



ANNUAL REPORT

2021/ 2022



Promoting Happier & Healthier Living



This Annual Report is designed by Esther Cheong and
edited by Christina Liew.

Contents contributed by various staff.



A YEAR'S OVERVIEW

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ABOUT US



Photo taken on 15 Aug 2022.

VISION

Empowering Every Individual To Create Her/His Own Happiness

MISSION

To promote happier and healthier living

VALUES (GEM-ROCK)

Gratitude, Empathy, Mindfulness, Respect, Openness, Compassion, Kindness

BACKGROUND

Founded in 2012, we are a registered charity with Institution of a Public Character (IPC) status that promotes happier and healthier living. We are focused on empowering the community to stay physically and mentally well with science-based mindfulness programs and free health education talks. We aim to improve mental health literacy in the community and share mindfulness as a means to build mental resilience and emotional regulation, leading to enhanced well-being.

Working in collaboration with community partners and volunteers, we also provide holistic care for youth, families and seniors. Our support ranges from enrichment programs and active ageing activities to case management and befriending for the vulnerable elderly.



PATRON'S MESSAGE

PROF CHOO CHIAU BENG

In FY21/22, Singapore started to ease its border measures to trade and travel while embracing the fact that we have to continue living with the pandemic. While physical safety measures are being put in place, the fear of living in a well and healthy environment can still affect the mental well-being of individuals. Recently, the World Health Organisation reported a significant 25 percent increase in the prevalence of anxiety and depression worldwide, especially with the rise of the recent pandemic.

The ongoing COVID-19 pandemic has exacerbated the stressors affecting people's mental health – from youth to the elderly. A survey conducted by the Institute of Mental Health in 2021 revealed that close to 13 per cent out of the 1,000 respondents polled reported symptoms of anxiety or depression during the pandemic. This is concerning, and we need to do more to address and enhance mental health.

As Singapore undergoes its economic recovery, the mental health needs of our youth and the elderly are of utmost importance for the provision of care and support. This is the 10th year that Brahm Centre, led by Angie, continue to provide mental health care for the youth and elderly as well as support their families.

In Apr 2022, I am heartened to see that Brahm Centre has responded to the impending needs of youth mental health by launching its Youth Centre.

Their team of experts consisting of previous educators, youth workers and counsellors continued to provide mindfulness-based interventions to help the youth develop healthy coping measures.

This year, we also helped to raise funds for Simei Centre II to expand our support and services to the youth and their families. I am delighted and grateful for the generous donation from the Bank of America, the significant contributions of our donors, grantmakers, and board members and the community's strong support in furthering Brahm Centre's mission to empower happier and healthier living.

I would also like to thank the board members who have continued to serve their time, knowledge, and advice to ensure strict compliance with the quality and control of Brahm Centre.

My hope for Brahm Centre is to continue its mission of promoting happier and healthier lives for our members of the community. I wish the leadership team, the staff, volunteers and affiliates of Brahm Centre all the best in their continued effort to bring hope and care to our friends who are vulnerable and living on the margins in Singapore.



CHAIRPERSON'S MESSAGE

DR HO EU CHIN

Mental health struggles and methods of coping are topics that will increasingly be in the limelight, as our society adapts to the varied evolving challenges. As we thread through the era of an endemic COVID-19, the world faces continual challenges from many conflicts and climate change. The resulting social-economic uncertainties contribute significantly to mental health problems. We are regularly informed by media reports on impulsive behaviour leading to crime and undesirable outcomes as a result of impending anxiety and distress. This shines a worrying light on the increasing need to build mental resilience across all ages. How can we create a world where people of all ages work towards achieving mental health and wellness?

In recent challenging times, the practice of mindfulness has proven its effectiveness in reducing stress, anxiety and depression, as well as strengthening interpersonal relationships. Not only has mindfulness gained recognition from the healthcare community, but the practice has also received widespread acknowledgement in the education sector, government agencies, and business organisations.

Brahm Centre has been a thought leader and forerunner in mindfulness training in Singapore over the past ten years. Since 2012, the Brahm Centre team has equipped more than 98,000 people with evidence-based mindfulness practices to achieve mental wellness and mental health recovery.

This year alone, 1,487 individuals have enrolled in Brahm Centre's mindfulness courses, including the newest one on Mindful Compassion which focuses on self-care and emotional regulation.

With a new focus on youth empowerment, the Newton Youth Centre has engaged more than 2,900 youths in 2022. Their signature mental health literacy program has impacted 2,638 youth through 18 runs of workshops. By applying scientific evidence and communication, the program aims to educate, reduce stigma and increase help-seeking among youths. On the corporate front, Brahm Centre has delivered 5,254 talks and collaborated with 53 businesses and organisations to integrate mindfulness practice into work life.

I am delighted that Brahm Centre has expanded its programs to target the dynamic and pressing mental health needs of the community, without losing focus and reach. I would like to thank Angie and the entire Brahm Centre team, including volunteers for their striving efforts and contributions to the community mental health sector over the past 10 years. My Board Members and I will continue to provide our utmost support to ensure service continuity and quality programs to benefit our community, especially the youth and elderly in need.



CEO'S MESSAGE

ADJ. A/PROF ANGIE CHEW

How time has flown by - it has been ten years since Brahm Centre was launched as a mental health charity and I have served as staff in Brahm Centre for seven years!

Brahm Centre first started its humble beginnings at Novena with a small team of three in 2012, which grew to six in 2015 when I joined as a staff, with the aim to serve vulnerable members of the community. Today, we have five centres and 55 staff across the island to serve our community in the enhancement of mental and physical wellness.

Our values of GEM-ROCK: Gratitude, Empathy, Mindfulness, Respect, Openness, Compassion and Kindness are imbued into our way of life and work. Our corporate inclusive culture is reflected by the make-up of staff from diverse backgrounds including members of the LGBTQ+ community and four former Drug Rehabilitation Centre inmates. It is important for us to live the mission of creating a happier and healthier community.

Our work with adults and seniors in the community has resulted in the appointment of Brahm Centre @ Simei and Brahm Centre @ MacPherson as Active Ageing Centres by the Ministry of Health.

Our mindfulness-based courses and interventions have grown in recognition of their effectiveness in mental health enhancement. Many are attending the courses after recommendations from those who had attended and from medical professional referrals.

Our movement and art courses have also contributed to many recovery stories which you will read later in this report.

With the rise in anxiety among the younger generation and more challenging family dynamics contributed by lockdown and social restrictions, we have expanded our focus to the mental health needs of the younger generation and families. A Youth Care Centre and a Mindfulness Centre were established in Newton with the support of the Ministry of Health through the Agency of Integrated Care, and major donors including Abwin Pte Ltd, Goldbell Group, Collective Designs Pte Ltd, Reflect4Ward Pte Ltd, Mr Albert Toh and the Wan family.

In Mar 2023, a sixth centre located at Block 148 Simei St 1, will be opening its door, offering more programs and services for youth, families and vulnerable domestic helpers.

Our growth is only possible with the many helping hands and hearts of our staff, leaders, clients, befrienders, volunteers, generous donors and supportive community partners. Our strong partnerships with overseas Mindfulness Centres at the University of Oxford and Brown University have further enhanced our position as the leading mindfulness training centre in Singapore.

By embodying the GEM-ROCK values, we will continue with our mission to support happier and healthier living in our community for years to come.

BOARD OF DIRECTORS



DR HO EU CHIN
CHAIRPERSON OF THE BOARD



DR JEROME GOH
VICE CHAIRPERSON OF THE BOARD



ADJ. A/PROF ANGIE CHEW
CHIEF EXECUTIVE OFFICER
MINDFULNESS PRINCIPAL
BRAHM CENTRE



DR LEE CHENG CHUAN
HEAD OF HUMAN
RESOURCE COMMITTEE



MS CHEN YEW NAH
HEAD OF AUDIT & RISK COMMITTEE



MS JESILYNN LUAR
HEAD OF FINANCE COMMITTEE



MS JOANNE CHAN



MR CHONG NAI MIN



DR TAN BHING LEET



MRS TAN-HUANG SHUO MEI



DR IRENE TIRTAJANA

PATRON



PROF CHOO CHIAU BENG

DISTINGUISHED ADVISORS



PROF FOO KEONG TATT



PROF CHUA HONG CHOON



MS TINA HUNG



DR DANIEL FUNG



DR CHRISTOPHER CHEOK

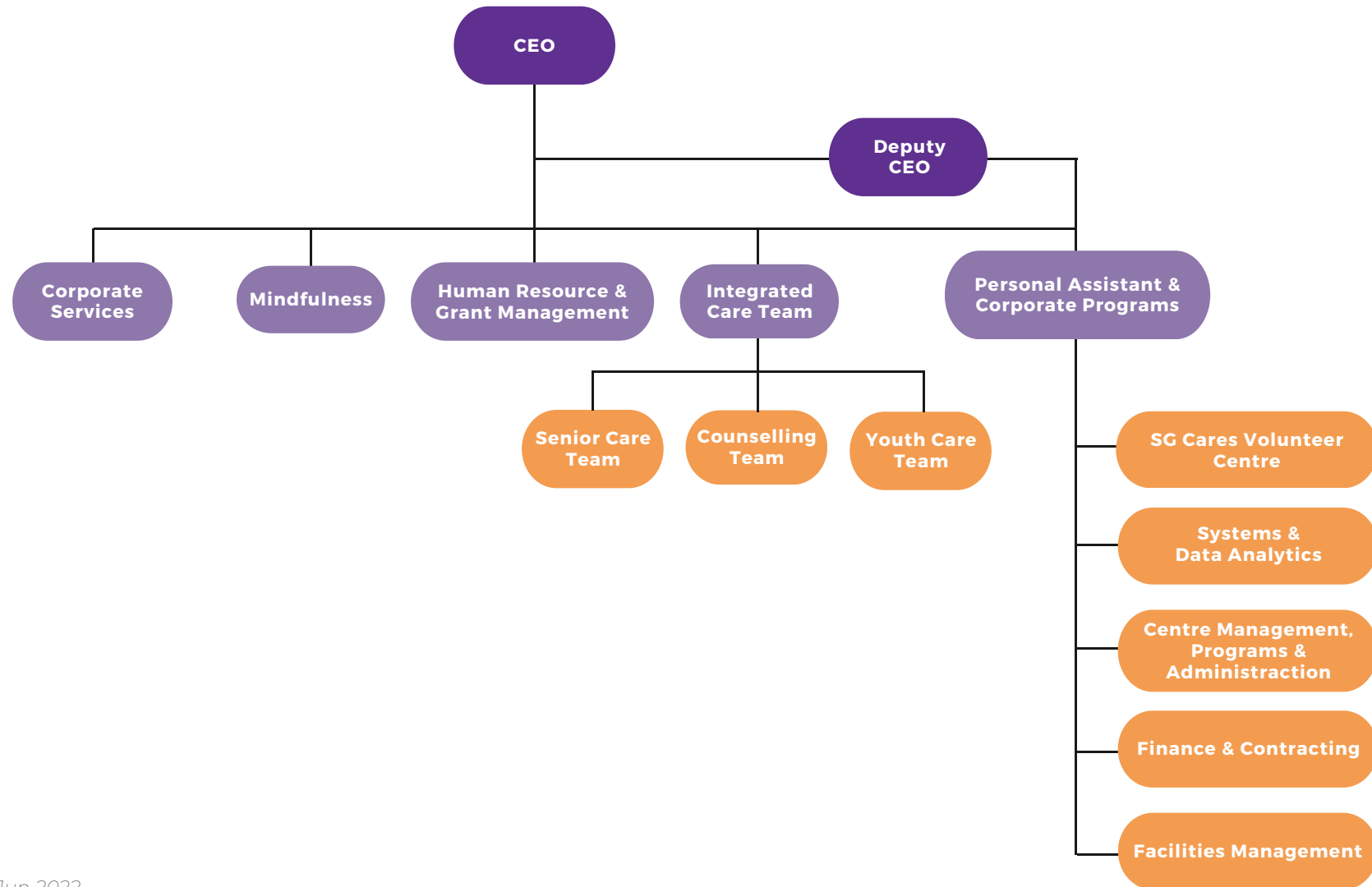


MR TAN SIAK HEE
LEGAL



MR JEE MUN WAI
TECHNOLOGY

ORGANISATIONAL CHART



As at 30 Jun 2022.

KEY PARTNERS & SPONSORS

We are thankful for the generous support from our 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 aging programs to the community.

COMMUNITY PARTNERS



MAJOR SPONSORS



OUR MILESTONES

2015

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



2017

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



2018



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



Brahm Centre @ MacPherson was officially opened on 8 Dec by President Halimah Yacob

2019

2nd Annual Singapore Mindfulness Conference at the University Cultural Centre on 24 and 25 Aug



2020



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



The 3rd Annual Singapore Mindfulness Conference was held online over two weekends between 22 and 30 Aug

OUR MILESTONES

2021

Asia Pacific Mindfulness Conference 2021 was held online and onsite over three weekends (14 to 29 Aug)



2022



Brahm Centre @ Newton was officially opened on 23 Apr by Senior Minister of State for Health, Janil Puthucheary.

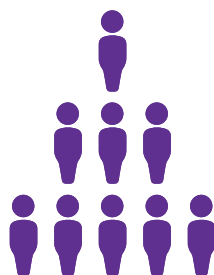


Brahm Centre celebrated its 10th Anniversary with DPM Mr Heng Swee Keat as the Guest-of-Honour on 27 Nov. Deputy Speaker of Parliament Ms Jessica Tan and Member of Parliament Ms Tin Pei Ling were the special guests at the Gala Luncheon.

AT A GLANCE

FY21/22

22,040



Participated in Brahm Centre's Mindfulness Programs

5,949



Total attendance at Health Talks

2,602



Adult and senior clients who have benefitted from our Community Care Team and Volunteer Befrienders

2,617



Children and youth who have benefitted from our Youth Care Programs

321



Active volunteers

10,285



@BrahmCentre

1,052



@brahmcentresg

208



@MindfulY

6,830



@brahmcentresg

Social media followers

Updated as of 16 Dec 2022.

MEDIA HIGHLIGHTS



Learning to manage her anxiety with mindfulness programme

2020 had gone to waste. My phone and meditation were back to back at work. Ms. Jessie Tham, who had a stroke in 2018, turned to Brahm Centre's Mindfulness programme to help her focus on the positive instead.

THE STRAITS TIMES 15 JUN 2021

"Mindfulness teaches us to do one thing at a time, at a pace with which we are comfortable. With this non-striving mindset, I don't need to rush my recovery process."

Ms Jessie Tham, who had a stroke in 2018, turned to Brahm Centre's Mindfulness programme to help her focus on the positive instead

C4 | life | living well

Managing negative emotions



Fight burnout, exhaustion with self-care: Experts

THE STRAITS TIMES 28 JUL 2021

"Practising self-compassion means you are kind and understanding when confronted with personal feelings. After all, whoever said that you were supposed to be perfect?"

Dr Tanya Tierney (Right), Assistant Dean of Clinical Communications, Lee Kong Chien School of Medicine, Nanyang Technological University

"Mindfulness allows us to approach strong emotions in a calibrated way, instead of suppressing them or pretending they do not exist."

Dr Mabel Yap (Left), Director of Professional Training & Assessment Standards, Ministry of Health



不是正面思考 也不是宗教 正念的四不

ZAO BAO 10 AUG 2021

"With the prolonged pandemic and its unpredictability nature, many faced more challenges and worries. Mindfulness helps to calm the mind and body and improves the observation and response to the external environment."

Dr Debbie Hu, Chief of the Psychiatry Department at the Tainan Municipal Hospital in Taiwan and Speaker at the Asia Pacific Mindfulness Conference

MEDIA HIGHLIGHTS



THE STRAITS TIMES 08 AUG 2021

"Mindfulness can help caregivers become more aware of their body sensations, feelings, thoughts and impulses. With awareness, one can choose not to be hijacked by impulses and reactions, but instead, make a conscious effort to pause and not react. This allows caregivers to reconnect to the present and focus on what they can do, instead of getting caught up with the uncertainties about the future of caregiving."

Mr Eric Lim, Mindfulness Psychologist and Trainer at Brahm Centre as well as caregiver

THE STRAITS TIMES 15 AUG 2021

45,000 calls made to National Care Hotline since April last year

Covid-19 a stress test of Singapore's mental health and healthcare systems, says Jani

By Jani

The National Care Hotline, which provides psychological first aid and emotional support to those affected by Covid-19, has received more than 45,000 calls since April last year, according to a report by the National Council of Social Service (NCSS) on Monday.

The report, which is part of a series of articles on the impact of the pandemic on Singapore's mental health and healthcare systems, says the hotline has been a source of support for many people during these difficult times.

The report also highlights the challenges faced by the healthcare system, including the need for more mental health services and the impact of the pandemic on the workforce.



"Even as we move into the endemic (phase), there are concerns about the future... Therefore, it is much more critical that we take care of our mental well-being, and mindfulness practice is one way to do this."

Tan Li San, Chief Executive of National Council of Social Service

"If there isn't an approach or technique to help us calm our minds, that's when we experience burnout, insomnia, depression, anxiety and other mental health conditions."

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

New mental health centre in Newton to focus on helping young people



THE STRAITS TIMES 23 APR 2022

"Youth today face issues such as worrying about the future, the pressure of being compared with others and feeling that they are not good enough, and abuse, as well as stigma and anxiety from identifying as lesbian, gay, bisexual or transgender, among other things. The approach to helping people with mental well-being issues... needs to be holistic in nature. And the two stakeholders that have the greatest influence on our young are parents and teachers."

A/Prof Angie Chew, CEO & Mindfulness Principal, Brahm Centre

MEDIA HIGHLIGHTS

百仁中心新设心理健康中心“正念”引导年轻人走出焦虑

137P

来源 / 联合早报
文 / 李忠杨
发布日期 / 2022年4月24日 5:00 AM



ZAO BAO
24 APR 2022

"The most prominent mental health problem in society at present is the anxiety pandemic, because of the long-term uncertainty and frequent changes in the epidemic, coupled with the constant impact of negative news, have made more and more people feel anxious under the epidemic."

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

A Singapore Government Agency Website



**PRIME MINISTER'S OFFICE
SINGAPORE**

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PRIME MINISTER'S OFFICE
27 NOV 2022

"When mental health and wellness are discussed without shame, stigma is reduced, and this can encourage our youth to seek help early. And if we can replicate at all levels – at home, at the workplace, at school – then we grow our collective capacity to be a kinder and more empathetic society."

Deputy Prime Minister and Coordinating Minister for Economic Policies Heng Swee Keat

ASIA PACIFIC MINDFULNESS CONFERENCE 2021



(Top row, left to right) Adj. A/ Prof Angie Chew (CEO & Founder, Brahm Centre), Professor Richard Davidson (Founder & Director, Centre for Healthy Minds, University of Wisconsin-Madison), Dr Janil Puthucheary, (Senior Minister of State for Health), Professor Craig Hassed (Director of Education, Monash Centre for Consciousness & Contemplative Studies, Monash University)
(Second row, left to right) Tan Kwang Cheak (CEO, Agency for Integrated Care), Professor Philip Choo (CEO, National Healthcare Group), Daniel Fung (CEO, Institute of Mental health), Kevin Fong (Founding Teacher, ATINAT Institute of Mindfulness Training in China)
(Third row, left to right) Tan Li San (CEO, National Council of Social Service), and Professor Peter Pang (Master, National University of Singapore Residential College 4).

The Asia Pacific Mindfulness Conference (APMC) 2021 was held from 14 to 29 Aug 2021 online via Zoom, with the theme "Connecting Hearts Transforming Minds". A total of 54 live-streaming webinars and 29 workshops with over 70 international and local speakers were offered. More than 6,200 attendees from 54 countries logged on for the conference, including participant delegates from Iran, Iraq and South Africa. The conference was opened by Dr Janil Puthucheary, Senior Minister of State, Ministry of Communications and Information and Ministry of Health.

The conference featured international and local mindfulness and healthcare experts who shared statistics, science and views on the influences of mind-

fulness practice on mental well-being. A frequently visited topic was the impact of the COVID-19 pandemic on Singaporeans' mental well-being.

It was shared by the National Council of Social Service (NCSS) that while the quality of life has generally improved since 2020's circuit breaker (7 Apr to 1 Jun), feelings of anxiety have remained in many Singaporeans. This was attributed to employment and financial worries, as well as uncertainties regarding the future.

Associate Professor Angie Chew, CEO of Brahm Centre emphasised the importance of equipping oneself with good coping techniques: "If there isn't an approach or technique that can help us calm our minds,

ASIA PACIFIC MINDFULNESS CONFERENCE 2021

that's when we experience burnout, insomnia, depression, anxiety and many other mental health conditions."

This view was echoed across the panel of speakers including NCSS CEO Tan Li San, who added that "Even as we move into the endemic (phase of COVID-19), there are concerns about the future... Therefore, it is much more critical that we take care of our mental well-being, and mindfulness is one way to do this."

In addition to the sharing of knowledge by mindfulness luminaries, there were also interactive workshops that guided participants in learning and applying practical mindfulness skills.



ASIA-PACIFIC MINDFULNESS CONFERENCE 2021

Connecting Hearts Transforming Minds
14-29 August 2021 (weekends) – online and onsite

Guest of Honour: Dr Janil Puthucherry
Senior Minister of State, Ministry of Health

Featuring World's Experts in Mindfulness

Join us at the largest mindfulness conference where mindfulness luminaries gather to share the research, practices, approaches in caring for the mind, brain & wellbeing. Don't miss it! FREE live webinars & paid workshops

Conference Details & Registration
www.brainhealth.com.sg/apmc2021



KEYNOTE SPEAKERS

 Prof Richard Davidson Professor of Psychology and Neuroscience, University of Wisconsin-Madison	 Prof William Kuyken Professor of Psychology, University of Oxford	 Dr Sara Lazar Senior Lecturer in Neuroimaging, University of Oxford	 Prof Mark Williams Professor of Psychology, University of Oxford	 Prof Zindel Segal Professor of Psychology, University of California	 Prof Elissa Epel Professor of Psychology, University of California	 Prof John Breckenridge Professor of Psychology, University of California
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OPENING SESSION SPEAKERS

 Adj. Prof Anupam Choudhary Group Chief Executive Officer, National Healthcare Group	 Prof Philip Choo Group Chief Executive Officer, National Healthcare Group	 A/Prof Craig Hassard Associate Professor, Monash University	 Dr Eric Loucks Associate Professor, Monash University	 Kevin Fong Executive Director, National Healthcare Group	 Tan Li San Senior Minister of State, Ministry of Health	 Ms Tan Hui Peng Executive Director, National Healthcare Group
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A PANEL OF MORE THAN 40 INTERNATIONAL SPEAKERS AND WORKSHOP LEADERS INCLUDING:

 Richard Barrett Executive Director, Center for Innovation & Entrepreneurship	 Prof Christopher Chen Professor of Psychology, National Taiwan University	 Dr Faith Chia Associate Professor, National Taiwan University	 Prof Chua Hing Chee Associate Professor, National Taiwan University	 Prof David Cresswell Professor of Psychology, University of Oxford	 Dr Roger Dadds Professor of Psychology, University of Oxford	 Dr John Francis Professor of Psychology, University of Oxford	 Dr Daniel Fong Executive Director, National Healthcare Group	 Dr Christopher Gerner Executive Director, National Healthcare Group	 Prof Lisa Leach Professor of Psychology, National Taiwan University
 Dr Stephen Executive Director, Center for Innovation & Entrepreneurship	 Renee Moller Executive Director, Center for Innovation & Entrepreneurship	 Dr Benjamin Ho Associate Professor, National Taiwan University	 Dr Kuan Hui Hui Associate Professor, National Taiwan University	 Dr David Segal Professor of Psychology, University of California	 Dr Sun Yijun Associate Professor, National Taiwan University	 Dr Chris Willard Associate Professor, National Taiwan University	 Prof Samuel Wong Executive Director, National Healthcare Group	 Dr Wai Kit Executive Director, National Healthcare Group	 Dr Fazel Zaidi Executive Director, National Healthcare Group

Singapore Co-organisers: 

International Co-organisers & Partners: 

45,000 calls made to National Care Hotline since April last year

COVID-19 a stress test of Singapore's mental health and healthcare systems, says Janil

Janil Lal
Public Health Correspondent

The National Care Hotline, which provides psychological first aid and emotional support to those who dial in, has fielded more than 45,000 calls since it was set up in April last year.

Revealing these numbers at a conference yesterday morning, Senior Minister of State for Health Janil Puthucherry said the Covid-19 pandemic has been a stress test of the country's mental health and healthcare systems.

"This pandemic will continue to pose a challenge to the mental well-being and health of the population, since the impact is likely to last for some years to come," he added.

Dr Janil was speaking at the Asia-Pacific Mindfulness Conference, which featured local and international experts sharing their views on topics such as mindfulness and mental well-being.

The virtual conference, which started yesterday, is being held over a two-week period until Aug 29. It is organised by mental wellness charity Brain Centre. More than 4,000 people from 49 countries signed up for the event.



Senior Minister of State for Health, Janil Puthucherry (top row, third from left) and speakers at the Asia-Pacific Mindfulness Conference 2021 yesterday, with two more top row from left: Brain Centre's chief executive Anupam Choudhary, Professor Richard Davidson, founder and director of The Center for Healthy Minds, University of Wisconsin-Madison; Professor Craig Hassard, director of Education at Health Centre for Consciousness and Contemplative Studies, Monash University; Prof. Tan Li San, head of Integrated Care (IC) Tan Li San Group; National Healthcare Group CEO Philip Choo; Institute of Mental Health CEO Daniel Fong; Dr Kevin Fong, founding teacher of ATRAI Institute of Mindfulness Training in China; and bottom row from left: National Council of Social Service CEO Tan Li San and Professor Peter Pong, member of National University of Singapore Residential College 4 (NRC4) School (CSTC).

One topic that came up frequently in discussions yesterday was the pandemic's impact on Singaporeans' mental well-being.

For instance, a series of polls by the National Council of Social Service (NCSS) found that although Singaporeans' quality of life has generally improved since last year's circuit breaker – which took place from April 7 to June 1 – anxiety levels have largely been "normalised" since.

These polls were carried out at three points – during the circuit breaker, in September last year during phase two of Singapore's reopening, and about three months ago, said NCSS chief executive Tan Li San.

Much of this anxiety was related to employment and finances, she said, adding, "Even as we move into the endemic (phase), there are concerns about the future."

That led to the care of our mental well-being, and mindfulness practice is one way to do this," Associate Professor Anupam Choudhary, chief executive of Brain Centre, observed that many people – from healthcare workers to teachers to students – are experiencing a great deal of stress.

She emphasised the importance of learning good coping techniques, adding, "There's a huge growth in a technique that can help us calm our minds, that's when we experience burnout, insomnia, depression, anxiety and many other mental health conditions."

The centre has received more inquiries about its mindfulness courses since April last year. It treated more than 25,000 people last year, marking a three-fold increase from the year before, Prof Choo said.

mindfulness@braincentre.com.sg

A post-conference survey completed by 90% of attendees indicated that we achieved our goal of bringing mindfulness to a wider audience as 56% of attendees were new to mindfulness and had not practised mindfulness before. They also provided a positive response to the content and organisation of the conference.

The APMC 2021 was made possible with support from the following partners; National University of Singapore Residential College 4, Duke-NUS Medical School, National Healthcare Group, the Institute of Mental Health, National Council of Social Service, Agency for Integrated Care, National Silver Academy and Beyond the Label.

We would also like to extend heartfelt thanks to the following sponsors for their generosity; Albert Toh, Prof Choo Chiau Beng, Chen Yew Nah, Joanne Chan, Selina Tay, Henry Baey, Lee Li Ming, William Chua, Lee Hui Peng, Kenneth Wong Hin Yet, Dr Ang Beng Choo, Henry & Shirley Yeo.

Scan QR code to watch the opening of the APMC 2021



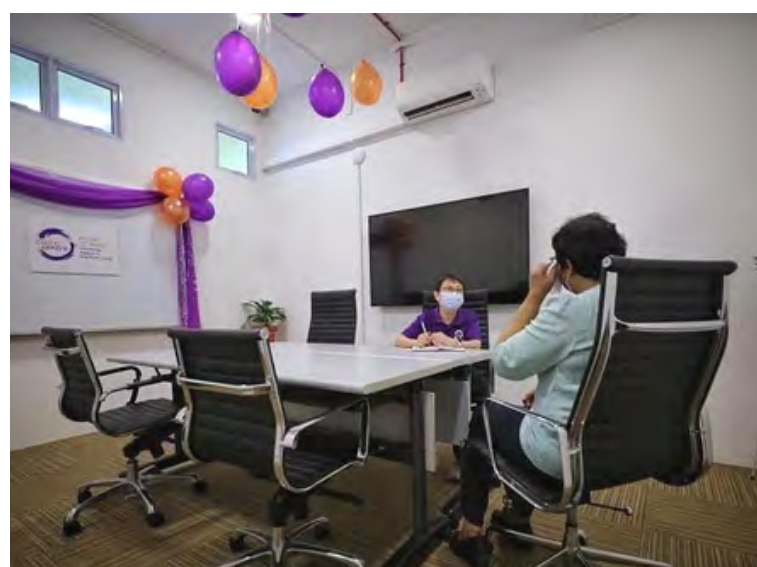
BRAHM CENTRE @ MACPHERSON

HIGHLIGHTS

EXPANSION OF THE CENTRE

On 16 Feb 2022, Brahm Centre @ MacPherson launched two new counselling rooms to provide socio-emotional support, advance care planning, legal advisory, and dementia screening to more beneficiaries.

MacPherson has a higher-needs community with many seniors whose need for support has increased, particularly during the circuit breaker. This expansion will support greater demand for mental health support among the senior community.



(Top row) The unveiling of the expanded MacPherson centre, attended by Ms Tin Pei Ling, MP for MacPherson.
(Bottom) New counselling room in the MacPherson centre.

BRAHM CENTRE @ MACPHERSON

HIGHLIGHTS

APPOINTED AS ACTIVE AGEING CENTRE

With effect from 1 Apr 2022, Brahm Centre @ MacPherson has been appointed as an Active Ageing Centre (AAC), supported by the Agency for Integrated Care and the Ministry of Health. As a drop-in social recreational centre that serves all seniors living within the neighbourhood and a go-to-point for all ageing services, enhanced offerings to the senior residents include:



- Focused and proactive outreach to ensure early intervention
- Increase in community screening to ensure customized care
- Increase in variations of activities especially free programs to actively engage the lower-income and vulnerable seniors in the community
- Increase in outdoor activities i.e. qigong, excursions, and collaborative events with community partners at Residents Committee, and Community Club



The diversity of active ageing activities offered in Brahm Centre @ MacPherson include art and craft, chair zumba, mahjong, resistance band exercise and more.

BRAHM CENTRE @ MACPHERSON

PROGRAMS & SERVICES

PHYSICAL WELLNESS AND EXCURSIONS

We offer various free exercise classes such as Wellness Exercise, Chair Zumba, and Qigong to keep seniors healthy and active. We also hold excursions where we go beyond the MacPherson area to keep our seniors curious and in touch with Singapore's ever-changing landscape.



(Clockwise from top left) Monday morning Qigong at Block 68, Wellness exercise, Outing to Gardens By The Bay, Outing to National Orchid Garden.

BRAHM CENTRE @ MACPHERSON

PROGRAMS & SERVICES

ART AND CRAFT WORKSHOPS

We have a variety of free craft workshops for seniors and residents, ranging from Decoupage and Cupcake Decoration to Print Making, and crafts for celebratory occasions (Chinese New Year, Hari Raya, Deepavali, etc.). We also hold art courses for participants of all ages, which are hosted by experienced instructors. This includes Watercolour Painting, Zentangle, Batik Painting, Chinese Calligraphy, and more.



Public art workshops for the seniors.

BRAHM CENTRE @ MACPHERSON

PROGRAMS & SERVICES

GAMES & SOCIAL EVENTS

Our seniors eagerly come together for weekly game sessions to play cognitively stimulating games, such as Rummikub, Mahjong and Bingo. We also hold celebrations for special occasions including birthdays, Father's Day and Christmas to promote an inclusive spirit within our community. We hope to continually foster a close-knitted community and promote social engagement among our fellow MacPherson residents through interactive fun activities.



(Top row) Mahjong and Chinese New Year celebration.
(Second row) Bingo and Christmas celebration.
(Third row) Birthday celebration for MacPherson seniors.

BRAHM CENTRE @ MACPHERSON

SUCCESS STORIES



MDM LILY IS AN INDEPENDANT 82-YEAR-OLD WHO WAS REFERRED TO US BY THE SILVER GENERATION OFFICE.

She was suspected to have some cognitive impairment, did not have any next-of-kin contact, and declined any engagement services previously offered. She was diagnosed with dementia shortly after scoring poorly during our screenings. Despite claiming that she had no health issues, she was found to have suffered from a history of medical conditions including aortic aneurysms and Hepatitis-B. Yet, she did not show up to any of her medical follow-ups.

Moreover, we discovered that Mdm Lily's name was kept on her last employer's payroll, even though she retired a year ago. Due to this "phantom worker" situation, she was denied access to her corresponding subsidies for community services.

We approached her employer to resolve this issue and months later, she gained access to her subsidies, tiered at nearly the highest level.

Things were looking up for Mdm Lily as her brother was eventually located as a next-of-kin contact. He had not been in touch with his sister for a long time due to his own family commitments. We worked closely with her brother to execute an advance care plan for her.

Mdm Lily actively participated in Brahm Centre's activities before finally being attached to a daycare. She began to step out of her social isolation and made a few friends at the centre. We also supported her brother by linking him to caregiver training courses, which he expressed his appreciation for. With facilitation, he has shown to be a very dedicated and competent caregiver to her.



MDM CLAIRE, A 61-YEAR- OLD DIAGNOSED WITH SCHIZOPHRENIA, WAS REFERRED TO US BY THE INSTITUTE OF MENTAL HEALTH IN 2019.

She was cared for by her sister and her brother-in-law since her mother's passing. However, Mdm Claire's brother-in-law suffered from deteriorating health in 2020 and her sister quickly became overwhelmed with work, caring for her husband, and keeping Mdm Claire engaged at home. Her sister even requested to reduce our phone call check-ins and refused any further home visits due to the hecticness.

Without regular social engagement, Mdm Claire's memory health started to decline. She often sat around at home, subject to her sister's nagging for laziness. Almost a year later, her sister finally agreed to let Mdm Claire attend our weekly wellness programs.



Mdm Claire posing with her decoupage bottle.

Some clients' names have been changed for confidentiality reasons

BRAHM CENTRE @ MACPHERSON

SUCCESS STORIES

Mdm Claire began to attend more of our activities, particularly our arts and craft workshops, outings, and Decoupage art course. We tapped on her available Lonely Elderly Assistance Funding to help support her sister in financing the art courses. She thoroughly enjoyed the activities, received comments with a positive attitude and was highlighted as a role model in class.

In 2022, our community screening with her showed good results. She was independent with a good memory, felt her health was good and had no urgent unstable conditions.

Mdm Claire is grateful that her family takes good care of her, and her sister is appreciative of our support.



Thanks for the great work done by Brahm staffs and Tanjong Katong for hard work that make us happy each day's to see the plant grow. Have a good day. 5/04



MDM NADIA, 70 YEARS OLD, LIVES ALONE AND WAS IDENTIFIED FROM OUR OUTREACH EFFORT IN MAY 2022.

The COVID-19 pandemic made it challenging for Mdm Nadia to participate in activities or excursions.

After reaching out to her, Mdm Nadia participated in the Terrarium Workshop at Brahm Centre @ MacPherson, held in collaboration with Tanjong Katong Girls School (TKGS). She enjoyed the session very much and proceeded to join her first excursion with Brahm Centre @ MacPherson to the Gardens by the Bay. She had an enjoyable time and even became good friends with another senior.

Mdm Nadia continued to actively attend workshops and events with Brahm Centre. Since we first met her, she has been much happier in her regular engagement with us.

Some clients' names have been changed for confidentiality reasons

BRAHM CENTRE @ MACPHERSON

SUCCESS STORIES



MDM M IS A 76-YEAR-OLD SENIOR WHO WAS REFERRED TO US BY HER CAREGIVER'S FRIEND TO JOIN OUR ELDERSITTING PROGRAM.

Eldersitter volunteers, Juliana and Jin Kun applied what they had learned during training to find out what she liked to do and how they could ease her anxiety issues. As Mdm M was a bedridden stroke patient, most of her activities were conducted on her bed. The only time she got up was to shower or to use the toilet in the morning, with assistance from her daughter.

Both Juliana and Jin Kun visited and called her on a monthly basis, engaging her in chats and board games sessions. Over time, she expressed her wish to leave the house, but she had not been able to do so due to her bed-bound condition.

As their relationship deepened, Mdm M approached Juliana about the possibility of going to Gardens By The Bay. The logistics to accommodate her needs for the trip were a little challenging but our Eldersitter volunteers made it possible.

Mdm M was very happy when the day came. She never expected to join any activities beyond her bed as she had not been out since she suffered from a stroke. Tears welled up in her eyes when they finally entered Gardens By the Bay.

Both Juliana and Jin Kun felt a sense of achievement and fulfilment in empowering Mdm M towards a happier and healthier life.

(Top to bottom) Mdm M having a conversation with a volunteer, Mdm M visiting Gardens By The Bay with volunteers.



Some clients' names have been changed for confidentiality reasons

BRAHM CENTRE @ MACPHERSON

VOLUNTEER SPOTLIGHT

Juliana Binte Surani, Eldersitter volunteer

"I decided to volunteer as an Eldersitter after the demise of my beloved Dad. Since he is not here with me, I want to continue sharing my love with others. The experience enriched me to enjoy life in each present moment because memories fade as one ages. My intention in every visit is clear, and that is to bring joy to others, to make them feel that life is full of wonders.

Xie Xunying, Elizabeth, Befriender

"I became a Brahm Centre's befriender in 2020, with the intention of giving back to society. I started calling and visiting the seniors, and slowly developed a bond with them. I am thankful to be able to make a little difference to their lives, to be there to lend a listening ear and to care. As much as I thought I am helping them, I have gained so much from these seniors and their life experiences. Hearing about their struggles and challenges help me put things in perspective, and better appreciate the life I have often taken for granted."

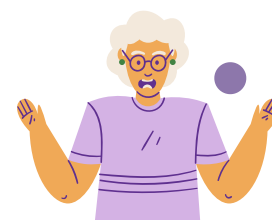
Quek Wei Li, Befriender

"Being a befriender for seniors gives me an opportunity to contribute and make a difference in their lives. Most of the time, the seniors are home and this regular keeping-in-touch gives some relief to their loneliness or boredom. Over time, when we build this connection, meeting and speaking with them just feels like chatting with an old friend, at ease and comfortable. Even more importantly, they feel cared for. Being their befriender helps me to grow as a person, and be more socially aware, as I am inspired by their sharings. It also brings a great sense of fulfilment to be able to help out in the community."

Esther Lee Geok Kee, Befriender

"Five years ago, I was a befriender of Brahm Centre. One day, my befriender, Anne Young, asked if I would like to volunteer to help engage the other seniors within my block and estate by calling them. That was when I began my volunteering journey with Brahm Centre as a befriender. I am happy in my volunteering journey and have become friends with some of my befriendees. The journey is rewarding and I am happy to know that one of my befriendees has become a befriender like me!"

**ESTHER IS OUR OLDEST VOLUNTEER
AT 78 YEARS OLD!**



BRAHM CENTRE @ MACPHERSON

OUR TEAM

Our team at MacPherson is truly the heart of the centre, comprising ten dedicated individuals who work closely together and support one another.

Acting with open hearts and minds, our team continuously embodies the warm and welcoming spirit present in the MacPherson community.

"EVER READY
TO SERVE"



BRAHM CENTRE @ NEWTON

OFFICIAL OPENING

Brahm Centre @ Newton comprises the Mindfulness Centre on Level 4 and the Youth Centre on Level 5 at Goldbell Towers. Both centres were officially opened by Dr Janil Puthucheary, Senior Minister of State, Ministry of Health on 23 Apr 2022.

The two new centres have two counselling rooms and two seminar rooms and serve as a space for mindfulness programs, community outreach, art and craft activities, counselling and youth programs.



Opening of Mindfulness Centre (left) and Youth Centre (right) by Dr Janil Puthucheary, Senior Minister of State, Ministry of Health.



The official opening ceremony was held on Level 4 with intern, Mr Tan Ding Xuan, as emcee.



Due to COVID-19 restrictions, the staff and youth attendees joined the opening ceremony on Level 5 via Zoom.



Counselling room in the new centre.

BRAHM CENTRE @ NEWTON

PROGRAMS & SERVICES

MINDFULNESS

Brahm Mindfulness Centre @ Newton provides mindfulness programs and courses to a diverse range of audiences to enhance their mental and emotional well-being through the use of practical and applicable techniques and approaches.

At Newton, we offer the following courses:

- Mindfulness Foundation Course
- Mindfulness-Based Cognitive Therapy
- Mindfulness Advanced Course
- Mindfulness-Based Stress Reduction
- Mindfulness-Based Therapy for Insomnia
- Mindfulness for Enhanced Performance
- Mindfulness Compassion Course
- Mindfulness For Self-Compassion Course
- 3-days mindfulness retreats

Our wide range of courses caters to novice participants, who would like to experience the benefits of mindfulness, as well as experienced ones to deepen their practice.

Between Oct 2021 to Jun 2022, Brahm Mindfulness Centre @ Newton has reached out to 752 participants through mindfulness courses, workshops, talks and seminars.



Mindfulness-Based Stress Reduction Course being conducted at Brahm Centre @ Newton.



Mindfulness Based Cognitive Therapy (MBCT) course participants and Mindfulness Principal, Adj. A/Prof Angie Chew.

PARTICIPANT SPOTLIGHT



Ching Yee,
Mindfulness Compassion Course participant

"The Mindfulness Compassion Course is rich and insightful in both content and practices. In journeying through life's ups and downs, I learn to stay equanimous while centring gratitude, compassion and kindness towards myself. I begin to understand that "We cannot give what we do not have". Across the eight weeks, I acquired deep learning through the other participants' sharing of personal stories.

With Angie's authenticity, empathy and humour, I was invigorated as I worked through shifts in my classmate's perspectives which broadened my view of life's experiences. Together with Mindfulness-Based Stress Reduction and Mindfulness Based Cognitive Therapy which I previously attended, they made for a powerhouse of nutrients to nourish my heart and soul."

BRAHM CENTRE @ NEWTON

PROGRAMS & SERVICES

ART

For the participants who find peace and comfort in creative expressions, Brahm Centre @ Newton offers a plethora of specialist-taught art courses. From traditional pencil sketching and colour pencil drawing to niches such as Zentangle and Japanese Nagomi (Pastel Art), the art courses aim to engage and stimulate minds.

In the process of learning and creating, many of our adult and senior participants also formed friendships through conversations in the classroom. Such increases in social interactions alleviate feelings of loneliness and isolation and heighten the sense of belonging to a community.



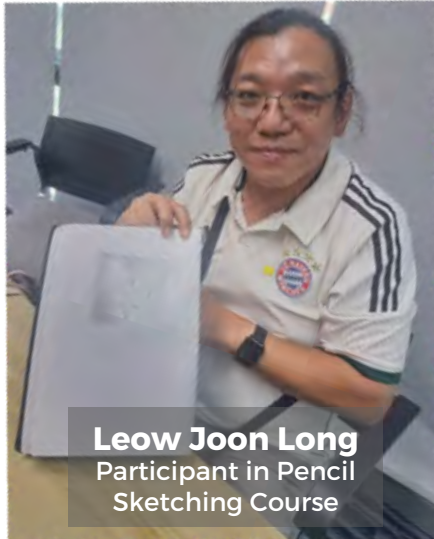
(Clockwise from top left) Participants engaged in an art class at the Newton centre, a decoupage and watercolour floral piece done by a participant, a participant in a Zentangle class posing for the camera, group of friends showing off their Zentangle patterns.

BRAHM CENTRE @ NEWTON

PROGRAMS & SERVICES

ART

PARTICIPANT SPOTLIGHT



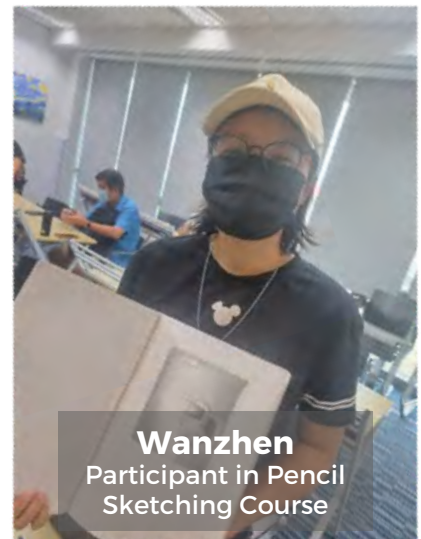
Leow Joon Long
Participant in Pencil
Sketching Course

"I learnt how to shade with pencils and I am proud of my artpiece!"



Tea Geok Kooi
Participant in Colour
Pencil Drawing Course

"Learning how to blend with colour pencils was eye-opening!"



Wanzhen
Participant in Pencil
Sketching Course

"It is relaxing and fun!"



Abel
Participant in Colour
Pencil Drawing Course

"I have learnt something new and interesting."



Alice Tan
Participant in Colour
Pencil Drawing Course

"I have learnt a lot, especially the skilful use of colour pencils."

BRAHM CENTRE @ NEWTON

PROGRAMS & SERVICES

YOUTH CARE

Youth Care @ Newton is Brahm Centre's first youth mental health service centre. We offer mindfulness-based programs and services to empower youth to be happier and healthier. This includes well-being screening, academic coaching, befriending, counselling and outreach activities such as crochet classes and "chill out" hangouts. For parents and guardians, support is also extended in the form of mindful parenting seminars and workshops.

Being appointed a Youth Community Resource, Engagement and Support Team (CREST) centre by the Agency for Integrated Care on 1 Jul 2022, the youth care team has since supported 91 youth clients and 12 parents/ caregivers with basic emotional support, counselling and other professional intervention. To date, we have engaged 6,159 youth through proactive outreach to schools and the community. This year, we managed to engage 2,930 youth, which is a significant increase of 1,256% from 2021.

MENTAL HEALTH LITERACY

A core belief of our work in Youth Care is that mental health literacy is the foundation for preventive mental health care, stigma reduction, and increased help-seeking among youth. We foster early identification and help-seeking behaviour by recognising common issues and symptoms.

The Lighthouse Program is a signature program to promote mental health literacy in young individuals, parents and guardians, schools and the community. By partnering with Tan Tock Seng Hospital's Psychiatry Dept and Harvard Medical School, talks and workshops are conducted for schools and youth-focused organisations.

This year alone, we have reached out to 2,638 youth through 18 runs of evidence-based mental well-being workshops:

- Mental Well-being by Dr Jerome Goh, Clinical Director, Division for Central Health and Senior Consultant, Psychiatry Department, Tan Tock Seng Hospital
- The Brain Science by Dr Sara Lazar, Associate Researcher in Psychiatry, Massachusetts General Hospital and Assistant Professor in Psychology, Harvard Medical School
- Mindfulness to Reduce Stress by Adj. A/Prof Angie Chew



(Left to right) Dr Jerome Goh, Dr Sara Lazar and Adj. A/Prof Angie Chew.

BRAHM CENTRE @ NEWTON

PROGRAMS & SERVICES

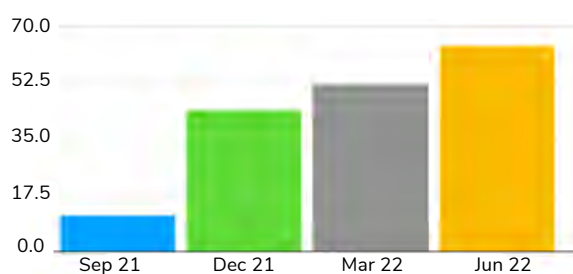
ENRICHMENT ACTIVITIES

The pandemic has caused many young people to feel isolated, with home-based learning and virtual interactions becoming the new norm of social life. As the COVID-19 measures continue to ease, Youth Centre @ Newton aims to be a space for youth to discover and harness interests, form social connections and develop life skills. We host a diversity of enrichment activities that focus on:

- Communication
- Information and Communications Technology (ICT)
- Art and craft
- Life skills
- Movement

This ranges from crochet courses and therapeutic yoga classes to mindfulness retreats for teens and children. Since the Youth Centre has been designated as a venue for youth-focused programs, the participation rate has been increasing (Figure 1).

Figure 1. Number of participants in enrichment activities



(Clockwise from top left) Introduction to crochet class, yoga as part of the Mindful Child program, Mindful Teen Retreat, mindfulness practice before crochet class, sock puppet making class.

BRAHM CENTRE @ NEWTON

PROGRAMS & SERVICES

MINDFUL ACADEMIC COACHING

Mindful Academic Coaching (MAC) was the first youth program launched at the end of 2020 with the goal of providing academic and socio-emotional support to students. Our volunteer coaches are either recent graduates or students in Institutes of Higher Learning (Polytechnic, Junior College). They provide one-to-one weekly online coaching in two subjects, from Feb to May and from Jul to Oct. Each session starts with a short mindfulness practice to help our students improve concentration and focus.

With a close age gap, our coaches are able to draw relevancy from their own teenage experiences when supporting our students with challenges. Most importantly, we personalise the student-coach matching system for each student by:

- Understanding the academic and social needs of our students
- Assessing the comfort level of coaches in supporting selected academic subjects
- Conducting compulsory training for coaches
- Regular supervision of coaches by a member of our Youth Care staff team or an experienced volunteer coach

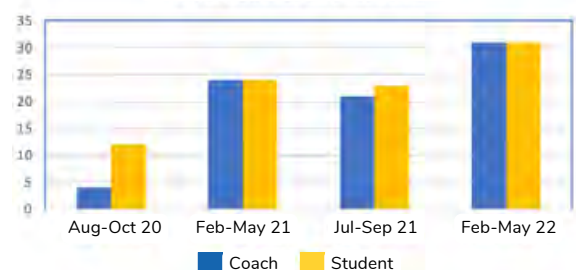


Volunteers coaches at a training workshop before embarking on their coaching journey.

Social Media post for the recruitment of volunteer coaches.

Over the years, the MAC has grown to cater to more secondary school students, with an aim to obtain a consistent one-to-one student-to-coach ratio (Figure 2). The Youth Centre @ Newton has been a wonderful resource for training coaches and promoting youth mental health workshops and activities to those in need.

Figure 2. Number of coaches and students in Mindful Academic Coaching



BRAHM CENTRE @ NEWTON

PROGRAMS & SERVICES

INTERNSHIPS

Brahm Centre's structured internship program aims to develop students' work skills and mental resilience for those aged 15 and above. The internship attachment areas are customer service, information technology, marketing and communications, volunteer management, Senior Care and Youth Care.



(Clockwise from top right) Art Therapy Session for interns, intern (far right) working together with staff to assemble program flyers, intern Tan Ding Xuan emceeing at the launch of Brahm Centre @ Newton.

Apart from practical work experience, we want to curate a fulfilling learning experience for our interns. Thus, the progress of interns is not limited by work performance, but also by their socio-emotional development:

Skills development

Each intern is attached to a team in Brahm Centre to support the team's work. The interns learn work skills and attend workshops to develop soft skills.

Self-discovery

Interns attend group art therapy and other workshops to understand themselves better.

Coaching

Each intern is assigned a personal coach who provides guidance and emotional support and helps the intern explore their strengths, aspirations and motivation to work towards their goals.

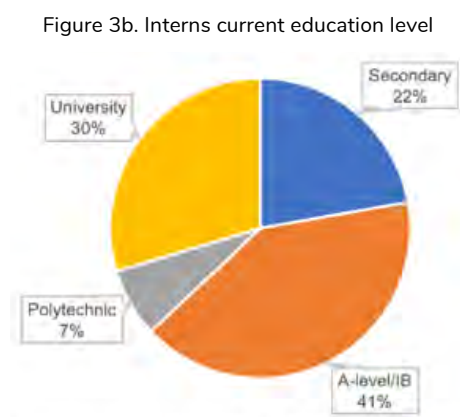
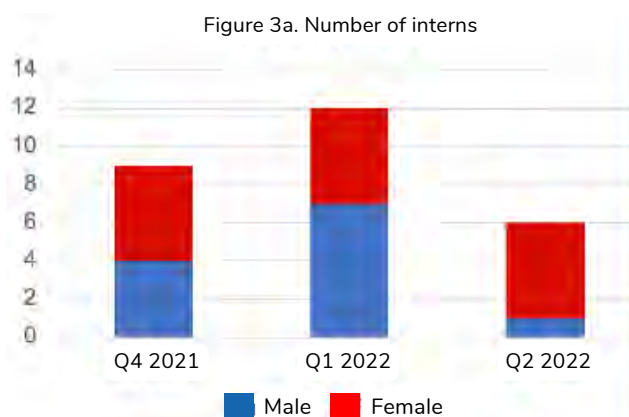
Mental resilience

Each intern must attend a mindfulness course to develop resilience and reflect on their work experience to gain insights.

BRAHM CENTRE @ NEWTON

PROGRAMS & SERVICES

The size of our intern team has not been spared the impact of the COVID-19 pandemic (Figure 3). Nevertheless, Brahm Centre continued to provide a structured internship program for students who wish to groom their work skills, explore their career and life goals, as well as gain introspection on their personal development.



YOUTH CARE SERVICES

As a community-based mental health service with a focus on the youth community (15 to 25 years old) and their parents or guardians, we offer a broad support system for those in need:

- Mental health screening
- Emotional support (coaching and befriending)
- Psychoeducation
- Parenting support
- Counselling
- Art therapy

In Dec 2021, we started receiving referrals from schools and external agencies. Youth clients were provided with the necessary socio-emotional support. When there was a need for further intervention, counselling services are engaged. Some youth clients go on to participate in Brahm Centre's other programs such as enrichment activities, internships and Mindful Academic Coaching.



Emotional support and counselling service for youth.

Preparations were also made in Q2 2022 to form a team and build capacity to carry out the CREST-Youth work that would be launched in Jul 2022. Focus group discussions were held with educators, youth and parent groups to seek input on the services offered.

BRAHM CENTRE @ NEWTON

OUR TEAM

The team at Brahm Centre @ Newton is dedicated to serving our clients with a smile. Despite several members of our team going through our own journey of mental health recovery, we believe that happier and healthier living comes from inward reflection and a positive outlook in life. As we exhibit happiness, we find tractions of happiness in the people around us. We see each day as a new challenge and when it comes easy for us at times, we appreciate it with gratitude. We are grateful to all those who made our work at Newton fun and possible.

"IT IS NOT JOY THAT
MAKES US GRATEFUL,

IT IS GRATITUDE THAT
MAKES US JOYFUL"



BRAHM CENTRE @ SIMEI

HIGHLIGHTS

Brahm Centre @ Simei is an Active Ageing Centre (AAC), supported by the Agency for Integrated Care and the Ministry of Health. It is a drop-in social recreational centre that serves all seniors living within the neighbourhood and the go-to point for all ageing services.



FUTURE EXPANSION OF THE CENTRE

The Simei centre will be expanding to include a second site at Blk 148. The new centre will include programs for youth and families. We look forward to welcoming you when we open the second centre in the first quarter of 2023!



Simei MP Jessica Tan pictured with Simei residents at Brahm Centre's first charity gala where we announced and celebrated the expansion of the Simei centre.



Congratulations, [Brahm Centre](#) on celebrating ten years of caring for the community!

Brahm Centre is a close friend of Changi Simei. One of its first centres was set up in 2017 at Blk 227 Simei St 4 to provide care and health programmes for our seniors. In fact, their mindfulness workshops and wellness activities, such as chair Zumba and happy dance, are very well-received by our residents.

We look forward to the opening of its second centre in Changi Simei in first quarter of 2023. This new centre, located at Blk 148, will provide mental wellness programmes for all ages.

To Angie - founder and CEO of Brahm Centre, as well as Josephine, Hannie and the team at the Brahm Centre at Changi Simei, a big thank you for the partnership and strong support for Changi Simei residents!

[#BrahmCentre](#)
[#OneChangiSimei](#)
[#EastCoastCares](#)
[#VibrantEastCoast](#)



BRAHM CENTRE @ SIMEI

PROGRAMS & SERVICES

Brahm Centre @ Simei boosts a wide assortment of activities to keep the seniors' minds and bodies healthy. Some of these are highlighted below.

FITNESS FOR EVERYONE

Physical exercise reduces the risk of diseases such as dementia, hypertension and heart disease. In Simei, our makcik-makcik (aunties) and kakak-kakak (sisters) loved grooving to our fitness and wellness classes to maintain a healthy lifestyle. More ladies from the Malay community are joining our classes and inviting their friends along to maintain a healthy body and mind. Well done, ladies. We are proud of you!



(Left to right) Low impact cardio exercise, makcik-makcik and kakak-kakak with their dance instructor and Brahm Centre staff.

ART & CRAFT

Art and craft activities help to stimulate the minds of seniors and slow down the deterioration of cognitive functions. It also encourages seniors to express themselves and develop confidence.



(Clockwise from left) Sculpture making, pastel colouring, terrarium building and pastel colouring.

BRAHM CENTRE @ SIMEI

PROGRAMS & SERVICES

GAMES

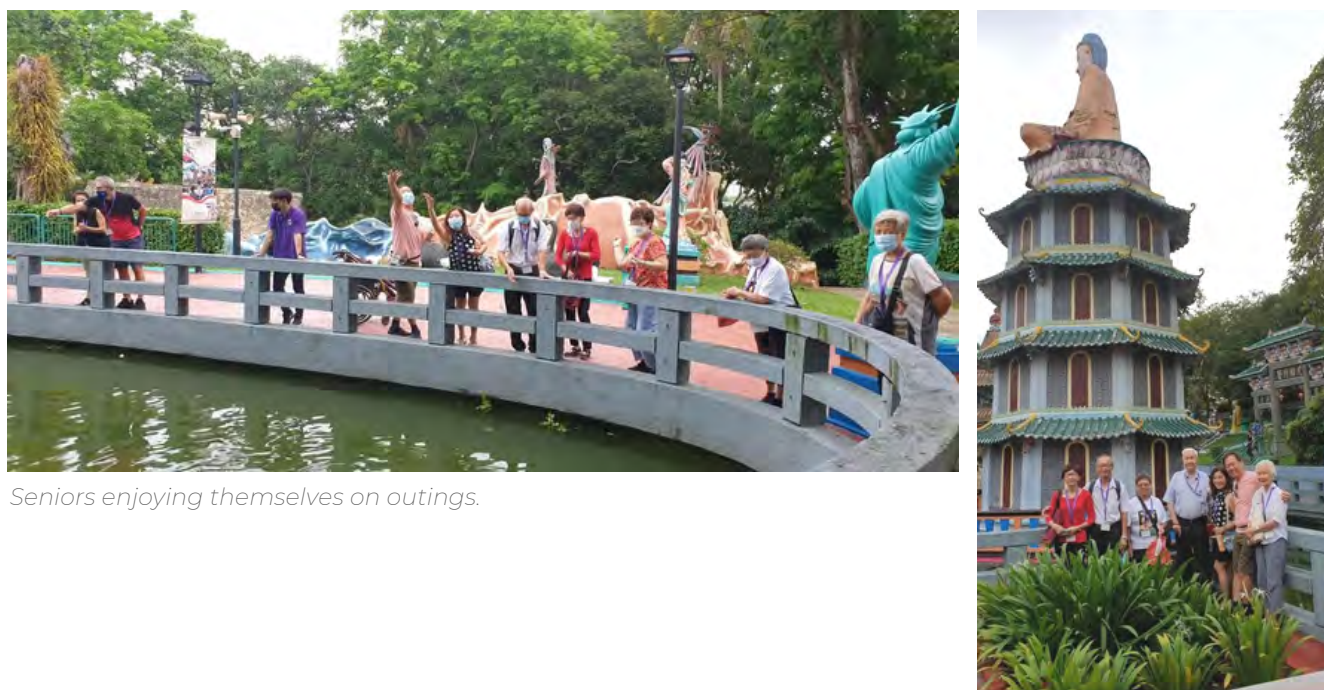
Games encourage seniors to improve their social skills, and enhance their self-esteem and connection to their peers in the community.



(Left to right) A senior volunteered to spin the bingo cage, seniors playing mahjong, senior posing with her prize from winning bingo game.

EXCURSIONS

Excursions bring back nostalgic memories that can be an incredibly relaxing and rejuvenating experience for seniors. It also reinforces a sense of independence and physical well-being among seniors.



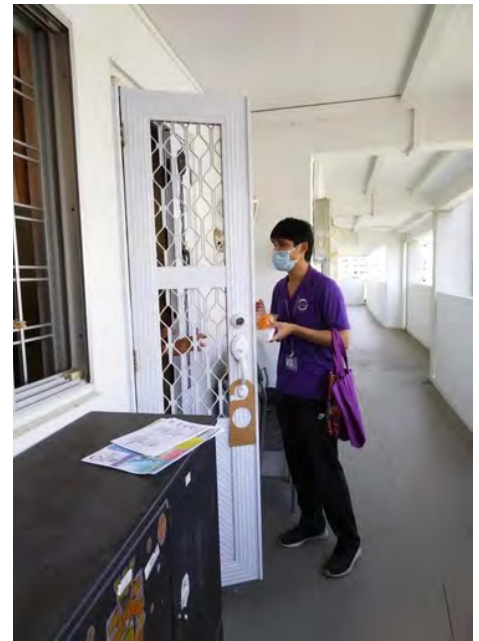
Seniors enjoying themselves on outings.

BRAHM CENTRE @ SIMEI

PROGRAMS & SERVICES

OUTREACH

Our outreach efforts keep seniors in the community from feeling isolated and depressed as social engagement helps to instil in residents a sense of belonging. A social life is key to empowering and energising one's feelings towards life.



The outreach team performing door-to-door visits to distribute program flyers and reach out to seniors.

BRAHM CENTRE @ SIMEI

PROGRAMS & SERVICES

CARE SERVICES

Our Care Team coordinates with healthcare and supporting agencies to provide holistic care when required. We do so by supporting individuals to take ownership of their own health with the following services:

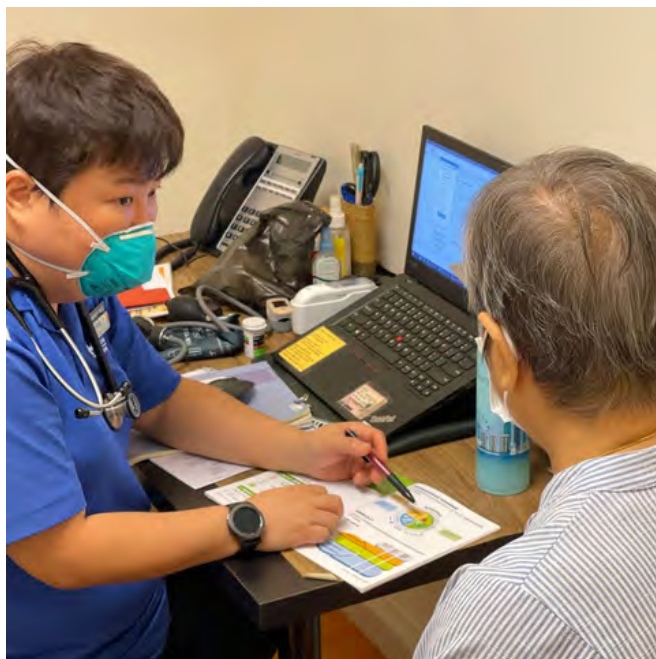
- Care management
- Mental well-being screening
- Counselling
- Depression and dementia screening
- Advance care planning
- Befriending and buddying
- Community nurse post in partnership with Changi General Hospital



Nurses checking in with seniors.

COMMUNITY NURSE POST

We are delighted to be partners with Changi General Hospital (CGH) in setting up a Community Nurse Post at Brahm Centre @ Simei. CGH nurses are stationed at our Community Nurse Post to serve our Singaporean or Permanent Resident seniors aged 60 years and above. The nurses help to manage seniors who have chronic illnesses such as high blood pressure, high blood cholesterol, diabetes, chronic heart failure, chronic lung diseases and are previous stroke patients.



Nurses from Changi General Hospital checking in with seniors.

BRAHM CENTRE @ SIMEI

SUCCESS STORIES



MR KEK, A DEMENTIA PATIENT, WAS REFERRED TO US FOR SUPPORT BY TAMPINES POLYCLINIC.

Mr Kek lost his daughter this year. Shortly after, he was diagnosed with dementia. He used to wander around Simei aimlessly. His family shared that he would hang around coffee shops the whole day.

Ever since he was introduced to Brahm Centre, Mr Kek has been actively engaged in our activities. He has been coming for exercises, learning new skills, interacting with people and even helping to set up logistics for our Chair Zumba activity.

Mr Kek shared with us his appreciation in Mandarin "It's always so boring at home. There is nobody to talk to. Nowadays, I am always happy to come to your centre. It is nice to have people to talk to, and to exercise."



(Left to Right) Mr Kek at a mooncake making workshop, actively participating in Chair Zumba, and setting up chairs for an exercise class.

Some clients' names have been changed for confidentiality reasons

BRAHM CENTRE @ SIMEI

VOLUNTEER SPOTLIGHT



Chua Lian Yap,
Ad-hoc support &
Donor of Cove@Simei activities resources

"Come come come!
You pass to me, I do!"

Choo Suh Chyn,
Ad-hoc support

"By coming to volunteer at Brahm Centre, I have made more friends and have many chances to help others. The whole experience makes me happier and I feel that life is more meaningful."



Regina,
Volunteer & Ad-hoc Support

"My journey with Brahm Centre first started when I attended the talks on Saturday. I joined the exercise sessions at Brahm Centre @ Tampines and Simei and started volunteering as a befriender in Jun 2021. On an ad hoc basis, I participated in excursions and was also involved as a medical escort. The staff at Brahm are very warm, caring and supportive. I enjoyed the interaction with seniors and find volunteering both meaningful and rewarding."

Some clients' names have been changed for confidentiality reasons

BRAHM CENTRE @ SIMEI

VOLUNTEER SPOTLIGHT

"My journey as a volunteer with Brahm Centre has been a fulfilling one. I feel grateful and honoured that the two elderly individuals I have been working with since 2021 are willing to have deep heartfelt conversations with me. I wish to continue being there for them, and continue learning many life lessons as they share their experiences with me."

Ms Natalene

"Being a Brahm Centre befriender makes me happy. I enjoy speaking with my Befriender because her laughter and voice show that she is fine. I'm glad I can support her and listen to her. Both of us appreciate each other for taking time to have a conversation.."

Ms Chen Chin Tyng

"Brahm Centre staff came to my house to do outreach. They found out that I am a make-up artist and I do volunteer make-up for cancer patients. Hence, they connected me with their Centre Manager, Hannie. I felt very encouraged after visiting the centre. When I saw how the seniors interacted like family, I decided to volunteer as a make-up artist for the makeover session. It really warmed my heart when the seniors were so happy after the session. It really warmed my heart."

Ms Mello Pamela Theresa

"I joined Brahm Centre as a Befriender in Mar 2021. I had been volunteering in other organisations since 2006 after my retirement. I was looking for an organisation that looks after seniors and is near my home. I have been working with three clients to date, calling them once weekly to check on their well-being. The one-and-a-half years of volunteering with Brahm Centre was purposeful, fulfilling my wish to contribute to society. Having my befriendees view me as a friend through my interactions with them makes all the effort worthwhile."

Mr Zhang Chen

SPECIAL TRIBUTE TO MR HAN, A 74-YEAR-OLD VOLUNTEER



Mr Han brightens the entrance of our Simei Centre with his tender and loving approach to our seniors. He helps to ferry clients to and fro their exercise classes, especially those with mobility issues. His friendly disposition helps our clients feel welcomed and open to conversations while keeping them meaningfully engaged during their scheduled routine activities.

One of the clients who benefitted from Mr Han's support said that he was more willing to step out of his comfort zone and not just stay at home. The smiles on the people's faces whom he interacts with have motivated him to continue participating in the activities.

We are proud to see that this bright and cheery gentleman does not let his seniority define his limits!

Some clients' names have been changed for confidentiality reasons

BRAHM CENTRE @ SIMEI

OUR TEAM

At Simeai Centre, we present..... JEWEL.
We bring Joy with our Enormous hearts,
ensuring your Well-Being through Empathy &
Love (and so does Jewel, our Simeai mascot
and daily patron)!



"J oy
E normous heart
W ell-being
E mpathy
L ove "



BRAHM CENTRE @ TAMPINES

PROGRAMS & SERVICES

Our mental and physical wellness programs range from art and craft, low-impact cardio, yoga, zumba, tai chi, dance, and art to mindfulness. We also organise regular excursions to encourage social interactions and an active lifestyle.



Decoupage class.



Craft@TP students showing off their art work in the Gallery.



A get-together organised by the Tampines team, in celebration of National Day.



Participants in the middle of a Therapeutic Yoga class which is regularly held in the Stage Hall.



BRAHM CENTRE @ TAMPINES

PROGRAMS & SERVICES

CRAFT@TP - ENGAGING SENIORS THROUGH ART

CRAFT@TP was launched with the belief that through art and craft, CREST Seniors can actively engage themselves through their own creativity and participation. It is also a stepping stone to encourage seniors to visit the Tampines centre, learn something new and thereafter engage them to participate in other exercise or art courses and services that we have available.

The objective of CRAFT@TP is to keep participants' minds stimulated which can help prevent mental health issues such as depression and anxiety disorder through the use of art and craft modality.

Our participants reported a sense of competence and greater self-esteem in their completed artworks as a craft has no restriction on the form of its artist. For CREST seniors who are wheelchair-bound, learning a craft can be therapeutic and also give them a sense of achievement.

It also improves their psycho-motor skills as the use of hands when creating craft can improve blood flow and agility in their fingers, arms and hands.

Our staff witness the satisfaction and pride of our participants when a piece of work is completed and presented to a friend or family member.



Some clients' names have been changed for confidentiality reasons



Many of our participants walked away from the workshops with improved self-confidence and a greater sense of participation.

Angela is a participant in several of our Craft @ TP workshops. Initially, she was a little reserved and quiet. But we noticed she likes to do crafts and has completed all the craft pieces with pride. We further noticed that she is able to support her peers in her craft. Once we recognised her enthusiasm and natural talent for art, we approached her to be our volunteer and engaged her to help and guide other seniors. She enthusiastically accepted the invitation and is now one of our Craft @ TP volunteers!

Liz is another participant of Craft @ TP. She suffers from a mental health condition and is cared for by her sister. She is usually passive and quiet. She was reluctant to attend our craft workshop initially. After much persuasion from our Care Team colleagues and her sister, she started her craft journey with us. As Liz participated actively, she started to open up and better express herself and communicate with others. She and her sister are now our regular Craft @ TP participants.

BRAHM CENTRE @ TAMPINES

SUCCESS STORIES



MDM NG, 79 YEARS OLD, FIRST CAME TO TAMPINES CENTRE TO TAKE PART IN ONE OF OUR WELLNESS CLASSES IN FEB 2022.

She was caring for her spouse who had cancer and was in hospice home care. Her children were concerned about her lack of social engagement outside of her caregiving duties. Mdm Ng and the children were looking for activities and programs to keep her occupied and to have a constant and consistent source of support and comfort.

Since then, we began to actively engage her, encouraging and motivating her to participate in activities such as art and craft workshops, outings and wellness classes, while supporting her in her anticipatory grief.

Due to the recent passing of her spouse, we worked with the Medical Social Worker from the hospital to provide mental health support for her.

She will be having counselling services to help her process her grief and loss.

Mdm Ng looks forward to coming to the centre every day for social engagement, activity participation or just to be a listening ear. She enjoys connecting with her peers during classes and remains active and resilient despite her recent loss.

Due to her positive experiences in the centre, Mdm Ng would often stay back and hang around in the centre post-activities, to chit-chat with our care team and centre staff.



MDM TANG IS AN 87-YEAR-OLD LADY WHO WAS REFERRED TO US BY TAMPINES POLYCLINIC FOR BEFRIENDING SERVICES.

Mdm Tang lives with her daughter's family and a domestic helper. Her daughter was also referred for caregiver support.

Mdm Tang has dementia and requires a wheelchair to move about in the community. Due to challenges in mobility, she required a high level of care. This resulted in her daughter experiencing immense stress in caring for her, even with the support of the domestic helper. To provide periodic respite and relief from the daughter's caregiving duties, Mdm Tang was enrolled on our Eldersitting program and also invited to join our Craft@TP session on alternate Wednesdays, while waiting for a vacancy at a daycare centre.



Mdm Tang posing for a photo with her artwork, joined by a Brahm Centre staff.

Some clients' names have been changed for confidentiality reasons

BRAHM CENTRE @ TAMPINES

SUCCESS STORIES

Our staff in charge of the Eldersitting program has had meaningful interactions with her during the home visits, engaging her in activities such as singalong, mind-stimulating exercises like colouring and connecting the dots as well as physical exercises like stretching.

Due to Mdm Tang's declining cognition and ability to understand instructions and social interactions, volunteers were engaged to provide more individualised attention and assistance to her during the Craft@TP sessions.

Mdm Tang managed to independently complete some tasks during the craft session and was seen smiling and feeling accomplished upon doing so.

Mdm Tang's daughter, who has been receiving continuous caregiver support from us, has given feedback regarding how Mdm Tang enjoyed herself at our centre as she feels comfortable and well-supported by the warmth and hospitality provided. She said, "Once again a Big Thank You to you and your colleagues for helping me during my tough times taking care of my mum while waiting for the Dementia Care Centre to accept my mum."



Mdm Tang smiling delightfully for a portrait.

PARTICIPANT SPOTLIGHT

"I enjoyed the various activities organised by Brahm Centre Tampines, especially the exercise and handicraft classes. After joining the activities, my outlook in life is more positive as I get to meet new friends and do handicrafts and exercise with them. Now I spend my time more purposefully instead of just sitting at the coffee shop. This has improved my overall physical and mental health and I look forward to attending the weekly class in Brahm Centre @ Tampines."

Mdm Thiam Ah Moey

"I attended several classes here at Tampines Branch. The service is excellent with prompt responses from staff like Victoria and Cecilia, who pay attention to our concerns and requests. The teacher, Ruyan, who conducts Pastel Art is good at her teaching and techniques. The exercise classes are also good. Greatly appreciate the good service here."

Ms Kathy Tan

"Activities in Brahm Centre Tampines have enabled me to have a happier and healthier life. I have made many friends here and I like chit-chatting with them. This has also widened my knowledge as well. I enjoyed the Centre's festive celebration as the games are fun and entertaining. Tampines Centre's staff has done a good job of making the Centre a nice and conducive place for the seniors to enjoy the activities. Thank you!"

Mdm Lye Poh Chai

"Mr William Ong is a very nice trainer who is very encouraging and very focused during his lesson. He is always very cheerful and makes the class lively."

Ms Esther Teng

Some clients' names have been changed for confidentiality reasons

BRAHM CENTRE @ TAMPINES

PARTICIPANT SPOTLIGHT

"Hello Brahm Center @ Tampines, I would like to provide my feedback on the Advance Care Planning (ACP) workshop held by Brahm Tampines Center on 18 Aug 22 (3 pm). I attended the workshop with the objective of wanting to know more about ACP and its difference from others like AMD & LPA etc...

When I entered the centre, I was given a warm welcome by the staff and led promptly to the conference room for registration.

When in the conference room, I noticed the staff gathering the Chinese-speaking participants to the seats at one side, and then I realised they have a staff who does English-Chinese translation during the workshop. I am sure the participants felt well taken care of.

Booklets of preferred language are given to the participant too. I actually asked for 2 sets of the booklet - one in English for myself and another one in Chinese for my mum who is not there. They gave them to me immediately.

Hannie, the instructor did a really good job going through the ACP booklet page by page, explaining the details and what is expected. And she actually did well in Mandarin too even though she mentioned that she is not too well-versed in the language.

The booklet provided by the centre is useful. It provides comprehensive information and is able to guide the thought process before one proceeds further with their ACP.

I personally believe ACP is not only for seniors but should also be introduced to younger age groups such as those in their thirties or forties. I signed up for my ACP consultation session at the end of the session. I am glad Brahm Centre offers this service besides holding the workshop.

Giving us Khong Guan biscuits was a really nice gesture, thank you! I will definitely recommend my friends and family to the workshop. Keep up the good work!"

Ms Rebecca Lee

"Dear Lina, thank you for coaching us so gently and patiently. My most memorable experience was when you said very nurturing, "very good - everyone is trying your best". I was actually giving up but I decided to persevere, as the teacher's encouragement helps."

Mdm Leng Chee

"The yoga, low-impact exercise and brain & body exercise classes in Brahm Centre @ Tampines have helped me to improve both my physical and mental health. I enjoy the festive celebration held in the Centre too. The staff in the Centre are friendly and helpful. Thumbs up to all staff in Tampines Centre."

Ms Florence Tan Choon Keo

"Trainer Linda has shown her professionalism in the yoga arena. I have gained a lot of insights albeit I am very stiff all around due to the lack of exercise over the years. I enjoyed every moment in this beginner's course, with great appreciation for a job well done. Her teaching is also very suitable for senior participants and it's very engaging. Linda is approachable and the yoga poses help to alleviate my body ache and help strengthen and tone my muscles. Kudos to Linda, Navin and Team Tampines."

Mr Daniel Tan & Mdm Tay M.W



Some clients' names have been changed for confidentiality reasons

BRAHM CENTRE @ TAMPINES

VOLUNTEER SPOTLIGHT



Cindy,
Outreach & Craft@TP volunteer

"I started volunteering after I signed up for an art class at Brahm Centre to tap into the NSA funding scheme. I feel that the arts can be very therapeutic and it enables old folks to maintain cognitive skills through art and craft activities. My mother had dementia for many years before she passed on, therefore I fully understand the need to engage all seniors to keep them mentally and physically active to prevent dementia. When I learned that Brahm Centre also conducts free art classes for seniors and requires volunteers to help out for each session, I gladly signed up. Thereafter I also participated in other events such as the Outreach program and the NDP party for seniors which were great successes. With an ageing population, Singapore will need more volunteers going forward. I hope more will make volunteering a meaningful and rewarding part of their life."



Jessica,
Craft@TP volunteer

"Though I had years of volunteering experience, it's a new ballgame to be a trainer at a craft session. The craft project has to attract the seniors' interest. It has to be useful and easy to make. Most importantly, the workshop has to end within the time frame, so that the seniors do not feel too tired at the end of the session. This sounded like an uphill task. However, breaking down the process with simple-to-follow, step-by-step instructions, and having lots of backend practices help. During the craft session, it was fulfilling to see the seniors enjoying the process. They followed the instructions with enthusiasm, eager to put their creativity into their final products. The experience reinforced my belief that with perseverance and patience, we could accomplish any difficult task. Brahm Centre @Tampines provided a conducive environment for us trainers as well as the volunteers, who were helping in the session."



BRAHM CENTRE @ TAMPINES

OUR TEAM

Brahm Centre Tampines is brought to life by the vibrant, colourful and young-at-heart team. Finding joy and purpose through being of service to others, the team at Tampines is ever-ready and willing to go the extra mile for the community and seniors alike.

"MOTIVATED BY
KINDNESS,

FUELED BY EMPATHY

& ENCOURAGED BY
CHANGE"



COMMUNITY CARE

BUDDYING & BEFRIENDING

Seniors primarily come to our centres to interact and build friendships with members of the community and gain access to our care services. The buddying and befriending services include the HAPPY Leader, Befriender, escort for medical appointments and running day-to-day errands.

We rely on community volunteers to support our programs. They range from students who may not have experience providing care for others to professional care coordinators who want to contribute more. We match our volunteers to specific volunteer areas based on their interests and experience, and the needs of our seniors.



Volunteers and participants of the Befriending Program on an outing.

BEFRIENDING PROGRAM

Brahm Centre's Befriending Program offers care and support to lonely elderly, persons living with dementia and caregivers. The program has grown over the years to meet the increase in demand for community home care, and 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, to name a few.

After referrals are received from healthcare institutions or our partners and case assessments are made, Brahm Centre's Care Team matches clients to trained Brahm Centre volunteers, who engage the former with the goal of providing compassionate befriending.

Our volunteers engage befriendees on a fortnightly basis, and some of the services provided include:

- Chatting with befriendees or simply lending them a listening ear
- Engaging in activities that stimulate the mind such as games
- Promoting healthy living and physical mobility through simple activities and/ or encouragement



Befriendeedee, Mdm Chong, sharing a meal with Katherine, a Brahm Centre Befriender.

COMMUNITY CARE

DEMENTIA SCREENING

Dementia is an illness that affects the brain, leading to a decline in one's abilities in judgement, language, planning and behaviour. It can affect anyone, although it is most likely to occur in those over 60. The risk of dementia increases with age, but it is not a normal part of ageing.

At Brahm Centre, we organise talks and seminars by experts on dementia to help you learn how to reduce risks, detect early signs or care for yourself or someone you love. Early detection of dementia is essential because there are effective treatments to manage the symptoms and improve the quality of life for the patient.

ADVANCE CARE PLANNING

Advance Care Planning (ACP) is the process of planning for your future health and personal care needs. Should you fall too ill to communicate or make treatment decisions, your Advance Care Plans help your medical team and chosen spokesperson to make decisions that are in your best interests. Having ACP conversations with your loved ones allows you to:

- Share your personal values and beliefs
- Explore how your values and beliefs affect your healthcare preferences in difficult medical situations
- Think about who among your loved ones can be your voice if you become very ill one day

Brahm Centre has a team of certified Advance Care Planning Facilitators who can assist you in putting your wishes into an Advance Care Plan Document and logging it in on the National Electronic Health Record (NEHR).



Depression and Dementia Screening and Advance Care Planning workshops.

COMMUNITY CARE

CARE MANAGEMENT

Our care management team comprises care coordinators who manage clients with mental health conditions, physical constraints, financial difficulty and lack of basic support or care in life. Clients are often referred to us by Family Service Centres and grassroots organisations located in MacPherson, Simei, Tampines and Geylang Serai. Referrals are also received from the Agency for Integrated Care (AIC), the Silver Generation Office and hospitals. In addition, this assistance is extended to caregivers who may be suffering from the stress of providing care.

Our care coordinators conduct home visits to assess the client's environment, study their needs and provide care and support. We want to provide our clients with a link to an appropriate mental health support network.



Brahm Centre staff sharing program leaflets with a resident.



Counselling in session at the MacPherson centre.

MENTAL HEALTH SUPPORT

COUNSELLING

Our counselling services focus on the growth and recovery of the individual and their relationship with families, peers and life partners. Since the COVID-19 pandemic, we have extended our services not only to seniors but also to include the younger demographic.

From FY20/21 to FY21/22, Brahm Centre saw a 90.9% increase in the number of clients who sought counselling services (Figure 4) and a 44% increase in the total number of counselling hours (Figure 5).

Apart from counselling for the individual, we also offer couple and group counselling for an array of mental health issues including, but not limited to:

- Anxiety
- Stress
- Behavioral/ mood changes (depression)
- Relationship and marital problems
- Parenting challenges
- Addiction management
- Grief and loss

Based on the challenges a client is facing, we match them with a counsellor deemed suitable to provide the appropriate care. Every case is treated with the strictest confidence and respect. This service is available to anyone who needs help.

Figure 4. Number of clients who underwent counselling

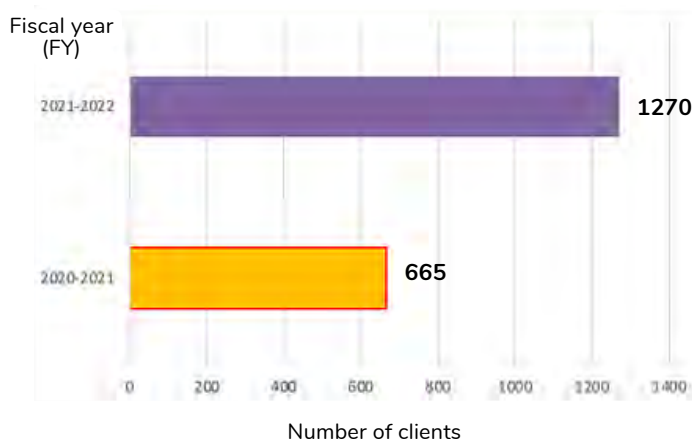
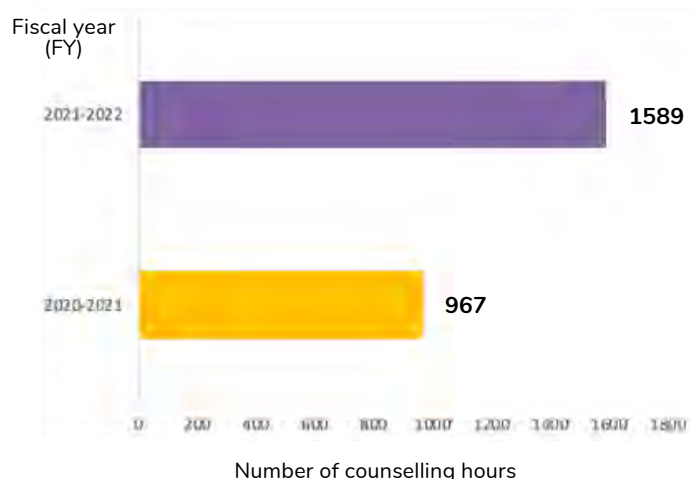


Figure 5. Number of counselling hours



Spaces in our centres where counselling sessions are held.

MENTAL HEALTH SUPPORT

COUNSELLING

Our counsellors have experience handling clients with various needs, ranging from addiction management, mental health issues, and cognitive disabilities to relationship and identity issues. They are trained in a wide array of therapeutic processes and tailor the mental health recovery process for individual clients by combining appropriate therapy methods. This includes mindfulness practice. According to Kuyken et al. (2015), mindfulness-based cognitive interventions have been proven to confer protection against relapse and/ or recurrence of depression and can be used to treat a diverse range of symptoms due to stress, mental health concerns, and physical pain.

Our counselling team strongly believes in listening to and understanding each individual client's predicament in order to personalise the assistance we can provide to meet their needs. We seek to continuously improve the mental and emotional well-being of clients, leading to happier and healthier lives.



LILY GAN
Senior Counsellor



FRANK SINGAM
Senior Counsellor



ERIC LIM
Mindfulness Psychologist



JOYCE LOW
Counsellor & Art Therapist



JERMYN WEE
Counsellor



SEAN LAI
Counsellor



QINGYUEN WONG
Counsellor

Kuyken W, Hayes R, Barrett B, Byng R, Dalgleish T, Kessler D, Lewis G, Watkins E, Brejcha C, Cardy J, Causley A, Cowderoy S, Evans A, Gradinger F, Kaur S, Lanham P, Morant N, Richards J, Shah P, Sutton H, Vicary R, Weaver A, Wilks J, Williams M, Taylor RS, Byford S. Effectiveness and cost-effectiveness of mindfulness-based cognitive therapy compared with maintenance antidepressant treatment in the prevention of depressive relapse or recurrence (PREVENT): a randomised controlled trial. *Lancet*. 2015 Jul 4;386(9988):63-73. doi: 10.1016/S0140-6736(14)62222-4. Epub 2015 Apr 20. Erratum for: *Lancet*. 2016 Oct 1;388(10052):1376. PMID: 25907157

MENTAL HEALTH SUPPORT

COUNSELLING

OUR MESSAGES FOR YOUTH & PARENTS OR GUARDIANS

Youth today face many difficult life challenges and we deeply empathise.

You may be struggling as you grapple with pressures from studies or work, expectations from yourself and others, and peer influence.

As you form your sense of identity, fear of the unknown may overwhelm you and give rise to feelings of sadness and anxiety. If these feelings are allowed to persist over a long period of time, you might feel paralysed and lose self-confidence. Distressing and negative thoughts can lead to unhealthy eating, drinking and sleeping habits.

If you feel yourself spiralling downwards to a dark place that is adversely impacting your emotional and physical health, please reach out to us. Let us journey with you to conquer these challenges.

We have counsellors who specialise in this area. Please let us help you.

Parenting can bring much joy but it can also be frustrating and even painful. For many of us, we learn to parent through trial and error. We are often unprepared for the challenges of raising our children which may make us feel inadequate, resentful and even heartbroken.

We wish we could communicate better with our children and understand their needs to help build a more loving and supportive relationship. However, we are often hindered by unhelpful approaches that we may have learnt from our own past unpleasant experiences.

Although we are aware that we need to be on the same page as our spouse in how we raise our children, we may have difficulties in aligning our approaches. This could put a strain on our marriage and our relationship with our children.

Please speak to us to gain some helpful insights on how to adopt better parenting strategies that are well-aligned to support your children's growth more effectively.

We have counsellors who specialise in this area. Please let us help you.



MENTAL HEALTH SUPPORT

COUNSELLING

VOICES OF APPRECIATION

"Counselling has been impactful for me in so many ways. Throughout my sessions with Sean, I was able to have someone that constantly listened to my woes, and provided me with the advice that I needed. This effectively eased my anxiety and depression, as we were able to dig into what the issue was. On top of that, I am really thankful for the therapy sessions conducted, as it helped me to improve my health mentally, and physically."

Peace

"We've been working with Frank Singham who is a decorated and distinguished Singaporean, but who also has had his share of personal adversities. Compared to previous counsellors, my wife and I appreciate Frank's direct, uncritical and non-religious approach to marriage counselling. He openly shares his personal experiences, and actively engages us with advice and articles even after our counselling sessions."

We are very grateful to Brahm Centre as an organisation for the good work that they do in the community, and for individuals like Frank Singham who invest their personal time and energy to help people like my wife and me through the journey of marriage, parenthood, and life."

Grateful

"I've journeyed with Brahm Centre's Counsellor since 2020. I have Bipolar at a very young age, so it was and is assuring to know Lily Gan is within reach when the path becomes a rough terrain. I had a relapse in Mar this year and was feeling suicidal. With trust and confidence built up in the 2 years, I could express my suicidal thoughts freely. Our conversation entailed the likelihood of the suicidal action plan being carried out, I was sure it would not take place, but Lily did not take any chances and WhatsApp-ed me "how are you" often. It can be nerve-cracking to be there for a suicidal person, and I was and am grateful for her to shower bits of sunlight (when I needed it very much) on the rough terrain I was on. Thank you so much Lily."

Cat

"Thank you very much for treating me with kindness and empathy during the times when I had difficulty helping myself and not belittling me or my situation. I am forever grateful that I was able to meet you through CHAT and you have given me such a positive experience about seeking professional mental help in Singapore, which can sometimes be really demoralising when met with bad experiences."

I will continue to work on myself and treat myself with kindness and hopefully become the fearless version of myself in the future. I wish you nothing but the best in everything that you do, good health and I know you will continue to help so many other young people in Singapore."

Fearless



Some clients' names have been changed for confidentiality reasons

MENTAL HEALTH SUPPORT

ASSISTLINE

Established on 25 Aug 2019, AssistLine provides a judgement-free listening ear for teens and young adults undergoing emotional distress and mental health crisis. The helpline is run by our trained staff and serves as a space for the younger demographic to connect with someone without fear of criticism, anonymously if they wish.

Between FY20/21 and FY21/22, the number of new clients that contacted us through AssistLine declined (Figure 5) but we witnessed a 5% increase in the number of AssistLine sessions (Figure 6).



Pioneer staff of AssistLine.

Figure 5. Number of new clients

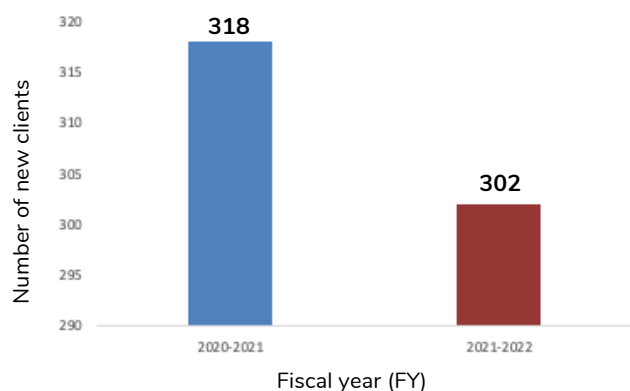
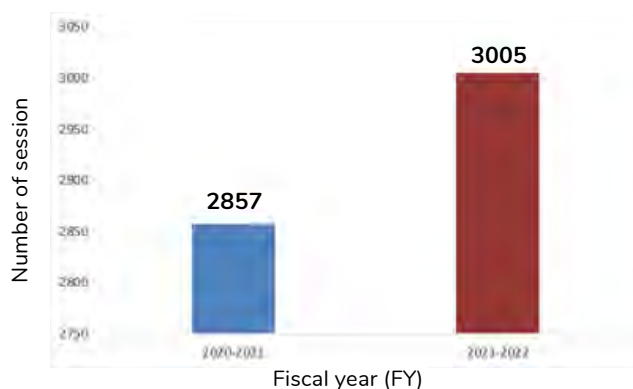


Figure 6. Number of AssistLine sessions



MENTAL HEALTH SUPPORT

ASSISTLINE

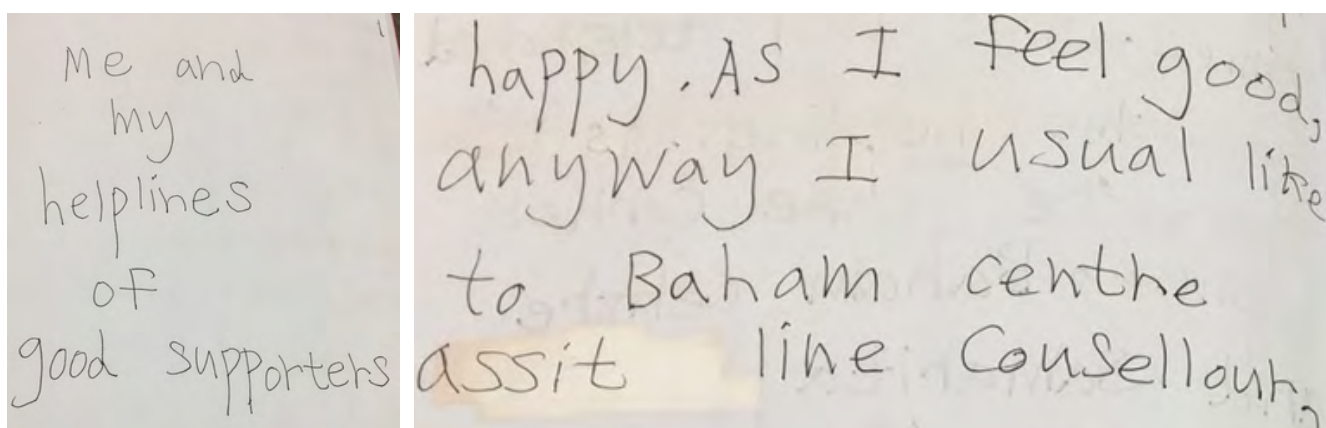
VOICES OF APPRECIATION

"During my difficult times, I telephoned a few good helplines such as the Care Corner, Brahm Centre and the Samaritans of Singapore. These are good helplines that let me talk about my problems, troubles and worries.

After talking to them, I always feel happy and good about myself. I usually call the Brahm Centre AssistLine because I feel that the counsellors are very helpful to me. I can talk to them about anything. I like them as they talk to me nicely, are helpful and understand me well. I feel comfortable, calm and happy as there are people who care and understand me.

The people from this helpline are good as they wanted to understand me better and have a true heart to help me with all my difficulties. I feel sad whenever I am triggered by negative words or bad memories. Talking to Brahm Centre's AssistLine helps me to better manage my emotions, including being able to sleep better.

**Fae,
client who is developmentally challenged and
regularly called AssistLine for support**



Segments of the words of reflection by client, Fae.

CONTACT US



Call or WhatsApp us at:
6655 0000 or 8823 0000
(9:00am to 10:30pm, Daily)



Email us at:
assistme@brahmcentre.com



Some clients' names have been changed for confidentiality reasons

SUMMARY OF FINANCIAL STATEMENT

FY21/22

	2021/22 SGD	2020/21 SGD	Variance SGD
Charitable Activities			
Income from Courses	690,188	660,175	30,013
Income from Services and Merchandises	113,158	72,825	40,333
Less			
Expenses related to Charitable Activities	(4,322,127)	(3,251,600)	(1,070,527)
Expenses related to Governance Activities	(264,962)	(198,732)	(66,230)
	(3,783,743)	(2,717,332)	(1,066,411)
This is funded by:			
Donations	273,120	544,035	(270,915)
Fundraising	-	-	-
Other income	349,104	373,766	(24,662)
Less Fundraising Expenses	-	-	-
Total Donations, Fundraising & Other Income	622,224	917,801	(295,577)
Deficit from Operations	(3,161,519)	(1,799,531)	(1,361,988)
Income from Government & Non-Government Grants	3,289,617	2,487,248	802,369
Matching Grant Contributions	-	66,229	(66,229)
Surplus from Operations before Investment Income	128,098	753,946	(625,848)
Net Investment and Interest Income	43,036	73,636	(30,600)
Surplus from Operations	171,134	827,582	(656,448)

SUMMARY OF FINANCIAL STATEMENT

FY21/22

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

The annual remuneration of the top three highest-paid staff, including one director of the Company, were as follows:

Remuneration bands	2022	2021
Between \$100,00 to \$200,000	3	1
Below \$100,000	0	2

The dollar amounts are gross remuneration inclusive of bonus, AWS, CPF and a special award payment from MOH for the FY21/22.

Among the staff, only the CEO served as the governing board member of the charity. CEO of Brahm Centre was paid \$190,617. There is NO paid staff being a close member of the family belonging to the CEO or any Board member. There is NO remuneration payment to Board members. CEO donated back \$21,200 to Brahm Centre in FY21/22.

Whistle-blowing Policy

To uphold strong corporate governance and promote an open and transparent culture, employees, volunteers and external parties will have a trusted avenue to report serious wrongdoings or concerns to an internal authority, without fear or reprisals when whistleblowing in good faith so that corrective actions can be taken.

Wrongdoings may include, but are not limited to the following:

- General malpractice such as immoral, illegal or unethical conduct.
- Non-compliance to laws and regulations.
- Impropriety, corruption, acts of fraud, theft and/or misuse of Brahm Centre's properties.
- Any other serious improper matters which may cause financial or non-financial loss or damage to Brahm Centre's reputation.

The whistleblower may email the concern to whistleblow@brahmcentre.com which will be routed to the Board's Audit Committee. The whistleblower should identify himself/herself; and to enable investigation of the concern, details such as parties involved, date and time of the incident, description of incident and evidence or any other information to substantiate the concern are to be provided.

BOARD MEETING ATTENDANCE

FY21/22

MEMBERS	DESIGNATION	20 JUN 2022	7 NOV 2022	12 DEC 2022
Dr Ho Eu Chin	Chairperson	✓	✓	✓
Dr Jerome Goh	Vice-Chairperson		✓	✓
Adj. A/Prof Angie Chew	Chief Executive Officer	✓	✓	✓
Dr Lee Cheng Chuan	Head of Human Resource Committee	✓	✓	
Ms Chen Yew Nah	Head of Audit & Risk Committee	✓	✓	✓
Ms Jesilynn Luar	Head of Finance Committee	✓	✓	✓
Ms Joanne Chan	Director		✓	
Mr Chong Nai Min	Director		✓	
Dr Tan Bhing Leet	Director	✓		
Mrs Tan-Huang Shuo Mei	Director	✓	✓	✓
Dr Irene Tirtajana	Director	✓	✓	✓



BRAHM CENTRE @ MACPHERSON

☎ 6741 1131

Blk 55 Pipit Road #01-01
S370055

BRAHM CENTRE @ NEWTON

☎ 6610 3870

47 Scotts Road #04-02A Goldbell Towers
S228233

BRAHM CENTRE @ SIMEI

☎ 6786 0800

Blk 227 Simei Street 4 #01-50
S520227

BRAHM CENTRE @ TAMPINES

☎ 6908 2122

Blk 473 Tampines Street 43 #01-94
S520473

YOUTH CENTRE

☎ 6690 5349

47 Scotts Road #05-02 Goldbell Towers
S228233

GENERAL

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- 📘 BrahmCentre
- ✉ info@brahmcentre.com
- 🌐 www.brahmcentre.com
- ☎ Counselling Centre Hotline:
6655 0000 or 8828 0000
- 📅 Registration:
<http://brahmcentre.eventbrite.com>

YOUTH CARE

- 📷 Mindfully.sg
- ✉ youthcare@brahmcentre.com
- ☎ 8866 4811



Promoting Happier & Healthier Living