankful for Brahm Centre team's encouragement, care and consideration shown to her daughter.



76-year-old Ho Chun Teck* is at a dilemma. His second son, Norman*, has been released from the prison, but to allow him to return home would mean violence will resume at his household once again.

Norman, a N-level graduate, had fallen through the cracks and was imprisoned for theft. His desire to mend ties with his family upon his release was rejected by his elder brother, Steven*. Steven has been the main caregiver for his father while Norman had gone missing even before his imprisonment.

Upon Steven's request for help, Brahm Centre's care management team contacted Norman and found that he had been sleeping in a void deck. The team met with him and suggested that he undergoes a rehabilitation program for his drug dependence and theft. Under the team's facilitation, Norman checked into the detox program by the National Addiction Management Services at the Institute of Mental Health. Upon his successful completion of the two-week detox program, Norman was transited to The Helping Hand, a halfway house for the rehabilitation for ex-drug addicts and has been doing well.

He surprised his father with a visit to Brahm Centre where Mr Ho has been attending its activities and courses to delay the progression of his dementia. Norman even bought him a big packet of nasi lemak with extra chicken wings from the kitchen where he is on a work therapy attachment. Mr Ho was very pleased and happy with Norman's visit.

"Thanks a lot for guiding me. Without your help, I think I will still be struggling," said Norman.

SUPPORTING OUR COMMUNITY THROUGH HOLISTIC CARE MANAGEMENT



At Brahm Centre, our care management team comprises care coordinators who manage cases of clients with mental health conditions, providing a vital link between them and the mental health support networks.

Many of our clients are members of the community with mental health conditions like depression or dementia and who face challenges such as being frail, having financial difficulties, or not having the necessary support or care. Their caregivers may also suffer from the stress of caring for their loved ones.

In FY2018, Brahm Centre conducted dementia and depression screening for a total of 518 individuals. 17.6% showed signs of dementia or depression and were referred for follow-up at the polyclinics or hospitals.

Dementia and depression are common mental health problems seen in the elderly. Research has shown that depression late in life may indicate that changes have occurred in the brain that can make us more prone to developing dementia.

Early detection and treatment can slow down the progression of dementia, and is important for the effective management of the condition. Identifying the warning signs early can make a positive difference to the patient and their family.

After receiving the referrals from our community partners, our care coordinators, who act as case managers, would visit clients at their homes to assess their situation, study their needs, provide emotional support and work towards providing holistic care to clients and their caregivers.

Brahm Centre's person-centric care management

- Provide education on how to manage mental health conditions like dementia and depression
- Offer counselling and emotional support
- Encourage clients to engage in social activities
- Help clients who are defaulting on medical appointments to make appointments or even accompany them on doctors' visits
- Work with community partners to ensure clients' medication compliance eg. providing medication packing service
- Link clients up with social service agencies to get financial assistance
- Connect clients with medical institutions for relevant medical assistance
- Liaise with agencies to provide meals for clients who need them
- Arrange for the installation of safety aids around the house to prevent falls for the frail elderly

COMMUNITY BEFRIENDING PROGRAM

An Accidental Befriender

"I am one of those inward-looking individuals who focus more on internal thoughts, feelings and moods rather than seeking out new friends, experiences or stimulation. For me, nothing could be further than the desire to befriend elderly strangers.

My vision was dimming, and I became increasingly anxious about my handicap. At a friend's suggestion, I checked out Brahm Centre to see if there was anything else I could do to prepare myself mentally for the loss of my sight. On my way to my first appointment, it dawned on me that Brahm Centre's clients who have "been there, done that" could be the perfect teacher for me. And all it required of me was to step out of my comfort zone and begin my elder-sitting journey.

Brahm Centre matched me with two clients – a 91-year-old married man and an 84-year-old widower. I worried about my inadequacies and that we might not be a good fit. I knew if I wanted to earn their trust and be able to communicate with them, I needed to adjust to their speed. I assumed my clients could do with some company, and in return, I could tap on their wisdom. However, these were just assumptions to be proven right. Despite the uncertainty, I was determined to make a difference in their lives, no matter how small that might be.

On the first meeting with my clients, it was like a game of chess. I have done some homework – mentally rehearsing my opening line and a couple of follow-up questions to stay engaged. And I wondered how many different ways I could ask "Have you eaten?"



As it turned out, each visit was an adventure. It was exciting, full of surprises and plenty of nuggets to discover. It was sometimes emotional, sharing their griefs, feeling their pain when they fell and hurt themselves, sharing their moment of achievement when they could get up from the chair unassisted, or articulate 'how are you' following a speech therapy session.

In the last 26 weeks, I have taken away so much compared to what I have brought to the table. I have learnt about Chinese history, Chinese literature, qigong, hifi, roof repair, English poetry appreciation, politics and so much more. At times their slowness, their dementia would really test my patience. But there was never a dull session. I am also amazed by the role reversal – I was supposed to be helping them but they turned out to be such a blessing to me.

Perhaps the greatest takeaway from my befriending experience was what it means to be human. As humans, we can give and receive love, feel happiness from winning and desire to hug a loved one. We can show compassion, love, and empathy. Through befriending and caregiving, I am learning to be human again, thinking with both my brain and heart, listening with both my ears and heart, seeing less with my eyes and seeing more with my heart too."

Enoch Chng, befriender

COMMUNITY BEFRIENDING PROGRAM

Caring For The Vulnerable Gives Me Purpose And Meaning

"I wanted to do befriending after my bad accident in 2011, which paralyzed me from the waist down. Many people who supported and encouraged me to move on, including those whom I did not know. I was so grateful that I decided to help people.

I visit clients who seldom have visitors, to talk to them and check on their health and general well-being. Some of them include caregivers who may need support too. Some clients look forward to me coming even though it is only for an hour or two. They feel that I care enough to pay attention to them and listen to their stories. At times, though the exchange may be sparse, my presence there makes a difference as they feel they are not alone with their challenges.



I am happy to be a befriender as it teaches me to be patient, to show care and concern and to have empathy. It makes me appreciate my life and gives me purpose and meaning. I now look at my life in a different way. These are the little things that I can do to help the vulnerable to be happier."
Malar Singam, befriender

Enoch and Malar are among the pool of trained volunteers at Brahm Centre. They are the lifeblood in our Community Befriending Program that offers care and support to lonely elderly, persons with dementia and caregivers. The program has grown over the years to meet the increase in demand for community home care. Our hospital and community partners have now extended to include Tan Tock Seng Hospital; Khoo Teck Puat Hospital; Ren Ci Community Hospital; Changi General Hospital; Institute of Mental Health; Agency for Integrated Care; The Council for 3rd Age; Kembangan Chai Chee Seniors Activity Centre; Thye Hua Guan MacPherson Seniors Activity Centre; Kolam Ayer Community Club; and various social service centres.

After referrals are received and case assessments are made, Brahm Centre's care management team matches clients to trained volunteers, who engage the former with the goal of providing compassionate befriending on a weekly basis.

In FY2018, the care team together with the volunteers, served 1,095 clients and made 4,461 home visits, bringing warmth and comfort to them.

Brahm Centre's Befriending Program

- Chatting with befriendees or simply lending them a listening ear
- Engaging in activities stimulating for the mind, which could include playing games
- Promoting healthy living and physical mobility through simple activities and/or encouragement
- Depending on the situation, our volunteers support caregivers by providing emotional support and education on supporting persons living with mental health conditions.

COUNSELLING

Sharing my thoughts in a safe and non-judgemental space

“2018 and 2019 have been serendipitous years for me.

‘Serendipitous’ because during a meeting about drumming, I spied a leaflet announcing a mindfulness programme conducted at Brahm Centre. Disregarding deep trepidation, I signed up and began the weekly regime of body scanning and mindful sitting, gradually finding myself embracing the practices I am being taught. These sessions also afforded a safe place to share, to fail and to begin again, to attend to the here and now.



Frank Singam
Senior Counsellor, Brahm Centre

I melded into a community of like-minded practitioners and we came easily together, forming a close network of mutual support and service as the Mindfulness Club. Each weekly session is led by a facilitator who is not only an experienced practitioner, but also a font of knowledge and encouragement. Each week with growing confidence, my companions and I meet, have lots of fun and support each other as we continue to learn.

‘Serendipitous’ also because, even while developing mindfulness, when I became aware of my dysfunctional life cycle, my Mindfulness Club companion suggested that I attend counselling.

My counsellor is exceptional in the quiet and singular way he perceives things and that being so, I feel safe to share, to open up about my thoughts, feelings and circumstances in a confidential and non-judgemental setting.

Brahm Centre has been an instrumental force in my life journey. The Mindfulness Club and our various activities chart my growth. In thoughts, words and deeds, in all ways, I am more effective and vital.”

Blessed*, a counselling client

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

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

In FY2018, we clocked a total of 565 hours in counselling and helped a total of 129 clients on various life issues, supporting them through their difficult times.

**Names have been changed to protect the privacy of our clients.*



NEW ACTIVITIES

Physiotherapy Gym Sessions

Attuned to the needs of our beneficiaries, Brahm Centre initiated the Community Based Exercises Program in April 2019 to improve fitness, balance and mobility of the elderly. We also offer physiotherapy to individuals who have specific condition related to ageing, degeneration, injuries or others.



Mr Chen Hock Soon* had right shoulder pain. Upon examination by Brahm Centre's staff, he was advised not to carry his heavy bag with his left arm alone, to lift the bag from back to front, and to use a backpack if possible. Since adopting the changes, the 70-year-old construction worker saw his right shoulder pain gradually improved and is now totally pain free.

His wife, Mdm Loke Siew Khim* was found to have plantar fasciitis due to arch weakness of her right foot. The staff taught her intrinsic exercises of the feet especially the right foot where the pain is. She was also advised to avoid wearing high heel shoes and to wear comfortable shoes that support her arches well. After practising the daily foot exercise, the 67-year-old housewife experienced less pain.

Improving mobility is important for the elderly as it will improve their mood and aid in social integration. The 1.5-hour morning session is conducted weekly at the MacPherson centre on Wednesday and at the Simei centre on Friday. The youngest beneficiary was a 61-year-old man who suffered a transient stroke, while the oldest being a 93-year-old woman with right frozen shoulder and osteoarthritis of the knees. Each session saw an average attendance of about 12 to 15 new clients.

**Names have been changed to protect the privacy of our clients.*

NEW ACTIVITIES

Music & Movement

Studies have shown that participating in music and dance can improve one's cognitive functioning, health, mental and spiritual well-being. On this premise, Brahm Centre rolled out the Potluck Club at its two centres – MacPherson and Simei where over 170 residents had plenty of fun and laughter as they swayed to their favourite tunes while reigniting the kampong spirit through potluck. This initiative was started by Mr Zheng Yuepeng, Deputy Head, Care Team, who has a diploma in music from LASALLE College of the Arts.



Thematic Flower Arrangement Workshops

Brahm Centre introduced thematic flower bouquet and arrangement as the latest addition to its line-up of therapeutic workshops for the public in FY2018. The popular workshops have been tailored to suit major festive occasions such as Chinese New Year, Hari Raya Puasa and Mother's Day. Participants had a curative time, exercising their creativity and dexterity into putting together a beautiful centrepiece for their homes or as a gift for their loved ones.



MINDFULNESS COURSES



2-Day Mindfulness Workshop for MOE Teachers and Staff



98.3%
agreed/strongly agreed that
they **will recommend the
mindfulness course**
to their friends.

MINDFULNESS FOUNDATION COURSE

正念基础课程

“The mindfulness foundation course has helped me to be much more accepting and kind towards myself and others. I would highly recommend it to all. I have recommended it to my friends.”

“Mindfulness is a core life skill set that enables one to have mental resilience and improve the quality of life.”

“当我感到压力，愤怒的时候，我可以用正念来平静下来。如果有时间的话，我会每日做一个练习。即使没空也没有关系，我还是吸气再吐出去，然后告诉自己不要急躁，焦虑。”

1. 放慢生活步伐。
2. 感恩每一天，身边的人或事。
3. 学习放松以关心多一点对人或事。”



Graduates of the Chinese Mindfulness Foundation Course at Brahm Centre @ MacPherson on 4 Dec 2018



Participants of Mindfulness Foundation Course at Brahm Centre @ MacPherson on 11 June 2019.

MINDFULNESS-BASED STRESS REDUCTION COURSE (MBSR)

“Mindfulness practice is a life skill that has enabled me to better manage unpleasant, challenging, and even painful situations that occur in ordinary day-to-day life. MBSR is a programme that I would highly recommend to anyone who is looking for an effective way to manage stress and triggers that they encounter on a daily basis and is an excellent way to support your own practise of self-care.”



MBSR graduates at Brahm Centre @ Simei on 23 Nov 2018

“A practical course in stress management -- learning to be mindful, effective & happy; living a life without judgement, regret nor anxiety.”

“The course has opened my eyes to the importance and positively life-changing potential of mindfulness and its practices. Indeed, the term “stress reduction” in the course name does not do adequate justice to the course, for the course teaches much more than

just techniques to reduce stress. More importantly, the course has also taught me how to be more at peace with myself and the world, and how to be a kinder, happier, and better person in general. I would highly recommend this course to anyone (stressed or otherwise).”



FINANCIAL RESULTS SUMMARY

Brahm Centre Ltd Overview of Financial Results July 2018 - June 2019

	2018/9 SGD	2017/8 SGD	Variance SGD
Charitable Activities			
Income from Courses	641,906	571,145	70,761
Income from Services and Merchandise	37,156	46,154	(8,998)
Less			
Expenses related to Charitable Activities	(1,775,956)	(1,307,658)	(468,298)
Expenses related to Governance Activities	(396,588)	(342,775)	(53,813)
Deficit	(1,493,482)	(1,033,134)	(460,348)
This is funded by:			
Donations	405,839	123,965	281,874
Fundraising	0	164,160	(164,160)
Other Income	16,636	12,594	4,042
Less	0	(22,226)	22,226
Fundraising Expenses			
Total Donation, Fundraising and Other Income	422,475	278,493	143,982
Deficit from Operations	(1,071,007)	(754,641)	(316,366)
Income From Government Grants	1,218,276	920,979	297,297
Matching Grant Contributions	106,303	304,103	(197,800)
Total Surplus from Operations	253,572	470,441	(216,869)
Net Investment and Interest Income	51,744	40,490	11,254
Total Surplus from Operations	305,316	510,931	(205,615)

Full financial statements can be downloaded separately via www.charities.gov.sg.

Remuneration of annual gross salary of \$100,000 – \$160,000, inclusive of CPF, AWS & bonus
No. of staff: 1

BOARD MEETING ATTENDANCE 2018/19

DIRECTORS	23 NOV 2018	22 MAR 2019	20 JUN 2019
Ms Chen Yew Nah (Chairman)	√	√	√
Dr Ho Eu Chin (Vice-chairman)	√		√
Ms Angie Chew	√	√	√
Mr Henry Baey		√	
Dr Chan Keen Loong	√		
Mr Chong Nai Min	√		
Mr Patrick Goh (Retired as of 26 Feb 2019)		NA	NA
Dr Jerome Goh (appointed as of 2 Apr 2019)	NA	NA	√
Dr Gregor Lange		√	√
Ms Karen Kooi (appointed as of 2 Apr 2019)	NA	NA	√
Dr Lee Cheng Chuan	√	√	√
Ms Ong Siew Kim	√	√	√
Dr Tan Bhing Leet	√		
Dr Tan Geok Leng			
Dr Irene Tirtajana	√	√	
Ms Serena Yong (Retired as of 2 Apr 2019)			NA



Happier & Healthier Living

Brahm Centre Limited 百仁中心

info@brahmcentre.com

www.brahmcentre.com | facebook.com/BrahmCentre

Brahm Centre @ Novena

71 Irrawaddy Road, Ren Ci Hospital #03-09

Singapore 329562 (Next to Novena MRT)

Tel: 6258 0831

Brahm Centre @ Simei

Blk 227 Simei St 4 #01-50 Singapore 520227

(5 min walk from Simei MRT station)

Tel: 6786 0800

Brahm Centre @ MacPherson

Blk 55 Pipit Road #01-01 Singapore 370055

(5 min walk from Simei MacPherson station)

Tel: 6741 1131