

THE STRAITS TIMES SINGAPOREAN OF THE YEAR 2019

PRESENTED BY



GUEST

PRESIDENT HON. H. YACOB



ANNUAL REPORT

2019-2020



Happier & Healthier Living

CONTENTS

- 03** About Brahm Centre
- 04** Our Vision, Mission and Values
- 05** Patron's Message
- 06** Chairperson's Message
- 07** CEO's Message
- 09** Patron and Distinguished Advisors
- 10** Board of Directors
- 11** Our Team
- 12** July 2019 - Jun 2020 Programs
- 15** Community Partners and Major Sponsors
- 16** Milestones and FY2019 in Numbers
- 17** In The Media
- 19** Program Highlights
- 24** Singapore Mindfulness Conference 2019
- 26** Volunteers' Retreat 2019
- 27** Mindfulness Programs For Students
- 28** Mental Health Seminar/Li Chong Jian Parenting Seminar
- 29** Healing the Mind and Body Mindfulness Retreat
- 30** Conversations on Mental Health in Singapore
- 31** The Straits Times Singaporean Of The Year 2019
- 32** Covid 19 Initiatives To Support The Community
- 33** Mindful Parenting Webinar Series
- 34** Mindfulness Courses
- 37** Mindfulness Research
- 38** Holistic Care Management For The Community
- 40** Community Befriending Program
- 43** AssistLine
- 45** Counselling
- 47** Financial Results Summary
- 48** Board Meeting Attendance 2019/2020

ABOUT BRAHM CENTRE

Launched in 2012, Brahm Centre is a registered charity and full member of the National Council of Social Services that aims to promote happier and healthier living.

Focused on proactive actions that empower individuals to help themselves stay physically and mentally well, Brahm Centre offers science-based mindfulness programs that reduce stress and enhance well-being. The programs have benefited the public as well as corporations. Our clients include healthcare agencies, schools and organisations in both the public and private sectors.

Brahm Centre is also committed to raising awareness on mental health issues through free weekly health talks conducted by healthcare professionals and qualified speakers. In addition, Brahm Centre engages residents in MacPherson, Simei, Tampines and Geylang Serai areas with active ageing activities such as exercise and dance classes and therapeutic art programs. We also collaborate with People's Association and grassroots leaders on mental health awareness initiatives for the residents.

Working closely with the Agency for Integrated Care and the Ministry of Health, Brahm Centre provides support to the vulnerable elderly in the form of case management and befriending. This is achieved with a dedicated care management team supported by a group of trained volunteers.

Being an Institution of a Public Character (UEN 200200167M), Brahm Centre relies on the donations from corporations and individuals to advance its cause of happier and healthier living for the community.



Scan QR code to watch our corporate video



Selected photos in the report were taken pre-Covid 19

VISION

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

MISSION

*To promote happier and healthier
living*

VALUES





PATRON'S MESSAGE

Brahm Centre was founded with the mission to promote happier and healthier living. As Singapore climbs the ranks of the longevity leader board and we all live longer, it's important that we focus on healthy ageing and ensure our seniors live better in their remaining decades.

2019/20 was an exceptional year. We were confronted with COVID-19, the pandemic of the century. Our lives were dramatically altered. I am really proud that the Brahm Centre team led by Angie was able to swiftly adopt the digital platforms to roll out free mindfulness and exercise sessions, health talks as well as telephony support and video-conferencing for client care and counselling to ensure continuity of care and support for the community. Many of our online service offerings such as mindfulness and art courses were very well received, underscoring the pent-up demand.

In line with its mindfulness DNA, the team focused on the positives and channelled their energy to what they can do to better support the community in tough times.

Their efforts bore fruits with distinguished overseas speakers from Harvard Medical School like Dr Christopher Willard and Dr Sara Lazar giving free health talks that benefitted hundreds of participants during COVID-19.

I am also deeply heartened and grateful for the generous donations from the Bank of America and the strong support from the community in advancing our cause. In particular, a group of Hwa Chong alumni has helped us to raise funds for our beneficiaries under the WeWalk for SG initiative. This incredible ground-up movement could not have been more timely for our beneficiaries, many of whom were facing financial difficulties.

I am equally appreciative of the generous contribution by our donors, grant makers and the board who have been active in lending their time, expertise and guidance to ensure good governance.

As we move to a new norm, I have no doubt that the team, with the support of committed and selfless volunteers, will adapt to the new conditions and carry on the good work of encouraging the seniors to stay physically active and mentally alert.

Choo Chiau Beng

Patron



CHAIRPERSON'S MESSAGE

Looking back at the past year, it's difficult to do so without considering the impact of the Covid-19 pandemic. It was not only a healthcare crisis but one that has far-reaching implications to the economy, family relationships and work-life. This in turn brought about a rise in mental health issues faced by a wide swarth of the population.

Mindfulness, an evidence-based practice championed by Brahm Centre, has gained significant traction in the current pandemic. To widen the service offerings to meet the rising demand, our mindfulness trainers, Angie and Eric have both been certified as a Mindfulness-Based Stress Reduction Teacher, conferred by the Mindfulness Center at Brown University School of Public Health, in collaboration with UMASS Memorial Health Care's Center for Mindfulness. They are the first two to be certified MBSR teachers in Singapore.

It made us proud when Brahm Centre's founder, Angie Chew was named The Straits Times Singaporean of the Year 2019 for her contributions to society in helping those with mental health issues, as well as the elderly. Angie's remarkable journey in overcoming the odds and her dedication in serving the community is inspiring for all of us and have attracted diverse talents to join Brahm Centre in its purposeful cause.

Angie was also selected as the 22-member NCSS Beyond COVID-19 Taskforce and co-lead in the digitalisation workstream, to help social service agencies digitalise and innovate their service delivery during the COVID-19 pandemic and beyond.

During the COVID-19 pandemic, Brahm Centre pivoted to online channels early which enabled us to reach 10,678 people with mindfulness programs. It was also encouraging to see government agencies, healthcare institutions, schools and companies recognize the positive effect mindfulness practices have on mental well-being. Over 109 of these organizations worked with Brahm Centre to conduct workshops teaching mindfulness practice to their employees.

At the community care front, Brahm Centre conducted 10,778 home visits/telephone calls to vulnerable seniors, served more than 2,000 clients and performed 521 screenings for dementia and depression.

I am grateful for the support of my fellow board members in driving the growth and development of Brahm Centre to better serve the community.

I would also like to commend Angie and the Brahm Centre team for their commitment and the volunteers for their contribution in advocating happier and healthier living.

Karen Kooi
Chairperson



CEO'S MESSAGE

Eight years ago, I founded Brahm Centre with the aim to improve lives by promoting mental wellness with mindfulness practice and supporting the seniors stay active and happy through their golden years with community outreach and community care services. We have grown to be a leading provider of mindfulness programs, reaching 49,438 participants with our seminars, workshops and courses since 2012.

The pandemic brought about much uncertainty and threw our lives off course. Together with the social isolation during the circuit breaker period, it resulted in an increase in mental health issues among the population. Despite the challenges of the Covid-19 crisis, Brahm Centre remained true to our mission of serving the community by adapting to the new conditions and moved our talks, seminars and courses online. This allowed us to reach out to a wider audience and helped them relieve stress and anxiety with mindfulness practices.

New initiatives included free daily lunchtime guided mindfulness sessions, morning workouts, healthy living advice with good diet and nutrition, coaching sessions to enhance personal leadership and performance as well as weekly parenting webinars. The response to all these programs was extremely positive, engaging 21,883 participants to logged on for the sessions from March to June 2020.

Besides the free talks and programs, we also saw a 30% increase for mindfulness courses registration compared to FY2018-2019. Today, our courses are offered both on-site with necessary safety precautions and online.

I am heartened to see the growing acceptance of evidence-based mindfulness courses as an effective means to enhance mental well-being by hospitals, government agencies, schools and corporates. This year we partnered with 109 organizations/schools/agencies to conduct mindfulness workshops for healthcare workers, teachers and employees.

In August 2019, we launched AssistLine to offer support to students and parents in distress. From an average of 80 calls per month before March 2020, there was a 179% increase to 223 calls after the pandemic struck. A total of 300 AssistLine clients were served.

Our care team stepped up and conducted a total of 10,778 home visits and weekly calls for the year in response to the Covid19 crisis. When restrictions set in preventing face-to-face sessions, we kept in touch with our beneficiaries through weekly telephone calls.

Despite the challenging circumstances, this has indeed been a fulfilling year. I am both humbled and honoured to be named The Straits Times Singaporean of the Year 2019. It is very much a validation of the work my team and I have done at Brahm Centre to champion mental wellness, promote happier and healthier living and serve the frail elderly with chronic conditions such as dementia and mental health issues.

CEO'S MESSAGE

As we close a chapter of our history with the closure of our very first centre located in the Ren Ci Hospital at Novena, we look forward to new beginnings with our upcoming flagship centre in Tampines. We have exciting plans for outreach and engagement for Tampines residents. Besides active ageing programs that encourage physical, mental and social activities, we will also launch an academic coaching programme aimed at helping to pair students from underprivileged families with mentors and providing a conducive studying space within the centre.

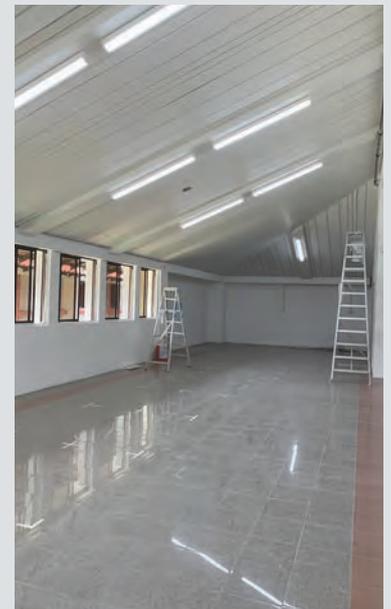
In addition, having been appointed the Volunteer Centre for Simei and Tampines, we are eager to work in partnership with other social service agencies through knowledge sharing to enhance the recruitment and training of volunteers.

I am very grateful to my staff and volunteers for their dedication, resilience and adaptability in driving all these initiatives. I would like to express my deepest appreciation to our Patron, Board of Directors, grant makers, donors and partners for their generous support.

As we move into the new year, we will work together with staff, volunteers, donors and partners to touch and transform lives with our programs and initiatives. Having the opportunity to serve the community, guided by our core values of integrity, respect, kindness, compassion and happiness, is both an honour and privilege.

Adj A/Prof Angie Chew

CEO, Brahm Centre



Scan QR code to watch Tampines Open House video



OUR PATRON



Prof Choo Chiau Beng

OUR DISTINGUISHED ADVISORS



Prof Foo Keong Tatt



Adj Prof Chua Hong Choon



Dr Daniel Fung



Dr Christopher Cheok



Mr Tan Siak Hee
Legal

BOARD OF DIRECTORS



Ms Chen Yew Nah
Chairperson of the Board
(till 24 Feb 2020)
Chairman of Audit Committee



Ms Karen Kooi
Chairperson of the Board
(w.e.f 24 Feb 2020)



Dr Ho Eu Chin
Vice-Chairman of the Board



Adj A/Prof Angie Chew
Founder & CEO
Mindfulness Principal
Brahm Centre



Mr Hendry Baey



Dr Chan Keen Loong



Mr Chong Nai Min
Chairman of IT Committee



Dr Jerome Goh



Dr Lee Cheng Chuan
Chairman of Human
Resources Committee



Ms Ong Siew Kim
Treasurer
Stepped down w.e.f 28 May 2020



Ms Jesilynn Luar
Treasurer
w.e.f 16 Jun 2020



Dr Tan Bing Leet



Dr Tan Geok Leng
Stepped down w.e.f 24 Feb 2020



Mrs Tan-Huang Shuo Mei



Dr Irene Tirtajana

SOME OF OUR TEAM MEMBERS



JUL 2019 - DEC 2019 PROGRAMS

AUG - DEC 2019 HEALTH TALKS & COURSES

SATURDAY HEALTH TALKS

31 Aug: MacPherson: 10.30am - 12pm FREE

7 Sep: 7 Sep: 7 Sep: 14 Sep: 21 Sep: 28 Sep:

DEPRESSION & DEMENTIA SCREENING

Prevention and early detection...

MacPherson: Oct 9 (Sat) 9am - 1pm

ADVANCE CARE PLANNING (ACP) PREPARATION

Come with your family member...

MacPherson: Oct 9 (Sat) 9am - 1pm

AUG - DEC 2019 COURSES & ACTIVITIES

SATURDAY HEALTH TALKS

28 Sep: 5 Oct: 12 Oct: 19 Oct: 26 Oct:

DEMENTIA SCREENING

Prevention and early detection...

MacPherson: Oct 9 (Sat) 9am - 1pm

ADVANCE CARE PLAN (ACP) PREPARATION GROUP WORKSHOP

Come with your family member...

MacPherson: Oct 9 (Sat) 9am - 1pm

SEP 2019 - JAN 2020 HEALTH TALKS & MINDFULNESS

SATURDAY HEALTH TALKS

7 Sep: 14 Sep: 21 Sep: 28 Sep:

DEMENTIA SCREENING

Prevention and early detection...

MacPherson: Oct 9 (Sat) 9am - 1pm

ADVANCE CARE PLAN (ACP) PREPARATION (INDIVIDUAL)

Come with your family member...

MacPherson: Oct 9 (Sat) 9am - 1pm

SEP 2019 - JAN 2020 COURSES & ACTIVITIES

ART COURSES

Painting, Calligraphy, Pottery...

CHARITY SEMINAR

Insights into Your Child's Mind & Emotions

STUDENT CAMP

Collegiate in Dementia (For 11-15 years old)

OCT 2019 - JAN 2020 COURSES & ACTIVITIES

DEMENTIA SCREENING

Prevention and early detection...

MacPherson: Nov 2 (Sat) 9am - 1pm

SATURDAY HEALTH TALKS

9 Nov: 16 Nov: 23 Nov: 30 Nov:

DEMENTIA SCREENING

Prevention and early detection...

MacPherson: Nov 2 (Sat) 9am - 1pm

NOV 2019 - JAN 2020 HEALTH TALKS & MINDFULNESS

SATURDAY HEALTH TALKS

7 Dec: 14 Dec: 21 Dec: 28 Dec:

DEMENTIA SCREENING

Prevention and early detection...

MacPherson: Nov 2 (Sat) 9am - 1pm

ART COURSES

Watercolor, Pencil Drawing, Pottery...

NOV 2019 - APR 2020 COURSES & ACTIVITIES

SATURDAY HEALTH TALKS

7 Dec: 14 Dec: 21 Dec: 28 Dec:

DEMENTIA SCREENING

Prevention and early detection...

MacPherson: Nov 2 (Sat) 9am - 1pm

ART COURSES

Watercolor, Pencil Drawing, Pottery...

DEC 2019 - AUG 2020 HEALTH TALKS & MINDFULNESS

SATURDAY HEALTH TALKS

7 Dec: 14 Dec: 21 Dec: 28 Dec:

DEMENTIA SCREENING

Prevention and early detection...

MacPherson: Nov 2 (Sat) 9am - 1pm

ART COURSES

Watercolor, Pencil Drawing, Pottery...

APR 2020 - JUN 2020 PROGRAMS

APR 7 - MAY 4 2020
Circuit Breaker Programs
 Registration: www.facebook.com/brahmcentre
 Enquiries: info@brahmcentre.com, call 9387 4293

FREE
Circuit Breaker Programs
FREE Online Programs
 Register at www.facebook.com/brahmcentre
 Online mindfulness course:
<http://brahmcentre.eventbrite.com>

FREE
Circuit Breaker Programs
FREE Online Programs
 Register at www.facebook.com/brahmcentre
 Online mindfulness course:
<http://brahmcentre.eventbrite.com>

FREE
Circuit Breaker Programs
FREE Online Programs
 Register at www.facebook.com/brahmcentre
 Online mindfulness course:
 Enquiries: 6258 0831
<http://brahmcentre.eventbrite.com>

HEALTH TALKS
 Time: 2:30pm - 4:30pm

HEALTHIER LIVING DIET & NUTRITION
 Mon - Fri 12:30pm - 1pm

HEALTH TALKS
 Time: 2:30pm - 4:30pm

HEALTHIER LIVING DIET & NUTRITION
 Mon - Fri 12:30pm - 1pm

HEALTH TALKS
 Time: 2:30pm - 4:30pm

HEALTHIER LIVING DIET & NUTRITION
 Mon - Fri 12:30pm - 1pm

HEALTH TALKS
 Time: 2:30pm - 4:30pm

HEALTHIER LIVING DIET & NUTRITION
 Mon - Fri 12:30pm - 1pm

HEALTH TALKS
 Time: 2:30pm - 4:30pm

HEALTHIER LIVING DIET & NUTRITION
 Mon - Fri 12:30pm - 1pm

HEALTH TALKS
 Time: 2:30pm - 4:30pm

HEALTHIER LIVING DIET & NUTRITION
 Mon - Fri 12:30pm - 1pm

HEALTH TALKS 2:30pm - 4pm
 SYMPTOMS & TREATMENT OF DEPRESSION 18 May

HEALTHIER LIVING DIET & NUTRITION
 Mon - Fri 12:30pm - 1pm

ONLINE MINDFULNESS COURSES
 Mindfulness Based Cognitive Therapy 27 May
 Mindfulness Foundations from 3 & 8 Jun
 Mindfulness Based Stress Reduction from 23 Jun
 Mindfulness Intermediate from 25 Jun

HEALTH TALKS 2:30pm - 4pm
 SYMPTOMS & TREATMENT OF DEPRESSION 18 May

HEALTHIER LIVING DIET & NUTRITION
 Mon - Fri 12:30pm - 1pm

ONLINE MINDFULNESS COURSES
 Mindfulness Based Cognitive Therapy 27 May
 Mindfulness Foundations from 3 & 8 Jun
 Mindfulness Based Stress Reduction from 23 Jun
 Mindfulness Intermediate from 25 Jun

HEALTH TALKS 2:30pm - 4pm
 SYMPTOMS & TREATMENT OF DEPRESSION 18 May

HEALTHIER LIVING DIET & NUTRITION
 Mon - Fri 12:30pm - 1pm

ONLINE MINDFULNESS COURSES
 Mindfulness Based Cognitive Therapy 27 May
 Mindfulness Foundations from 3 & 8 Jun
 Mindfulness Based Stress Reduction from 23 Jun
 Mindfulness Intermediate from 25 Jun

COMMUNITY PARTNERS & MAJOR SPONSORS

Community Partners



Major Sponsors



Mr & Mrs Albert Toh
The Community Foundation of Singapore
Ms Wan Pong Seng
American International Industries Pte Ltd
Ms Angie Chew
Mr Lee Soo Khoo
PAP Community Foundation
Mr Tang Chuan Ann

Ms Felicia Lauw Ben Ben
Collective Designs Pte Ltd
Ms Selina Tay Lian Bee
Ms Teo Sok Yeong
Prof Choo Chiau Beng
Ms Chen Yew Nah
Mr Tan Teck Lee
Ms Carol Choi, Faith & Mark Tan

We are thankful for the generous support from partners and sponsors who made it possible for Brahm Centre to promote mental wellness and healthy living by offering our free health talks, mindfulness webinars and active ageing programs to the community.

If you wish to make a contribution in your personal/organisation's capacity to support our cause, please visit brahmcentre.com/donate/

MAJOR MILESTONES

2015



Brahm Centre @ Novena was officially opened by President Nathan on 15 December

2018



1st Singapore Mindfulness Conference was held at Singapore Conference Hall 19 May



Brahm Centre @ MacPerhson officially opened on 8 December by Madam Halimah Yacob, President of Singapore

2020

Adj A/Prof Angie Chew, CEO of Brahm Centre, as awarded The Straits Times Singaporean of The Year 2019



2017

Brahm Centre @ Simei was officially opened on 15 December by Dr Amy Khor, Senior Minister of State, Ministry of Health



2019



2nd Annual Singapore Mindfulness Conference at the University Cultural Centre on 24 & 25 August

FY2019 IN NUMBERS



Mindfulness programs reached out to

16,256 participants



Community Care Team & Befrienders served

2,370 clients & elderly



Serving the Community

131 volunteers

IN THE MEDIA

These media highlights of Brahm Centre help further the cause by increasing awareness of mental health issues, our mindfulness programs and community care services.

News

新明日报 Shin Min Daily News

24 Aug 2019

本地人15%失眠, 逾40%周日睡眠不足

The Sunday Times

25 Aug 2019

Driven by grief to help other teens

联合早报 Lianhe Zaobao

7 Sep 2019

研究: 降低睡前认知刺激, 上正念课可改善睡眠质量

新明日报 Shin Min Daily News

8 Sep 2019

经历丧子之痛, 今助人抗困境

Straits Times Forum

17 Oct 2019

Need To Destigmatise Mental Illness

联合早报 Lianhe Zaobao

3 Nov 2019

我们与丧的距离

The Straits Times

20 Nov 2019

Singaporean of the Year 2019 Finalist

联合早报 Lianhe Zaobao

24 Dec 2019

岁末最好的礼物自我照顾

新明日报 Shin Min Daily News

29 Dec 2019

学印度舞, 参加社区活动八旬翁重拾人生乐趣

The Straits Times

11 Feb 2020

Brahm Centre's CEO & Mindfulness Principal named ST Singaporean of the Year 2019

The New Paper

11 Feb 2020

Being named S'porean of the Year is 'win for mental health'

联合早报 Lianhe Zaobao

11 Feb 2020

哈莉玛总统: 恐慌性购物散播错误信息不该是国人面对疫情正常反应



Charity holds online sessions to ease anxiety amid coronavirus outbreak

The centre, set up by Prof Chew in 2012, provides free health education to the elderly, as well as emotional and mental support to those who need it. The mindfulness classes she conducts over the Internet attract an

Associate Professor Angie Chew sets up Brahm Centre where people can go for help.

The Straits Times

19 Feb 2020

Charity conducts online mindfulness sessions to reduce anxiety and stress amid coronavirus concerns

The Straits Times

27 Feb 2020

Fight COVID-19 fear by keeping healthy with online mindfulness sessions by Brahm Centre

Straits Times Forum

29 Feb 2020

Counselling profession needs more recognition

The Straits Times

2 Mar 2020

Mindfulness in times of anxiety

The Straits Times

2 Mar 2020

A way to cope with virus outbreak

The Straits Times

23 Mar 2020

How to avoid being retrenched

The Straits Times

15 Apr 2020

Free programmes by Brahm Centre

The Straits Times

4 May 2020

When kindness towards my mother was not kind

The Straits Times

1 Jun 2020

When judgement gets in the way of love

IN THE MEDIA

Television

MediaCorp Channel 8

4 April 2020
 晨光潮流解码：正念冥想蔚然成风 共享居住追求快乐

MediaCorp Channel 8

20 April 2020
 Learn Together With Me 乐学每疫刻

The Straits Times



Others

AIC Blog

15 April 2020
 Mindfulness Advocate Found Peace As Caregiver And New Life Goal

Institute of Mental Health, My Say

19 Jun 2020
 Keep Calm and Carry On



Adjunct A/Prof Angie Chew & Eric Lim, Mindfulness Psychologist

Mediacorp Channel 8



The Straits Times



Mindfulness in times of anxiety

The New Paper

Being named S'porean of the Year is "win for mental health"

After overcoming her struggles, Ms Angie Chew, 56, channelled her efforts towards helping others by setting up centres that provide emotional and mental support.

For her contributions to society in helping those with mental health issues as well as the elderly, Ms Chew was yesterday named The Straits Times Singaporean of the Year 2019 at Istana.

She said receiving the award was "a real win for mental health", as it is an area that is under-represented.

Ms Angie Chew (left) with President Halimah Yacob (right) at Istana.

联合早报 Lianhe Zaobao



哈莉玛总统：恐慌性购物散播错误信息 不应是国人面对疫情正常反应

王婉芝 报道

总统哈莉玛可预见，恐慌性购物、歇斯底里信息和非理性的受害者，那不应是面对国人在面对疫情时的正常反应。她是在周一接受媒体采访时说，国人面对疫情时，应该保持冷静，不要恐慌性购物。她指出，恐慌性购物不仅会浪费资源，还会给商家带来损失。她呼吁国人保持冷静，不要恐慌性购物。她指出，恐慌性购物不仅会浪费资源，还会给商家带来损失。她呼吁国人保持冷静，不要恐慌性购物。

MOVEMENT PROGRAM HIGHLIGHTS

There is a strong connection between increased levels of physical activity and exercise participation with improved health in seniors. Brahm Centre holds regular exercise programs from dancing, stretching, physio gym and yoga to help seniors stay active in a fun and uplifting manner at all our centres.



Music & Movement at Brahm Centre @ Simei



Music & Movement at Brahm Centre @ MacPherson



Yoga Class at Brahm Centre @ MacPherson



Physio Gym at Brahm Centre @ Simei



Morning Mindfulness Session at Tampines Changkat Butterfly Garden



ARTS PROGRAM HIGHLIGHTS

Besides physical movement, creative arts related activities enhances cognitive functions, improves coordination skills and increases self esteem in seniors. Brahm Centre offers a wide range of arts courses and workshops that encourages seniors to keep learning.



Christmas Flower Arrangement



Chinese New Year Calligraphy



Decoupage Art Class



Pastel Art Class



Online Zentangle Class

OUTDOOR PROGRAM HIGHLIGHTS

The varied excursions, organized before the Covid-19 crisis, were stimulating and fun activities for the seniors. It was a welcome break from their routine and helped them to stay active socially.



Bicentennial Experience @ Fort Canning excursion



Excursion to Malaysia



Tai Hua Food Factory Tour



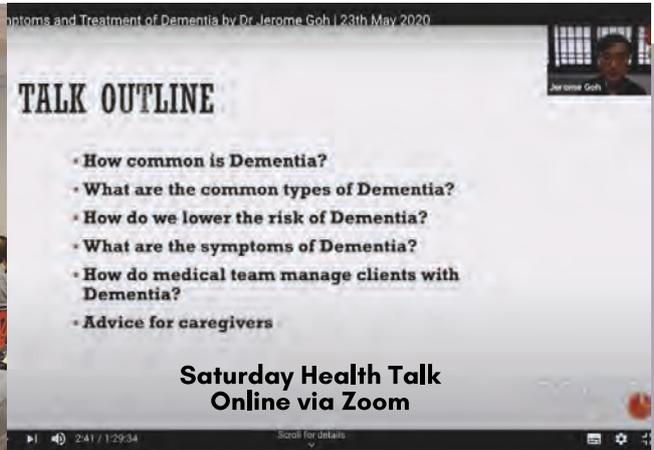
Farm Tour

HEALTH PROGRAM HIGHLIGHTS

Our community outreach programs help promote healthy living. The free weekly health talks by healthcare professionals and qualified speakers are well attended. We also hold regular dementia screening to detect those at risk and enable early intervention and treatment.



Saturday Health Talk
Brahm Centre @ Simei



Saturday Health Talk
Online via Zoom



Healthier Living Assessor Training



Dementia Screening at Tampines North Community Club



FESTIVE PROGRAM HIGHLIGHTS

Festive celebrations at our centres always bring fun and laughter to residents and beneficiaries. Christmas party with Santa Claus in December 2019 and Chinese New Year Celebration in February 2020. Members of Parliament who graced the events: Ms Tin Pei Ling MP of MacPherson SMC, Mr Baey Yam King MP of Tampines GRC and Jessica Tan MP of East Coast GRC. The new year ang baos for our beneficiaries were generously donated by Mr Andy Lai, CEO of OTTO Solutions.



Christmas Celebrations at Brahm Centre @ MacPherson



Chinese New Year Celebration with Tampines residents & Mr Baey Yam King at Tampines Blk 475



Brahm Centre @ MacPherson celebration attended by Ms Tin Pei Ling & Mr Andy Lai



Brahm Centre @ Simei celebration attended by Ms Jessica Tan

SINGAPORE MINDFULNESS CONFERENCE 2019



Launched in 2018 as an annual event by Brahm Centre, in partnership with IMH and Duke-NUS, the second Singapore Mindfulness Conference was held on 24 and 25 August 2019 at the University Cultural Centre. It was attended by 1,500 participants from all walks of life and graced by Dr Amy Khor, Senior Minister of State for Health and Environment.

The growing interest in mindfulness is a recognition of the important role it plays in empowering people to lead happier and healthier lives. Besides sharing the latest findings and the science behind the effectiveness of mindfulness practice, there were also hands-on workshops and sessions that guided participants in learning and applying practical mindfulness skills.

The 2-day program featured nearly 30 esteemed speakers - neuroscientists, doctors, educators, mental health experts - who shared their wealth of expertise on 4 main themes:

- Medicine for Anxiety, Depression, Insomnia and Pain
- Mindful Parenting & Positive Behavioural Transformation
- Personal and Organisational Performance
- Improving Cognition & Slowing Down Ageing

*Scan QR code to watch the
Singapore Mindfulness
Conference 2019 Seminars*



SINGAPORE MINDFULNESS CONFERENCE 2019



The Singapore Mindfulness Conference 2019 was made possible with support from the National University of Singapore Residential College 4, Duke-NUS Medical School, National Healthcare Group, the Institute of Mental Health and the Agency for Integrated Care, the generous donations from Turbo One, Prof Choo Chiau Beng, Vince Tan and Dr Ang Beng Choo.



FEEDBACK FROM CONFERENCE PARTICIPANTS

"I learnt a lot from the wonderful variety of talks on both theory and personal experience."

"I thoroughly enjoyed the short practice sessions during the talks. Relevant and interesting!"

"I am genuinely impressed by the calibre of presenters. I am looking forward to SMC 2020!"

"It provided a valuable opportunity for me to reflect and think about how to lead the life I want."

VOLUNTEER RETREAT 2019

In recognition of the invaluable contribution from our committed volunteers, Brahm Centre organised a 1-day retreat on 29 Sep 2019 at Le Meridien Hotel, Sentosa. Besides a training session on mindfulness communication, there was a lively discussion on how we can improve service delivery to our clients/beneficiaries.



Lively discussion & feedback



Guided mindfulness practice

MINDFULNESS PROGRAMS FOR STUDENTS

A number of programs were organized to introduce mindfulness to teenagers. They were namely mindfulness camps for students aged 11-15 during September and December school holidays in 2019 and mindfulness foundation courses for students aged 10-13 and their parents. A total of 74 students and parents attended.



While the camps provided a fun and interactive experience to learning mindfulness techniques, the mindfulness foundation courses helped improved parent-child communication with tools on how to express, listen and respond to one another in healthy conversations.



Feedback from students on the camps

" I can use my five senses to calm down and breathing techniques to relieve stress."

" I found the tips to communicate with my parents and friends very useful. The booklet provided also allows me to refer to what I learnt again."

" I learnt how to manage my anger and keep calm in situations I don't like."

Quotes are rephrased for clarity

MENTAL HEALTH SEMINAR @ RAFFLES INSTITUTION



Depression and anxiety are on the rise amongst the young with suicide rates reported to be highest among boys aged 10 to 19 in 2019.



The Mental Health Seminar "Understanding the Minds and Emotions of Young People" was organised by Brahm Centre in partnership with the Institute of Mental Health on 22 Nov 2019 to help parents and students detect the symptoms of emotional distress and address them through early interventions. Held at Raffles Institution Auditorium, the seminar was attended by close to 400 parents and students.

LI CHONG JIAN PARENTING SEMINAR

Brahm Centre organised a parenting seminar featuring renowned Taiwanese author and parenting expert Li Chong Jian on 27 Nov 2019 at Lee Kong Chian School of Medicine auditorium.



A Tedx speaker and author of many best selling parenting books, Teacher Li shared with 462 parents and educators at the interactive seminar, mindful parenting strategies to improve parent-child and teacher-student relationships.

This involved communication techniques for more intuitive interaction between them, adjustment of mindsets of parent/teacher with regards to expectations of the child/student and the various approaches to take in managing behavioural problems.



HEALING THE MIND AND BODY MINDFULNESS RETREAT



Brahm Centre ended 2019 with a mindfulness retreat at the beautiful Suan Sampran Riverside Resort in Bangkok from 21 to 25 December. Led by our founder and mindfulness principal, Adjunct A/Prof Angie Chew, it was attended by 22 participants who benefited from the opportunity to reflect and recharge.

Participants were guided through various reflection, psychosomatic and mindfulness meditation exercises. These helped to increase awareness of thought patterns and the corresponding emotions triggered. From this place of awareness and calm comes self healing and improved well-being.

The participants were not only refreshed and energized from the retreat to start the new year, they brought home with them powerful tools to carry on with the momentum of mindfulness.



FEEDBACK FROM RETREAT PARTICIPANTS



“The retreat was an ideal time to end the year on a positive note. It was a good way to discipline my mind and body to stay calm and be at peace with myself through the body scan and the walking meditation.”



“This is my first retreat. It was a very beneficial experience as I could slow down and re-energise alone..... I learnt the antidote to overthinking. I will make taking deep breaths a habit, love myself more and change my mindset to a more positive one.”

.....

CONVERSATIONS ON MENTAL HEALTH IN SINGAPORE



Brahm Centre’s mindfulness psychologist, Mr Eric Lim, gave a presentation titled "Taste of Mindfulness" at a half-day event, Speaking Your Mind: Conversations on Mental Health in Singapore Society Jan 18 2020 at KC Arts Centre - Home of the SRT. It was graced by MP Melvin Yong and attend by 90 participants.

We are glad to support this first-of-its-kind NUS student-led mental health initiative that aims to push for greater understanding of mental health issues in Singapore and work towards a more inclusive nation for individuals with mental health conditions.

CEO OF BRAHM CENTRE THE STRAITS TIMES SINGAPOREAN OF THE YEAR 2019



Assoc Professor Angie Chew, CEO of Brahm Centre and Mindfulness Principal was named winner of The Straits Times Singaporean Of The Year 2019 for her extraordinary contributions in setting up Brahm Centre in 2012 to provide support to persons with mental health issues and the frail elderly. The award, launched in 2015, recognises Singaporeans whose extraordinary actions improved someone's life or the larger community.



Assoc Prof Angie Chew, CEO of Brahm Centre accepting her award from President Halimah at Istana on 11 Feb 2020

Having overcome her own struggle with depression and anxiety, Angie gave up her lucrative corporate career to join the community care sector.

Through Brahm Centre, she has supported those suffering from mental health conditions with a range of services from empowering them with mindfulness practice for self-care, to free access to health education, befriending and counselling. A help line was also launched to provide a listening ear to students and parents.

We are heartened by this award which serves to further raise awareness and promote understanding of those challenged by mental health problems. We know there is more to be done and we will work to build upon our current platform to continue serving the community.

The \$20,000 prize money from the award has been donated to Brahm Centre.

COVID-19 INITIATIVES TO SUPPORT THE COMMUNITY

The COVID-19 pandemic this year had a far reaching impact on society, especially with regards to mental health resilience. Anxiety and depression rates were reportedly up as we all faced economic uncertainty, fears of our loved ones contracting the virus and the feeling of isolation from social distancing.

Brahm Centre is a strong advocate of using mindfulness as a tool for mental and emotional well-being. Research showed that practicing mindfulness helps ground our emotions and promote self-regulation. This allowed us cope with the stressors of social distancing and Work From Home with a positive mental view.

From March to June 2020, we introduced a range of complimentary talks and webinars, mindfulness practice sessions and exercises online via Zoom and Facebook Live platforms. We were fortunate to be able to bring on distinguished overseas speakers from Harvard Medical School like Dr Christopher Willard and Dr Sara Lazar and world renowned mindfulness teacher Will Kabat Zinn as part of our weekly free health talks.

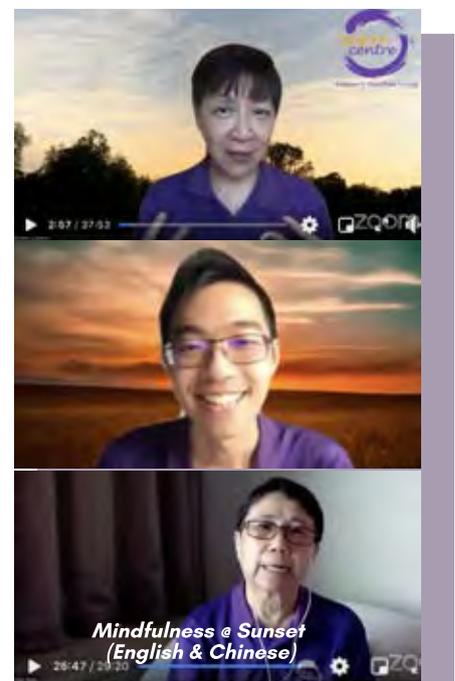
In total, all our online programs reached **18,307** participants over four months.

Weekly Health Talks



The collage features four posters for weekly health talks. The top-left poster is for 'FINDING INNER PEACE IN TIMES OF CHAOS' by Will Kabat-Zinn, Mindfulness & Meditation Teacher, with a background image of a person meditating on a beach. The bottom-left poster is for 'The Science of Mindfulness & Mental Resilience' by Dr. Christopher Willard, Psychologist at Harvard Medical School. The bottom-right poster is for 'Anxiety, Fear, Mindfulness & The Brain' by Dr. Sara Lazar, Neuroscientist at Harvard University and Massachusetts General Hospital. The Brahm Centre logo is visible in the bottom right of the collage.

Guided Daily Mindfulness Practice



The collage features three video thumbnails for guided daily mindfulness practice. The top video shows a woman speaking, with a play button and a progress bar at 2:57 / 37:03. The middle video shows a man speaking, with a play button and a progress bar at 20:47 / 29:20. The bottom video is titled 'Mindfulness @ Sunset (English & Chinese)' and shows a woman speaking, with a play button and a progress bar at 20:47 / 29:20. The Brahm Centre logo is visible in the top right of the collage.

Scan QR code to watch the weekly health talks



Scan QR code to follow the mindfulness practice



MINDFUL PARENTING WEBINAR SERIES

An online weekly parenting series titled 'Mindful Parenting Webinar' was launched on 14 May 2019 (Sunday) via Zoom and Facebook Live to give parents and educators a peek at the challenges teenagers faced growing up in today's hyper-connected world. This series is hosted by A/Prof Angie Chew (mindfulness principal), May Chng (AssistLine manager & former school vice-principal) and Frank Singam (senior counsellor) from Brahm Centre.

Stretching over 10 weeks, a total of **1,700** participants tuned in to hear personal heartfelt stories from mindfulness learning journeys of NUS undergraduates, who completed the mindfulness-based 'Undeclared Mind' course as part of their curriculum in 2019. The testimonials showed how adopting mindfulness techniques helped them manage the stresses of schoolwork and relationships with family and peers.



Scan QR code to
watch the parenting
webinar series



MINDFULNESS COURSES



Outreach through mindfulness workshops, talks and seminars increased to

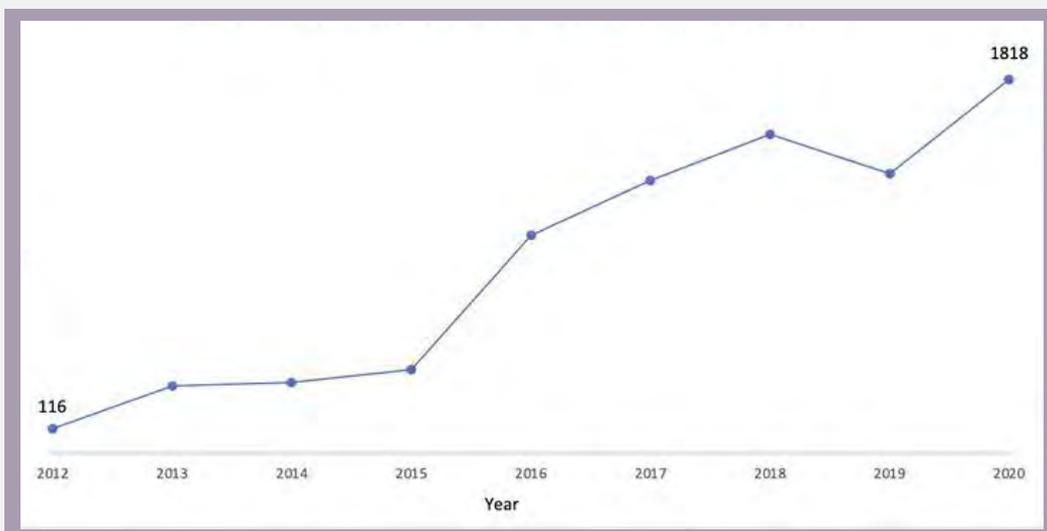
16,256

participants

99%

agreed/strongly agreed that they will recommend the mindfulness course to friends & family.

Upward Trend of Mindfulness Courses Attendance



MINDFULNESS FOUNDATION COURSE 正念基础课程



Graduates of the Mindfulness Foundation Course at Brahm Centre @ Novena in Dec 2019

"This course is pivotal to my recovery from a month long period of stress and panic attacks."

"I am now mindful of the present moment. Key takeaway is to 'let go' and be grateful for who we are, be kind to ourselves and others. Highly recommend the mindfulness foundation course to anyone to be at peace with herself/himself."

"当我有负面情绪时就深呼一口气。我从课程中当我有负面情绪时就深呼一口气。我从课程中得到好睡眠。改变自己。"



Graduates of the Chinese Mindfulness Course at Brahm Centre @ Novena in Jan 2020

"尽量每天练习一次 从课程中学会不让过去或将来限制了我，人生的喜悦，尽量活在当下，享受生活的乐趣"。

MINDFULNESS-BASED STRESS REDUCTION COURSE (MBSR)

正念减压课程



Graduates of the Mindfulness-Based Stress Reduction Course at Devan Nair Institute for Employment and Employability in Feb 2020

"MBSR is a very useful & practical course. It teaches many skills and practices that can be used to improve one's well-being. Highly recommended!"

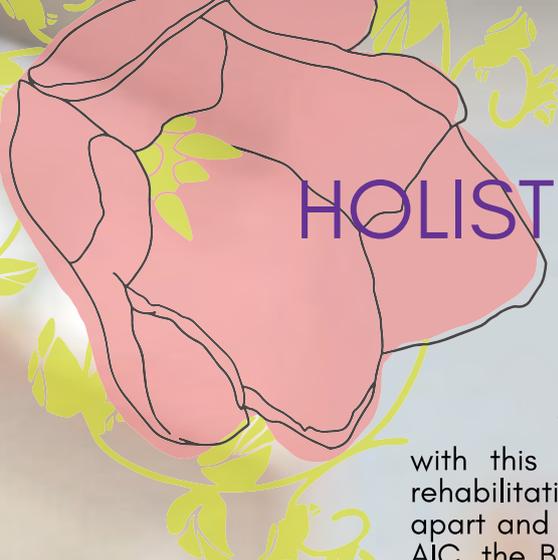
"The MBSR course helped me manage stressful situations much better. I listen better and do not react so quickly without thinking deeper."

"这是一个能让普通人认识到'修身养性'的好课程。让我们对自己更有觉知，对生活 and 沟通都很有帮助在8周的练习中改变一些习气。"

"学员之间的分享，为我也带来更丰富人生经验。还有课程内容及老师有效的分解学员们的经验。"



Graduates of the Chinese Mindfulness Based Stress Reduction Course at Brahm Centre @ Novena in August 2019



HOLISTIC CARE MANAGEMENT FOR THE COMMUNITY

77 year old Mr Lim* is diagnosed with mild dementia and lives with this elder son Tom* while his younger son Derek* undergoes rehabilitation in a facility. With his wife's passing in 2012, the family fell apart and both sons were unable to care for him. Based on referral from AIC, the Brahm Centre Care team stepped in with a dementia medical care plan for him.

When a follow up medical check-up resulted in a prostate cancer diagnosis, the Brahm Centre Care team made transport arrangements for Mr Lim's daily radiation therapy over a period of 4 weeks. With the cancer in remission, he was able to resume his regular activities at a seniors day care centre.

Things took a turn for the worse when Tom, who suffered from a mental condition, displayed an escalation in aggressive behaviour. Mr Lim was moved to a sheltered home for his own safety. When Tom passed away suddenly due to cardiac and respiratory failure, Brahm Centre staff provided Mr Lim and Derek with emotional support and encouraged Derek to step up as head of household.

Inspired by the support and care provided by Brahm Centre staff, Derek is determined to remain clean and take up the opportunity to pursue a career in the social service sector. He said, *"If Brahm Centre hadn't supported me, my life would have ended like my brother's. I would have gone back to my old ways of crime or killed myself."*



Mdm Ting* had been living alone at MacPherson without next of kin after her parents passed away. She worked as a factory worker and subsequently cleaner until she retired. She was referred to Brahm Centre as a befriender in 2020. Despite regular visits from our befriending staff, she kept them at arm's length and would not allow them into her home.

However, our befriending team and volunteers persisted and during one of the visits, found her in a weakened state. She was sent to the hospital in an ambulance and upon admission, was diagnosed with cancer of the colon and liver with a prognosis of 3 months to live.

As it was the last leg of her life journey, a volunteer and Brahm Centre Care staff paid her daily visits at the hospital, often bringing her favourite food. Mdm Ting looked forward to their visits and an emotional bond was built between them. She was grateful for the friendship that developed and often advised our staff to practise self-care. It was highly rewarding for our volunteer and staff to see her smiles during the visits and have the care and concern reciprocated. It was a remarkable turnaround from the initial house visits.

Mdm. Ting has since passed on peacefully. We are glad to have persisted in checking on her during home visits and to have brought her some joy and relief before her passing. Even though she had grown physically very frail towards the end,

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

HOLISTIC CARE MANAGEMENT FOR THE COMMUNITY



The Brahm Centre care management team supports vulnerable community members through regular monitoring, casework management and counselling within the designated service boundaries of MacPherson, Simei and Tampines.

Suffering from mental health conditions, like depression or dementia, and chronic physical ailments, they have no or weak family support and faced financial difficulties. They come to us through referral from community partners.

Upon assessing their situation, our team of care coordinators provide them and their caregivers with social support through holistic care management. This includes linking them to the mental health support and community care network.

Through regular screening sessions of dementia and depression at our centres, we are able to provide early detection and intervention of these conditions. In **FY 2019**, we conducted dementia and depression screening for a total of **521** individuals. **14.6%** showed signs of both conditions and were referred to polyclinics or hospitals for follow-up.



Brahm Centre's person-centric care management:

- Provide education on management of mental health conditions such as dementia and depression.
- Offer counselling and emotional support.
- Encourage clients to engage in physical and mind-stimulating exercises and social activities.
- Assist with management of client's medical appointments and medication compliance.
- Link clients up with social service agencies for financial assistance and provision of meals where required.
- Arrange for installation of safety aids in the house to prevent falls

COMMUNITY BEFRIENDING PROGRAM



Diana Ong, Befriender

Why did you choose to become a befriender?

I have an elderly mother who lives alone in Malaysia. She is always sharing stories of how she is blessed with many random kind acts from strangers. Whether it's giving her a helping hand to cross a busy street or paying for her grab ride, there are kind people looking out for her. I want to pay it forward by helping other seniors.

Please share your experience or any interesting/memorable encounters as a befriender

My befriending journey began when Brahm Centre @ Simei opened its doors in late 2017. I live in a flat in the same block and filled out a form to volunteer but I haven't looked back since.

Over the years, I have had many enjoyable and fulfilling experiences as a befriender at Brahm Centre. Before the Covid-19 crisis, I helped out regularly at potluck sessions, serving food as well as singing along and dancing with the seniors. I also accompanied them on several excursions to museums, aquarium at Sentosa and even to watch the movie Crazy Rich Asians. Keeping them safe and having fun with them was memorable. All these interactions with the seniors also led to lunch dates and deeper friendships with some of them.

During the Circuit Breaker, it became challenging for some of the seniors, especially those who lived alone. I called at least 10 seniors every week to engage and check in on them. Contact frequency is higher for those living alone.

Madam Kay* was too afraid to step out of her home then. So I helped her with errands, buying groceries and food and hung them at her door. Once she called me to ask if the bookstore was open as she needed a pen. Luckily, I was able to give her a couple by leaving them in her mailbox. She said, "You are my angel sent from heaven." I felt very touched that I was there to make a difference in her life.

What were some challenges that you faced during befriending and how did you overcome?

It is not easy to establish rapport with all seniors. Some are reserved and do not feel a need to chat or open up to me. However, I was not discouraged. Instead I focused on those who need my help.

Would you encourage others to become a befriender, if yes.....why/how?

Yes, I recommend people to sign up as a befriender. As Singapore faces an increasingly ageing population, many seniors have a need for social interaction and to feel that they are a part of the community. Befriending also provides companionship to some seniors who may feel lonely. However, it is not one-sided, as the Befriender not only gains new friendships but also a sense of fulfillment from helping others.

**Names has been changed to protect privacy of our befriendees.*

COMMUNITY BEFRIENDING PROGRAM



Ronnie Lee, Befriender

Why did you choose to become a befriender?

I signed up with Brahm Centre to be a befriender because I wanted to have a positive impact on the seniors by offering them a listening ear. I have volunteering experience and have done my fair share of door knocking to better understand the prevailing issues faced by many in Singapore. However, I would like to take it a step further by establishing a closer emotional bond with the seniors and hearing from them the conditions they're facing and how I can make a difference.

Please share your experience or any interesting/memorable encounters as a befriender

I am a relatively new befriender and joined after Covid-19 struck. As most of them are living alone, I will call them weekly. I feel that for befriending to be beneficial, it needs to be purposeful and mutual with both parties (befriender and the senior) committed to non-judgemental and open sharing.

While some of the seniors are reserved, it's still early days and I believe with sincerity and time, rapport can be built. One of the success I had was with Madam Lee*, a cancer survivor, who freely shared her experiences of working as a merchandiser for departmental stores back in the 1960s. The overseas business trips she took were interesting and the work ethics she spoke of are still very relevant today. Our conversations not only allowed her to relive lovely memories, it served to enrich my knowledge of history and development from a different era.

With another senior Mdm Wang*, I learnt about how she had to navigate the various healthcare institutions such as polyclinics, hospitals and TCM practitioners. By hearing her out and trying to help her find answers to her questions, I hope she has a better understanding of the scope and reasons for some of the procedures at the various institutions. In the process, I have a deeper appreciation of what some of our seniors are facing when seeking basic healthcare. Whether they are stories of the past or seeing something from a different perspective, interacting with them gives me learning opportunities and much to reflect upon.

Would you encourage others to become a befriender, if yes.....why/how?

Yes, of course. It is a chance to develop friendships with the seniors and given their lifetime of experience, they have much wisdom to impart. When we give the elderly the opportunity to socialise, it also enhances their mental well-being. It is time well-spent!

As to how? Simply take the first step of completing the volunteer form. When it comes to trying something meaningful, I believe that NOW is the time. Don't wait.

**Names has been changed to protect privacy of our befriendees.*

COMMUNITY BEFRIENDING PROGRAM



Brahm Centre offers care and support to the lonely seniors, Persons Living with Dementia and caregivers through its Befriending program. This is done with the support of a pool of dedicated and trained volunteers.

Upon receiving a referral from our network of partners, including hospitals, community partners and social service centres, our care management team will make an assessment of the clients needs and match them to trained volunteers.

In **FY 2019**, a total of **2,370** clients were served by the Brahm Centre care team and volunteers with **10,778** home visits and calls made. This was an increase compared to FY 2018 with 1,095 clients served and 4,461 home visits. During the circuit breaker period, face-to-face home visits were substituted by weekly phone calls to stay in touch with the clients.

List of our partners: 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 other social service centres.

How does Brahm Centre Befriending Program help?

- Engage befriendees in chats and lend them a listening ear.
- Encourage them to adopt a healthier living approach with mind stimulating activities and simple exercises to improve physical mobility.
- Provide emotional support and appropriate training to caregivers
- of persons living with mental health conditions.

If you would like make a difference by becoming a volunteer, email us at **volunteer@brahmcentre.com**

ASSISTLINE

Brahm Centre seeks to promote greater awareness and support for youth mental well-being. With the growing trend in the number of suicides in Singapore (361 in 2017 vs 400 in 2019), it remained the leading cause of death for those aged 10–29.

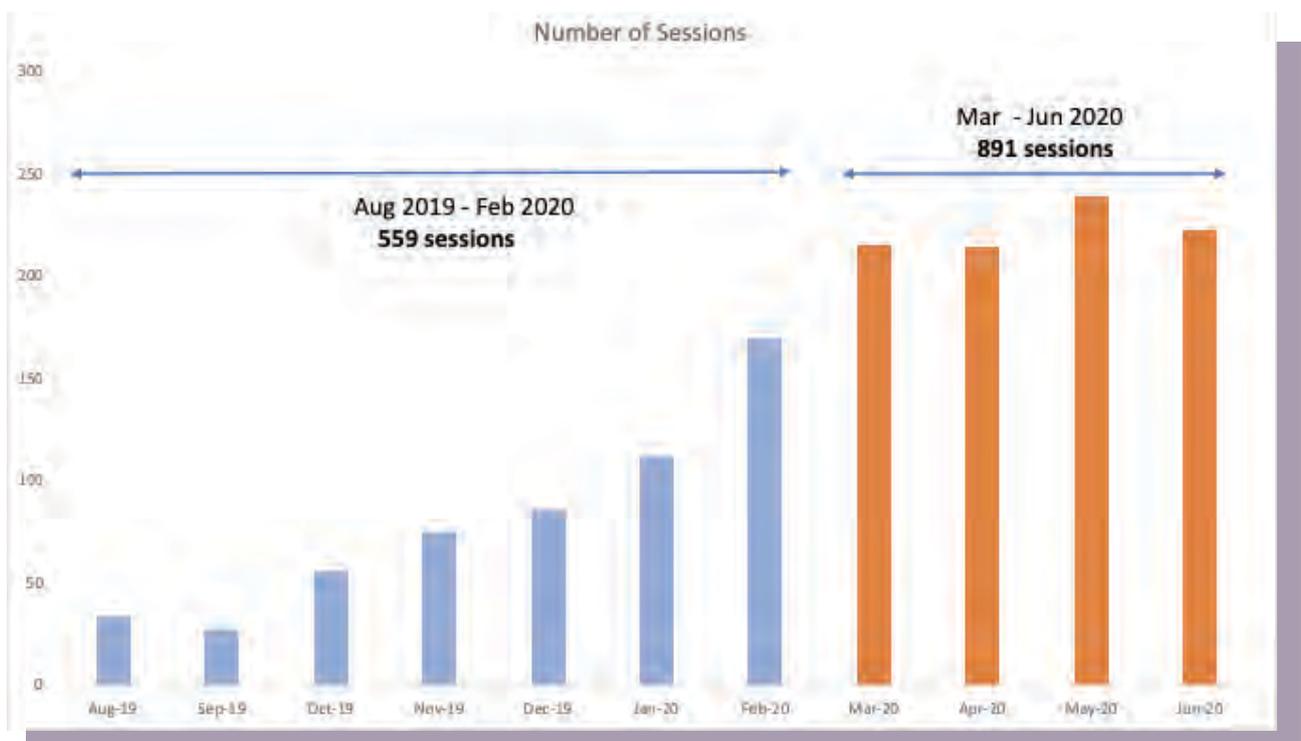
AssistLine was launched in 25 August 2019 as a helpline that provides emotional support to teens/young adults who are in distress or facing mental health issues. Assistance is also given to parents/guardians who wish to adopt parenting strategies to better support the growth of their children.



The platforms open to those who require help are: calls (landline and mobile), Whatsapp messaging, emails and face-to-face counselling.

For the period August 2019 to June 2020, a total of **1,450** sessions were recorded through all platforms, the most popular being Whatsapp messaging forming 62.6%.

There was a 2.8 fold rise in the monthly sessions handled by the AssistLine team comparing the periods August 2019–February 2020 and March–Jun 2020 as the Covid-19 crisis and circuit breaker had amplified feelings of loneliness and helplessness, resulting in more reaching out for help.



VOICES OF APPRECIATION FROM SOME OF OUR CLIENTS

"I really appreciate it when you guys check up on me. When I get over all these thoughts and feel better, I want to help people who suffered from the same condition."

"Many thanks for your kind advice and support during the most difficult period of my life. Sincerely appreciated."

"Thank you for your kindness and helpfulness so that I do not feel I am alone"

"I just wanna thank you for all the support rendered and this amazing platform that allows me to be 100% honest without fear or shame. "

"I had thought about and attempted suicide so many times that it stuck in me. But I'm grateful that there was always a beam of light for me. Thank you for being the light at this moment."

Brahm Centre provides confidential emotional support for persons in distress.

Weekdays (9am - 6pm) : **6655 0000**

After hours : **8823 0000 (Calls & Whatsapp available)**

Email: **assistme@brahmcentre.com**

COUNSELLING

"I was facing anxiety issues from my new job, and decided to seek counselling with Brahm Centre before my stress and panic attacks overwhelmed me. Lily was my assigned counsellor. She provided a listening ear in a safe environment non-judgementally where my identity and issues discussed were kept strictly confidential.

Through my counselling sessions, I gained greater clarity on the root cause of my anxiety, and new perspectives on the issues that I faced. Most importantly, I learnt how to manage my emotions better and cope with life's challenges in a more constructive manner. As a result, I got through a very stressful period in my life by practicing mindfulness and learning to be in the present moment. I would strongly encourage anyone who needs counselling to approach Brahm Centre for help."

*Counselling Client Jamie**



"I have used Brahm Centre's counselling service for the past one and half years. Through this time, I have turned to my counsellor, Lily for support, a listening ear, reassurance and validation.

She has given me fresh perspectives to view my challenges and helps me as I work to find solutions. It is a relief knowing that when I need someone, my counsellor is there. She has also taught me mindfulness techniques to manage stress and overwhelming unpleasant emotions and thoughts.

Lastly, Brahm Centre's counselling service is affordable as it is matched to monthly income and for that I'm thankful."

*Counselling Client Betty**



I was having marital issues and frequent conflict with my spouse due to our differing parenting styles. It was really a struggle and at times depressing having to manage my two teenagers and P5 boy over their addiction to hand phones and gaming. It was not until I discovered Brahm Centre and Frank that my relationship with my spouse improved. He helped us gain greater clarity over our own values and how we can partner each other effectively in co-parenting the kids.

Frank's dedication to his job is best exemplified in his follow-up and positive messages after the sessions to reinforce the behaviour. I am also grateful for the parenting workshop series organized by Brahm Centre that give me insight into the world of youth so that I can better relate to my children."

*Counselling Client Athena**

**Names has been changed to protect privacy of our clients*

COUNSELLING

"At Brahm Centre, I am learning to empower myself to lead a more fulfilling life. I first approached Brahm Centre for addiction issues more than a year ago. The recovery process has been bumpy, but with the support and guidance from my counsellor Frank, I am now on a stronger footing, compared to the first time I walked through the doors of Brahm Centre.

Through mindfulness, beyond just equipping myself with tools to deal with addiction, I am learning to take charge of my life, build stronger relationships with those around me, and prepare myself for challenges in life."

*Counselling Client Martin**

Our trained and experienced counsellors



*Lily Gan
Head of Counselling
Brahm Centre*



*Frank Singam
Senior Counsellor,
Brahm Centre*

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 **FY 2019**, we clocked a total of **642** hours in counselling and helped a total of **178** clients on various life issues, supporting them through their difficult times.

If you would like to speak to our trained counsellors, please email infore@brahmcentre.com with summary of your situation.

**Names has been changed to protect privacy of our clients*

FINANCIAL RESULTS SUMMARY

Financial Statement July 2019 – June 2020

| | 2019/20 SGD | 2018/19 SGD | Variance SGD |
|---|--------------------|--------------------|------------------|
| Charitable Activities | | | |
| Income from Courses | 755,948 | 641,906 | 114,042 |
| Income from Services and Merchandise | 59,945 | 37,156 | 22,789 |
| Less | | | |
| Expenses related to Charitable Activities | (2,185,991) | (1,775,956) | (410,035) |
| Expenses related to Governance Activities | (410,368) | (396,588) | (13,780) |
| Deficit | (1,780,466) | (1,493,482) | (286,984) |
| This is funded by: | | | |
| Donations | 312,960 | 405,839 | (92,879) |
| Fundraising | 0 | 0 | 0 |
| Other Income | 420,992 | 16,636 | 404,356 |
| Less Fundraising Expenses | 0 | 0 | 0 |
| Total Donations & Other Income | 733,952 | 422,475 | 311,477 |
| Deficit from Operations | (1,046,514) | (1,071,007) | 24,493 |
| Income from Government & Non-Government Grants | 1,744,897 | 1,218,276 | 526,621 |
| Matching Grant Contributions | 130,457 | 106,303 | 24,154 |
| Surplus from Operations before Investment Income | 828,840 | 253,572 | 575,268 |
| Net Investment and Interest Income | 70,923 | 51,744 | 19,179 |
| Total Surplus | 899,763 | 305,316 | 594,447 |

The full audited financial statements for Brahm Centre can be downloaded separately at charities.gov.sg.

Staff Remuneration above \$100,000

CEO of Brahm Centre was paid a gross remuneration of \$135,297 inclusive of CPF & AWS for the FY2019/2020.

The surplus will be applied towards setting up the new Brahm Centre @ Tampines and increasing our mental health support team in the next FY.

Among the staff, only the CEO served on the governing board member of the charity. There is NO paid staff being a close member of the family belonging to the CEO or any Board Member

BOARD MEETING ATTENDANCE

| MEMBERS | DESIGNATION | 29 NOV 2019 | 24 FEB 2020 | 28 MAY 2020 |
|------------------------|--|-------------|-------------|-------------|
| Ms Chen Yew Nah | Chairperson <i>Till 24 Feb 2020</i> | ✓ | ✓ | ✓ |
| Ms Karen Kooi | Chairperson | | ✓ | ✓ |
| Dr Ho Eu Chin | Vice-Chairman | ✓ | ✓ | ✓ |
| Ms Angie Chew | Director | ✓ | ✓ | ✓ |
| Mr Henry Baey | Director | | | ✓ |
| Dr Chan Keen Loong | Director <i>Till 28 Nov 2019</i> | N.A. | N.A. | N.A. |
| Mr Chong Nai Min | Director | ✓ | ✓ | ✓ |
| Dr Jerome Goh | Director | | ✓ | ✓ |
| Dr Gregor Lange-Lim | Director | | N.A. | N.A. |
| Dr Lee Cheng Chuan | Director | ✓ | | ✓ |
| Ms Ong Siew Kim | Director <i>Till 27 May 2020</i> | ✓ | ✓ | |
| Dr Tan Bhing Leet | Director | ✓ | ✓ | ✓ |
| Dr Tan Geok Leng | Director <i>Till 23 Feb 2020</i> | | N.A. | N.A. |
| Mrs Tan-Huang Shuo Mei | Director | N.A. | N.A. | ✓ |
| Dr Irene Tirtajana | Director | ✓ | | ✓ |



Brahm Centre @ Tampines

Blk 473 Tampines Street 43, #01-94
Singapore 520473
T: 6908 2122

Brahm Centre @ Simei

Blk 227 Simei Street 4, #01-50
Singapore 520227
T: 6786 0800

Brahm Centre @ MacPherson

Blk 55 Pipit Road, #01-01
Singapore 370055
T: 6741 1131

 brahmcentre.com

 info@brahmcentre.com

 @ brahmcentre

  @ brahmcentresg