



# ANNUAL REPORT

2022 - 2023

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## **VISION**

Empowering individuals to create their own happiness

## **MISSION**

To promote happier and healthier living

## **VALUES (GEM ROCK)**

**G**ratITUDE, **E**mpathy, **M**indfulness, **R**espect, **O**penness, **C**ompassion, **K**indness

## **BACKGROUND**

Brahm Centre is a registered charity that promotes happier and healthier living. Launched in 2012, it empowers people to stay physically and mentally well. We are a full member of the National Council of Social Services and an Institution of a Public Character.

We offer science-based mindfulness programs to reduce stress and enhance well-being. Our clients include corporations and healthcare and educational institutions. Regular health talks, which are conducted by healthcare professionals and qualified speakers, are offered free to the public. We also offer art and movement therapy courses.

We have a care management team supported by a group of trained volunteers. Working with the Agency for Integrated Care, the Ministry of Health, as well as healthcare and educational institutions, we provide support to seniors and youth through public education, case management, befriending, counselling and a youth-internship program. We also work with schools and healthcare organisations to raise public awareness of mental-health issues.



**Mr Choo Chiau Beng**  
**Patron**

I have journeyed with Brahm Centre for the last 12 years and have seen the growth of its programs and services. I am glad to see that Brahm Centre is stepping up its support to youth and working adults as mental-health challenges affect people of all ages.

I would like to express my gratitude to the key partners, the Ministry of Health and the Agency for Integrated Care; corporates, including Bank of America, Abwin, Collective Design, Reflect4ward and Zeles; and the Tan Chin Tuan Foundation, the Goldbell Foundation and the Lee Foundation, and for their generous support in the last few years.

Special thanks to Deputy Prime Minister Mr Heng Swee Keat for gracing our 10th Anniversary Luncheon; Senior Minister of State Ministry of Health, Dr Janil Puthuchery for gracing the official opening of our centres in Newton; and Members of Parliament Ms Jessica Tan and Ms Tin Pei Ling, the board members, Mr William Chua and Mr Albert Toh for their support!

I would like to wish everyone good health and a happy life.

May we continue to benefit from the wonderful programs that Brahm Centre is offering to all!



# Chairperson's Message



**Ms Chen Yew Nah**  
**Chairperson**

Congratulations to the team for an outstanding year!

I am delighted to see that our in-person programs have exceeded pre-Covid-19 numbers. A youth centre has opened in Newton to expand its mental-health support to the younger segment of the community. An additional satellite branch has opened in Simei to cater to the increase in senior participation in the area.

The internship program that was launched and supported by Bank of America has benefited more than 80 youth in developing their self-confidence and enhanced their social and employment skills.

There is a plan in place for a branch to be set up in the west of Singapore in mid-2024. We hope this will bring joy and happiness to our clients who are residing in the west.

I would like to thank the donors, grant makers, as well as the team and volunteers for making all this possible.

Special Thanks to our Patron, Mr Choo Chiau Beng, for his steadfast support and to my fellow board members for serving on the Board.



**Adj A/Prof Angie Chew**  
**CEO of Brahm Centre**

When we launched in 2012 as a charity, our focus was on education. It has since expanded to providing services and programs for seniors, and then to adults and now youth.

We are seeing an increase in the number of people suffering from anxiety. Our mental-health programs, which range from mindfulness and counselling to the provision of short-term jobs, have been effective in helping people recover from mental-health issues. Our footprint in the mental-health space has been enlarging each year, and we have been successful in offering corporate employees psycho-emotional support services.

Our mindfulness programs have been seeing a sizeable increase in interest. Many parts of the public sector, schools and corporates have been introducing mindfulness as a tool to reduce stress.

We are excited by our deepening collaborations in the mindfulness space. We will be hosting Oxford Mindfulness Foundation (OMF)'s one-year program to train Mindfulness-based Cognitive Therapy teachers. Our tie-up with Harvard Medical School professors such as clinical psychologists Dr Ronald Siegel and Dr Christopher Willard, and neuroscientist Dr Sara Lazar, has resulted in special programs that improve mental well-being.

We are delighted to have a healthy financial surplus this year, mostly due to donation-matching grants. We plan on using the surplus to expand the number of centres to provide better accessibility to our programs and to further enhance our offerings.

Thank you everyone for the marvellous support that you have provided to us!



# Board of Directors



**MS CHEN YEW NAH**  
Chairperson  
28 Jun 2023 - present



**DR HO EU CHIN**  
Chairperson  
13 Dec 2022 - 28 Jun 2023  
Retired in Jun 2023 after serving 10 years



**MRS TAN-HUANG SHUO MEI**  
Chairperson until 12 Dec 2022



**ADJ A/PROF ANGIE CHEW**  
Retired in December 2022  
after serving more than 10 years



**DR LEE CHENG CHUAN**  
Chairperson of Human  
Resources Committee



**MR CHONG NAI MIN**  
Chairperson of Audit and  
Risk Committee



**DR JEROME GOH**  
Vice Chairperson



**MS LUAR LING LING**  
Treasurer & Chairperson  
of Finance Committee



**MS JOANNE CHAN**



**DR PHUA DONG HAUR**



**DR TAN BHING LEET**  
Retired in June 2023  
after serving 10 years



**DR IRENE TIRTAJANA**

## PATRON



**PROF CHOO CHIAU BENG**

## DISTINGUISHED ADVISERS



**PROF FOO KEONG TATT**  
Distinguished Adviser



**TINA HUNG**  
Distinguished Adviser



**ADJ PROF CHUA HONG CHOON**  
Distinguished Adviser



**DR DANIEL FUNG**  
Distinguished Adviser



**DR CHRISTOPHER CHEOK**  
Distinguished Adviser



**MR TAN SIAK HEE**  
Legal Adviser



# Key Partners & Sponsors

We are thankful for the generous support of our partners and sponsors, who make it possible for Brahm Centre to promote mental wellness and healthy living through health talks, mindfulness seminars and courses, and active-ageing programs.

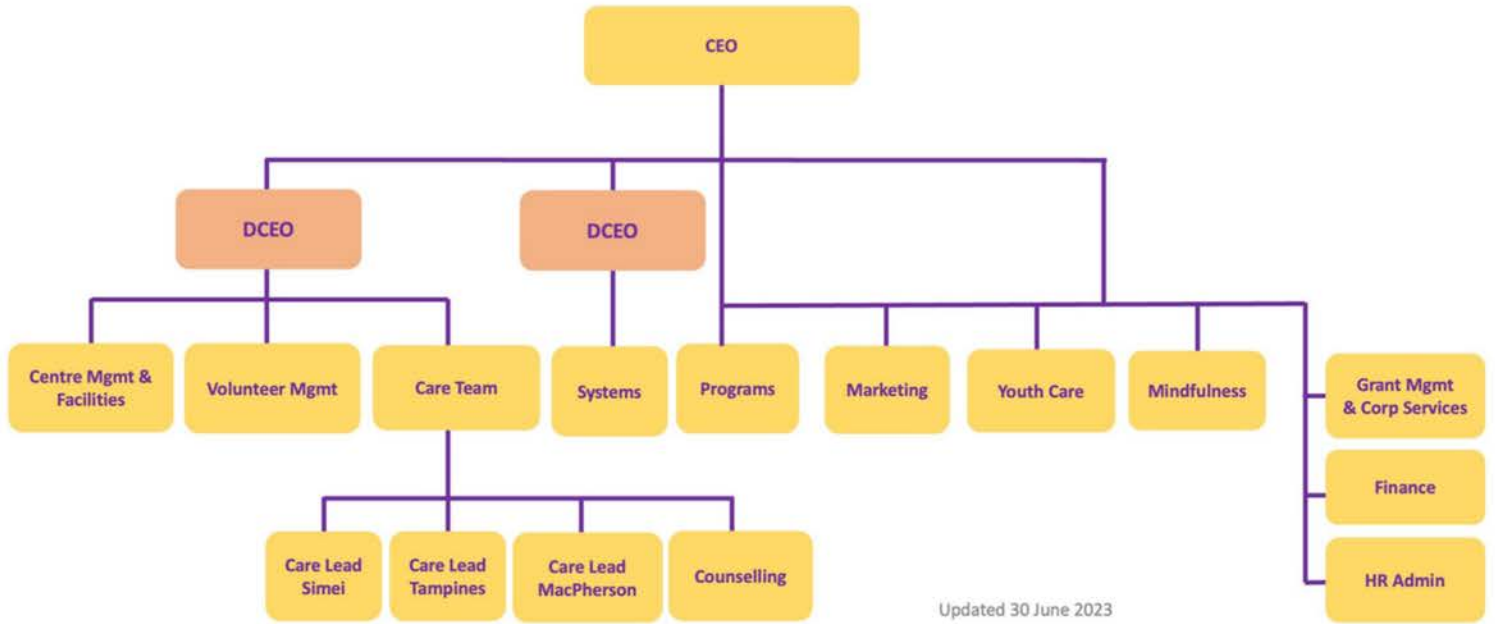
## COMMUNITY PARTNERS



## CORPORATE SPONSORS



# Organisational Chart





# Our Milestones



## 2015

Brahm Centre @ Novena was officially opened by S R Nathan, former president of Singapore, on 15 Dec 2015.

## 2017

Brahm Centre @ Simei was officially opened by Dr Amy Khor, Senior Minister of State for Health, on 15 Dec 2017.



## 2018

- 1st Singapore Mindfulness Conference was held at Singapore Conference Hall on 19 May 2018.
- Brahm Centre @ MacPherson was officially opened by President Halimah Yacob on 8 Dec 2018.

## 2019

2nd Annual Singapore Mindfulness Conference was held at the University Cultural Centre, NUS, on 24 and 25 Aug 2019.



## 2020

Angie Chew was awarded The Straits Times Singaporean of The Year 2019.

# Our Milestones



## 2021

Asia Pacific Mindfulness Conference 2021 was held online and onsite over three weekends from 14 to 28 Aug.

## 2022

Brahm Centre @ Newton and Youth Centre were officially opened by Dr Janil Puthucheary, Senior Minister of State for Health, on 23 Apr 2022.



## 2022

Brahm Centre celebrated its 10th Anniversary on 27 Nov 2022. Guest-of-Honour was Deputy Prime Minister Mr Heng Swee Keat.

## 2023

Brahm Centre @ Simei 148 was opened in April 2023.





July 2022 - June 2023

# 12,819



Mindfulness  
course participants

# 1,756



Total attendance  
at health talks

# 3,494



Care clients

# 2,021



Youth and  
parents/caregivers  
who participated in  
our programs

# 316



Active volunteers

Social-media followers

 @BrahmCentre 10,465

 @brahmcentresg 1,452

 @mindfully.sg 284

 @brahmcentresg 7,976

# Technology Adoption

Brahm Centre has navigated the challenges posed by the Covid-19 pandemic. With the provision of laptops to our staff, we were able to seamlessly serve the community.

We focused on providing online courses, exercises and training via Zoom, reaching more than 130,000 participants. Our team prioritised prompt technical support, ensuring our clients, particularly seniors, received the assistance they needed as they transitioned to virtual lessons. We also hosted the inaugural Asia-Pacific Mindfulness Conference on Zoom. The event attracted more than 5,000 participants from around the world.

We have made significant progress in centralising customer data through the integration of several platforms. By consolidating data from different touchpoints, we were able to cater to the specific requirements of each person.

We aim to use technology to enhance staff productivity and improve the overall customer experience. For example, we plan to introduce electronic attendance-taking to eliminate data entry and boost efficiency.



Mindfulness retreats were led by overseas teachers via Zoom and held in the W Hotel ballroom.



Brahm Centre @ MacPherson is an Active Ageing Centre (AAC) that promotes wellness by engaging seniors in physically and cognitively stimulating activities. Through our program offerings, we provide seniors with a communal space to participate in these activities, develop friendships and create opportunities for them to bond with one another. We aim to cater to seniors with diverse capabilities in mobility, motor skills and cognitive skills.

## The team at MacPherson







## Fitness Classes

We offer a range of exercise classes, including Chair Zumba and Qigong.



## Art & Craft Courses

We offer art courses, including watercolour painting, Zentangle, batik painting and Chinese calligraphy, for participants of all ages. We also offer free craft workshops, ranging from decoupage, cupcake decoration and print-making.



## April 2023 - Excursion to the Zoo hosted by Bank of America

With the support of Bank of America, Brahm Centre @ MacPherson fosters community spirit among seniors through excursions and other activities.





### April 2023 - Excursion on Royal Caribbean Cruise to Penang

The cruise to Penang enabled seniors to share their experiences with their case workers and with one another. The seniors absolutely loved the experience and have asked for more excursions by Brahm Centre.





### Mdm R

Mdm R, 91, lives alone. During a routine visit, Mdm R expressed her wish to see her youngest son, who had been admitted to a nursing home after sustaining a fall. With the help of our Malay-speaking befrienders, we were able to find information on her son's nursing home. After two weeks, Mdm R was reunited with her son at the nursing home. Although she was unable to see her son for a year, she was grateful to Brahm Centre for helping to facilitate the reunion.



### Mdm M

Diagnosed with schizoaffective disorder, Mdm M (right), 62, suffers from Irritable Bowel Syndrome and audio hallucinations, leaving her paranoid and in need of care. Our care coordinators helped Mdm M by arranging for financial assistance and by connecting Mdm M with a befriending service. Her mental health has improved.



### Eve Ng Yee Fang

Since joining Brahm Centre as a befriender in 2021, Miss Ng has focused on giving back to society. “I learn to lend a listening ear,” she said. “I’m grateful for the opportunity to contribute and grow personally.”

“

As a volunteer at Brahm Centre @ MacPherson, I had the opportunity to teach and assist seniors to use mobile apps for their smartphones. It has been a rewarding journey that has left an impact on the seniors I worked with and me. They learnt to use their smartphones to connect with their loved ones, explore new hobbies, and access valuable resources.

They were eager to learn, and their zeal to embrace technology was inspiring. Despite their initial hesitation, they approached their challenges with enthusiasm and were willing to step out of their comfort zones.

Volunteering at Brahm Centre has enriched my life. The opportunity to contribute to the well-being of seniors and to experience their growth was rewarding. It deepened my understanding of the importance of intergenerational connections.

”

**Ryan Joo,  
Dunman High student and volunteer**



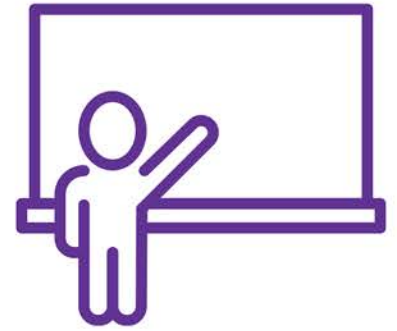
## SUMMARY



**Total attendance: 18,982**  
(198% increase YOY)



**Free wellness-, craft- and cognitive-related activities: 15,960**  
(295% increase YOY)



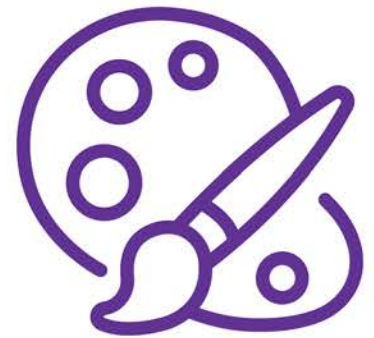
**Mindfulness courses: 309**  
(115% increase YOY)



**Outreach to residents: 17,047**  
(32% increase YOY)



**Yoga classes: 160**  
(48% decline YOY)



**Art courses: 2,553**  
(35% increase YOY)



**Dementia screenings completed: 403**  
(374% increase YOY)

Located in the heart of Singapore, Mindfulness Centre @ Newton serves as a hub for courses aimed at enhancing participants' mental and emotional well-being. We organise various activities, such as mindfulness courses, art and craft courses, counselling sessions and youth programs.

## The team at Newton





# Mindfulness Centre @ Newton

Programs and Services





### Mindfulness Courses

Brahm Mindfulness Centre @ Newton is dedicated to providing mindfulness courses that promote mental and emotional well-being. We provide a wide range of courses for beginners and experienced individuals. About 790 participants took part in courses, workshops, talks and seminars on mindfulness.

We offer the following courses:

- Mindfulness Foundation Course
- Mindfulness Based Stress Reduction
- Mindfulness Based Cognitive Therapy
- Mindfulness Advanced Course
- Mindfulness for Enhanced Performance
- Mindfulness Compassion Course
- Mindfulness Caregiver Course
- 3- and 5-day mindfulness retreats





### Art & Craft Courses

The course participants made meaningful friendships through these classroom courses, and these social interactions helped alleviate feelings of loneliness and fostered a sense of belonging.

Art courses included traditional pencil sketching and colour-pencil drawing, as well as niche art forms, such as Zentangle, Japanese Nagomi (pastel art), Chinese calligraphy and Chinese brush painting.





“

It has been one-and-a-half years since I started on my mindfulness journey. It helped me to get out of many years of misery, for which I am grateful for. 2021 was an exceptionally painful year for me, as I plucked up the courage to walk out of a 30-year marriage. I was feeling very down for a long time. Then I chanced upon Brahm Centre's Mindfulness poster next to an MRT station, and I walked into the nearest Brahm Centre branch to enquire about mindfulness.

I attended the Mindfulness Foundation course via Zoom in December 2021. In 2022, I attended several courses at the Newton branch, namely, Mindfulness Based Cognitive Therapy (MBCT), Mindfulness Based Stress Reduction (MBSR), Mindfulness Compassion Course (MCC) and Mindfulness Advance Course (MAC), in addition to attending five retreats from March 2022 to March 2023.

The courses were a paradigm shift for me. I was able to experience inner peace at last, something I have been looking for in the past 20 years but to no avail. First, I learnt how to forgive myself. I love my family very much and would not intentionally hurt them. If only I had the chance to learn about mindfulness 20 years ago, it would have been very different outcome. I learnt to forgive those who had hurt me, though I still do not wish to see them yet; I am respecting my own wishes. I learnt to be generous, and to be kind to my body.

I learnt to be grateful to the kind souls I have met so far, who have helped me in one way or another. Without these kind souls appearing in various stages of my life, I will not be where I am today. I learnt to relax through mindfulness practices and activities that I enjoy doing. Now I do not feel as anxious or as fearful, compared with two years ago. I learnt to love myself and to have self-compassion. I'm also convinced that loving myself is not a selfish act, because without self-care and self-love, I cannot show compassion for others. I learnt to cherish what I still have. I believe I am good enough. I am able to accept myself. Although I have not fully learnt how to let go of the past, I accept that it will take some time for me to make that happen. May I be well and happy, may you be well and happy, may all be well and happy.

”

**Grace Yeo,  
course participant**



“

I am a practising pharmacist in the primary care in Singapore. Recently, I found myself displaying symptoms of burnout, which stemmed from trying to juggle my family commitments and facing difficulties in a complex project at work. Through the Mindfulness Based Cognitive Therapy (MBCT) course, I have learnt to regulate my emotions and to be aware of things around me. Some practices can be incorporated into daily routine, such as walking and interacting with patients.

One of my biggest takeaways from the course is being present with patients. One of the techniques, 50/50 awareness, is about maintaining awareness of our own emotions and bodily sensations while talking to others. One of the reasons why my patient-facing sessions were depleting my energy, rather than nourishing me, was my mind was often filled with thoughts about the waiting time of patients (gosh, the next patient waited 30 minutes; I need to clear the next few cases quickly!), while having patients in front on me.

Recognising this has helped me to focus on one patient at a time. I learnt to be present with each patient and to let go of all other worries. Moreover, I became more empathetic towards my patients' needs and was able to provide better patient care. I also had more energy for other aspects of my job, such as doing research or carrying out projects. As a result, I was less exhausted at the end of the day, and had more energy to care for my family.

I have been practising mindfulness for a while now, and it has significantly impacted my effectiveness as a practising pharmacist. My self-confidence and my ability to cope with stress significantly improved. I believe such skills are beneficial to many of us in the pharmaceutical sector.

”

**Yap Hui Rei,  
course participant**

“

I attended two art courses and the Mindfulness Foundation Course in April 2023 at Newton. I thoroughly enjoyed the sessions. I received a very friendly reception when I registered. As a poor user of IT, I had difficulties with registration and applying for Skills Future funding as it was my first time. An intern at Brahm Centre helped me with the nitty gritty, and I felt well-supported. Furthermore, the environment at Newton was bright, clean, spacious and comfortable.

The art teacher was professional and spoke clearly. He dealt with the demands of students sensitively, and the atmosphere was generally positive. I could see that most of the students appreciated his style of instruction and participated eagerly in the classes. I had attended a few art classes in Singapore and the UK intermittently, but none had inspired me to continue my learning as much as these two classes. In fact, the two courses have spurred me to pick up classes on YouTube. I feel a great sense of achievement over the past few months, thanks to the art classes.

**Tan Chew Peng,**  
course participant

“

The Newton centre is just a few stops from home. I enjoy looking at the artworks of others, and the art lessons at the centre help keep my mind ticking. Most importantly, the art classes enable me to take a break from living with an elderly parent. Without the NSA subsidy and the generous contributions of others, I doubt that I would be able to return for classes at the centre.

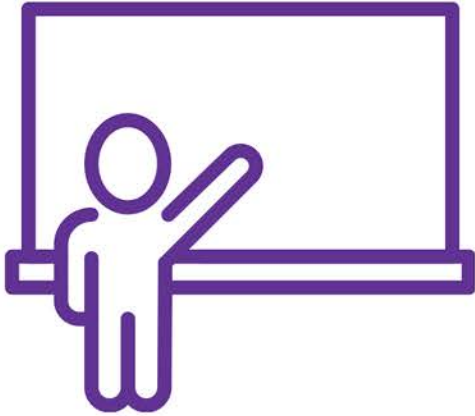
In my case, it is more about having a place to spend a few hours a week, doing what I enjoy without distractions. It is a bonus to be in an air-conditioned room on a hot day. That said, as an adult learner, there is nothing more gratifying than to receive compliments or words of encouragement from family and friends when we show them our homework.

Regarding a memorable moment from past art classes, there was a lady who drew and coloured (beautifully) a picture of a fish she had bought from the market, and she even shared how she went about doing it. Her enthusiasm rubbed off on the rest of us. As for techniques, no two trainers are alike. There is always something to learn if one keeps an open mind.

**Ivy Goh,**  
course participant



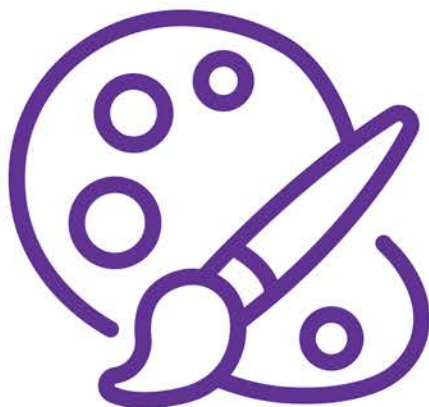
## SUMMARY



**Mindfulness courses: 792**  
(5% increase YOY)



**Total attendance: 2,013**  
(67% increase YOY)



**Art courses: 910**  
(129% increase YOY)

Among the busiest of the centres, the two branches serve youth, working adults and seniors in Simei. Heading into its sixth year since its opening, Brahm Centre @ Simei 227 continues to be an Active Ageing Centre (AAC), supported by the Agency for Integrated Care (AIC) and the Ministry of Health (MOH). It runs fitness activities and classes, and provides care and counselling services to assist with ageing. Brahm Centre @ Simei 148 opened its doors in March 2023.

## The team @ Simei 148





## The team @ Simei 227





Simei 227 caters to the health of seniors. Simei 148, our newest branch, has expanded its scope to include youth and their family members.

## Fitness Classes

Exercises are conducted at both Simei centres for people of all body types daily.





## Art courses

Arts and crafts and music stimulate the minds of seniors and help them express themselves confidently.





## Cove @ Simei 227

A safe space has been set up for seniors who stay young and mentally agile through the games they play with one another.





## Lifelong Learning

Classes help seniors continue their journey of lifelong learning. These classes prevent monotony in their lives, ensuring they stay sharp and alert as they pick up new skills.





## Youth and Family Activities at Simei 148

Mindful movement, creative dance and K-pop dance classes help youth to destress and their families to bond together. Activities include workshops and talks on study skills and stress management, and learning new skills such as languages.





## Outreach to residents

We regularly reach out to seniors, encouraging them to join our activities and take part in social events.





## Healthcare Services

The Simei Care Team coordinates with healthcare and supporting agencies to provide seniors with holistic care. We provided depression and dementia screenings, health talks, and a community nurse post at Simei 227, where trained nurses assist seniors to manage chronic conditions.





## August 2022 - SG Active Games Day for Seniors at National Stadium

The excursions help to rejuvenate seniors by introducing them to new sights and foster a sense of camaraderie.



## January 2023 - Excursion to Woodlands Waterfront (with Republic Polytechnic)





## October 2022 - Deepavali



## May 2023 - Hari Raya & Mother's Day Potluck



## May 2023 - Cheongsam Photoshoot







### Mr Hussain

Studies have shown that cluttering can cause people to be unable to sleep properly, increased risk of obesity, and even stress, anxiety or depression. This was the case for Mr Hussain, whose home was extremely cluttered, so much so that his ability to sleep at night was disrupted.



### Mr Yap

Seventy-seven-year-old Mr Yap lives in a three-room HDB flat with his wife. Mr Yap had to be confined to his home, causing him to be lonely and to feel isolated. The Yaps' living conditions were also unsafe due to excessive clutter.





### Mr Yap

With support from the Seniors Mobility and Enabling Fund, the Changi-Simei Community Club, Changi General Hospital and other organisations, we assisted Mr Yap by renovating his home and acquired a motorised wheelchair for him.



### Mdm Lisyani

In 2019, Mdm Lisyani suffered a fall and injured her back. Her back pain worsened to a point where she needed injections to be able to walk. When our care coordinator, Amanda, first met her, she highlighted the options offered at Simei, including chair exercises. Although she was initially reluctant, Mdm Lisyani took Amanda's advice. After a few sessions, her pain subsided. This inspired her to continue taking exercise classes at least twice a week. She is now able to walk without assistance.





### **Winnie Tee**

Brahm Centre @ Simei is blessed to have passionate volunteers who provide help despite their commitments. Mdm Tee is one such example. A homemaker who has served in Simei for one year, she has assisted in depression and dementia screenings.



### **Koh Heng Kuang**

Although he initially refused to engage with Brahm Centre despite his wife's enthusiasm, after participating in several potlucks, Mr Koh found joy in being part of the Simei community.

He now helps facilitate excursions.

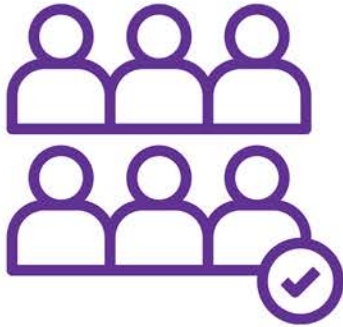


### **Han Sew Young**

Mr Han was at first hesitant to volunteer due to a false belief that he would have little to contribute. After encouragement from our staff, Mr Han began to volunteer at Brahm Centre, speaking multiple dialects and helping with mundane but important tasks, such as folding flyers, packing goodie-bags and gardening.



## SUMMARY



**Total attendance  
(from Apr to May 2023):**  
Simei 227: 13, 656  
Simei 148: 627  
(149% increase YOY)



**Wellness-, craft- and cognitive-related  
activities (from Apr to May 2023):**  
Simei 227: 1,916  
Simei 148: 165  
(136% increase YOY)



**Outreach to residents:**  
2,409



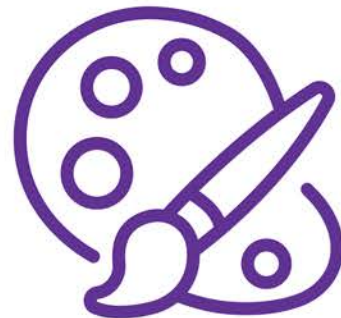
**Participants who  
attended mindfulness  
courses: 217**



**Participants who attended  
health talks & Community  
Nurse Post program: 351**



**Dementia screenings  
@ Simei 227: 134  
Dementia screenings  
@ Simei 148: 26**



**Art courses:  
(from Apr to May 2023)  
Simei 227: 1,690  
Simei 148: 148**

Since opening its doors in 2021, we have become a recognisable presence in the community. Located a stone's throw away from Tampines East MRT, the centre is a multi-venue space that hosts wellness programs.

## The team at Tampines





## Movement and Exercise Classes

With new classes such as Happy Dance and Resistance Band Training, attendance of movement and exercise classes have increased by 30%. Some 40% of our movement class participants attended exercise classes back-to-back, at least twice per week.





## CRAFT @ TP

Craft @ TP was launched to keep seniors stimulated. The seniors, who are typically isolated, interact with others and begin the process of integration with society.





## Functional Movement

Functional Movement is a supplementary movement class that helps seniors to remain agile.





## September 2022 - Mid-Autumn Festival



## October 2022 - Deepavali





## December 2022 - Christmas



## May 2023 - Hari Raya





## December 2022 - Reconfiguring the office

In late 2022, the Tampines centre underwent a space reconfiguration, including an area for seniors to socialise with one another.



With the relocation of our office from level 2 to the existing Stage Hall at level 1, we were able to conduct more exercise classes, such as Therapeutic Yoga, Yogasana and Core Dancing.





### Parents' Day

To mark our annual end-of-year celebration, we combined Mother's Day and Father's Day into a special tribute to parents.







## **Sangaya Tamilmulay**

Mdm Sangaya started her journey with Brahm Centre in June 2021. She first attended brain and body wellness exercises to better herself, and was encouraged by the support provided by the Tampines centre's staff. As a way of expressing her gratitude, Mdm Sangaya started volunteering in June 2022.

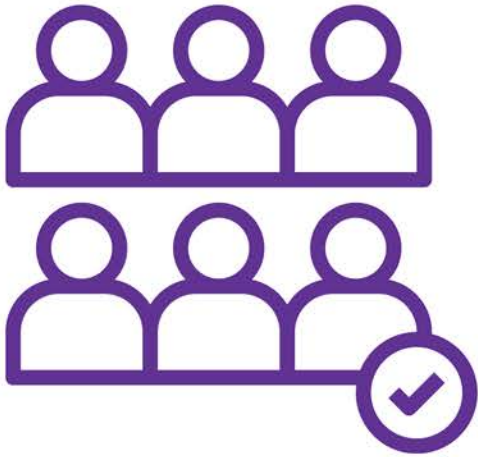


## **Mike Wong Tong Lam**

In June 2021, Mr Wong participated in a wellness exercise after being encouraged by his wife and became a regular participant. He started volunteering in March 2023 and now regards Brahm Centre @ Tampines as a second home.



## SUMMARY



**Total attendance:**  
**14,870**  
**(116% increase YOY)**



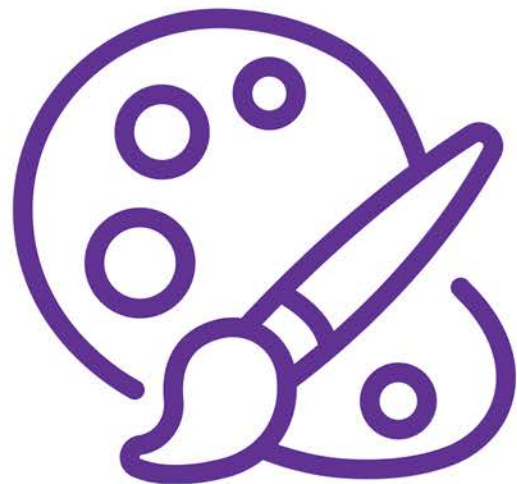
**Free wellness-, craft-,  
and cognitive-related  
activities: 7,467**  
**(183% increase YOY)**



**Outreach to residents: 2,041**  
**(201% increase YOY)**



**Mindfulness courses: 740**  
**(17% decrease YOY)**



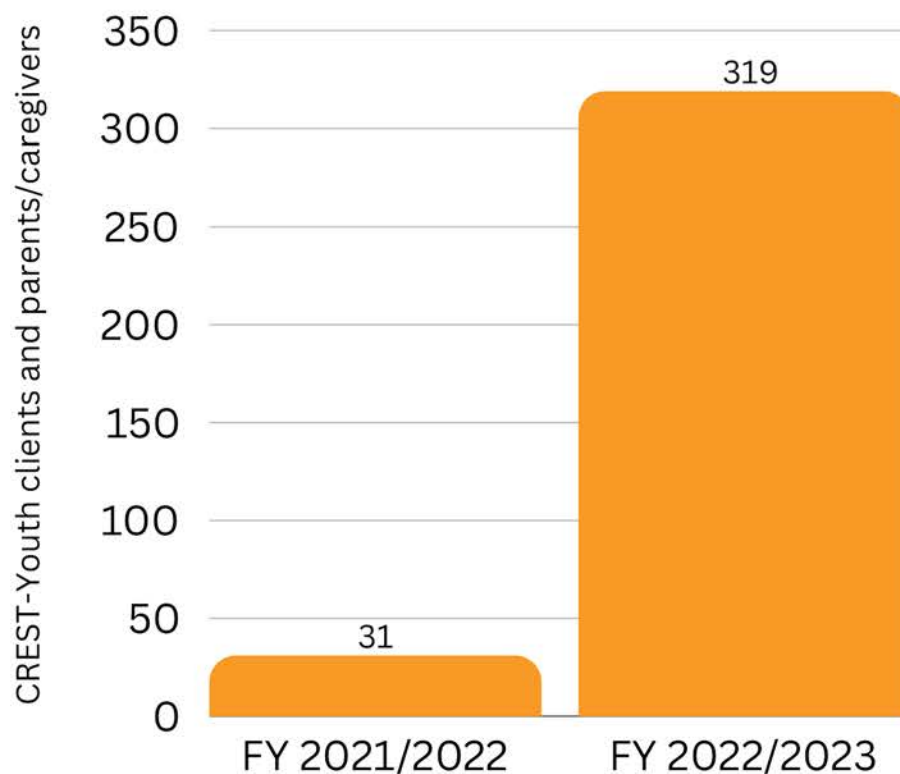
**Art courses: 3,092**  
**(59% increase YOY)**



## Programs

A total of 12,226 youth and their parents and caregivers participated in programs in FY2022/23. Also, about 4,130 young adults took part in well-being screening, mental-health literacy outreach programs, enrichment activities, mindful academic coaching sessions and an internship program.

In FY2022/23, we serviced 319 youth and their parents/caregivers as part of the AIC's Community Resource, Engagement and Support Team for Youth (CREST-Youth) service, which was launched in July 2022. This is a significant increase from the 90% the previous year. People-centric care, including emotional support and service linkage with community partners, was provided to youth and their caregivers.





## Outreach

We played an active role in increasing the mental-health literacy among youth. In FY2022/23, a total of 3,377 participants (youth and parents/caregivers) took part in the outreach program.

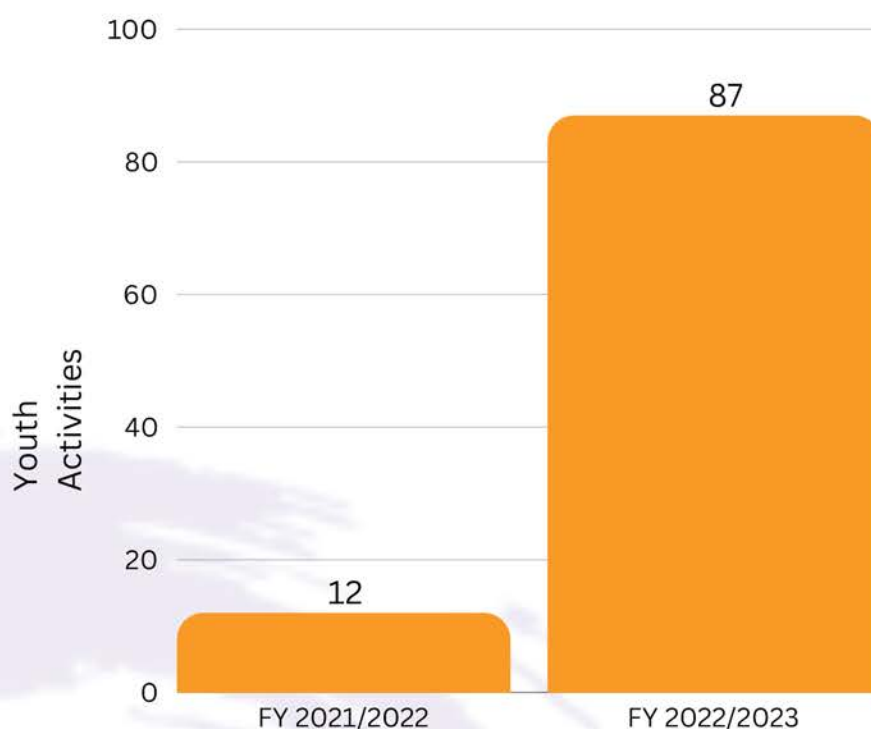
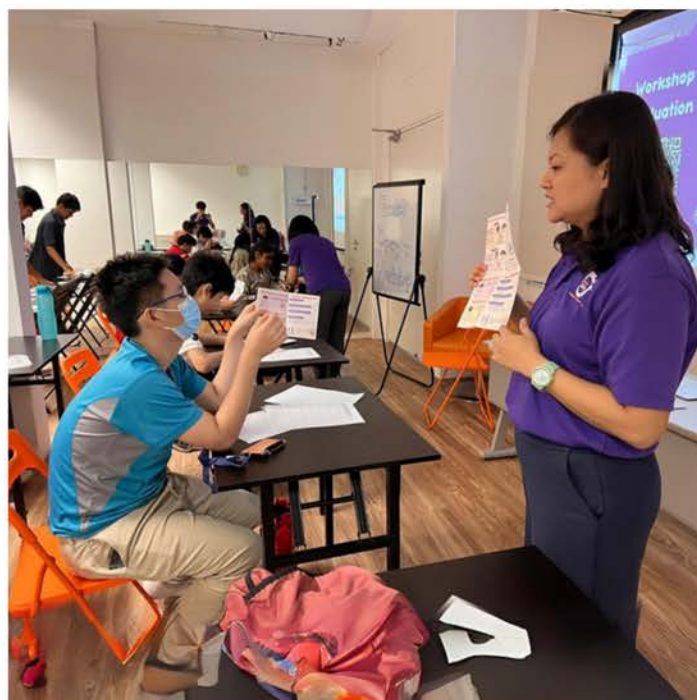
Topics included managing study stress and relationships at university, issues affecting youth's well-being, mindfulness for self-care, and an introduction to mindfulness for mental resilience. Schools that participated included Hwa Chong Institution, Geylang Methodist Primary School, Broadrick Secondary School, Dunman Secondary School, Chung Cheng High School, Northlight School, Cedar Girls' Secondary School, School of Science and Technology Singapore, Northbrooks Secondary School, Singapore University of Technology and Design, Lee Kong Chian School of Medicine and NUS.





## Youth activities

To date, we have conducted 87 youth-care activities, ranging from study-skills workshops to signature mindfulness courses. Some 39 life-skill courses were conducted for 346 young adults, an increase of 70% from the previous FY. Total enrolment increased by 68% from the previous year.





## Creative and K-pop Dance





## Mindfulness Program For Youth





## Collaboration Workshops With Hwa Chong Institution

The students of Hwa Chong Institution (HCI) collaborated with Brahm Centre to bring about a range of experiential learning.



### Terrarium-Making Workshop

The participants enjoyed themselves with the hands-on experience of layering plants, pebbles and soil.



### Origami Workshop

An origami workshop taught participants how to fold paper cranes.



### Ice Cream-Making Workshop

The HCI students shared their love for food with this ice cream-making workshop.



## Mindful Academic Coaching

Mindful Academic Coaching (MAC) was established as our inaugural youth program in late 2020. It aimed to provide students with academic and socio-emotional support. Our volunteer coaches comprise recent graduates and students from various Institutes of Higher Learning, including universities, polytechnics and junior colleges. These institutions offer online coaching sessions in three subjects - English, Mathematics and Science.



One of the key strengths of MAC lies in the similarity between the age of the coaches with their students. Through a matching process, we ensure each student is supported by a coach who is best suited to their needs.



## Youth-Internship Program

This program is focused on employment skills, rather than the educational qualifications of interns. It builds mental resilience in students aged between 15 and 25. A personal coach provides guidance and emotional support to the interns, who are required to attend art therapy, communications, personal grooming and other workshops, to understand themselves better. The program offers internship opportunities in customer service, IT, marketing and communications, volunteer management, senior care and youth care. Since FY2022/23, we have recruited more than 50 interns via social-media platforms such as Instagram.





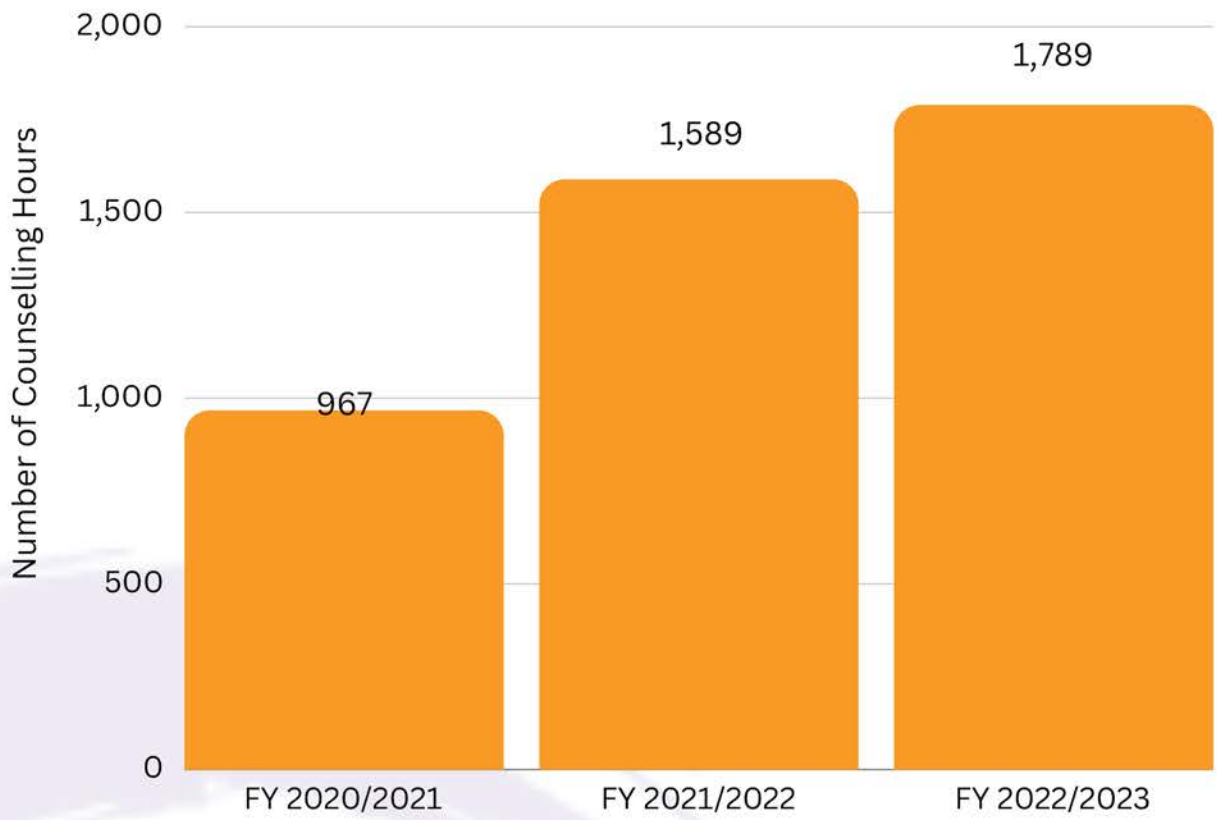
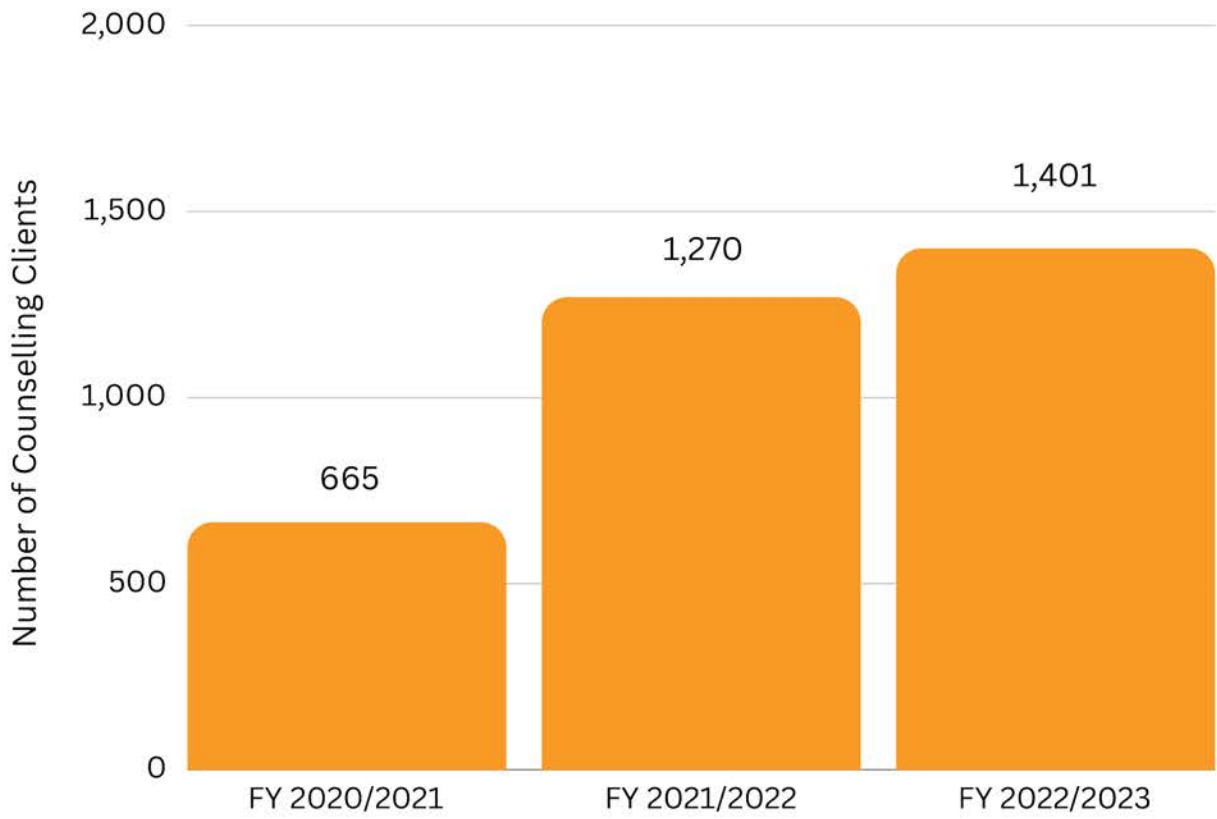
## Counselling

In line with the mental-health needs of the community during the pandemic, the number of clients requiring counselling support rose by 10% year on year. A total of 1,789 hours was spent on counselling. Some common concerns included anxiety, poor sleep, relationships, marital issues, the demise of a loved one, behavioural and mood changes, and addiction-related issues.

We provided counselling support, particularly in the post-pandemic phase, to National Healthcare Group, MOH Holdings, Singapore LNG Corp Pte Ltd and Synapxe, among other organisations.









“My counsellor listens, provides tools used in mindfulness, and helps me ground myself.”

“I feel calmer after each session. I am able to deal with the grief of losing a loved one and regain my focus in life. As a result, I feel less lonely and am able to regulate my emotions better.”

“Peeling back the layers, I clarify some parts of myself. These parts are in need of self-expression, and they are the parts that I might be subconsciously suppressing.”

“A good listener who is non-judgemental and helps me break down my thoughts and tackle each issue systematically.”

“My counsellor helped me with several issues that could be traced back to childhood. He created a safe haven for me, where I could unravel my deepest emotions. His compassion and empathy were evident in every session, allowing me to feel validated and understood. I am forever grateful for his dedication to my healing journey.”



## Case Management

As case management is a core part of the mental-health ecosystem, it is important to raise public awareness and to identify clients in need of our services as early as possible. Community Resource, Engagement and Support Team (CREST), a community-outreach group, caters to people with depression, dementia and other mental-health issues. About 100 events, including roadshows and door-to-door activities, were held in MacPherson, Simei and Tampines.



**Simei Care Team**



**Tampines Care Team**



**MacPherson Care Team**



**Client Education Library**

## Client and Caregiver Empowerment

Various initiatives, including the CGH Diabetes Education Workshop, the CGH Steady Feet Program and the CGH-NUS Nurse-Led E-Health Program, were introduced. These programs focused on dietary and chronic-disease management and fall prevention.



**Tampines care team and Changi General Hospital community nursing team**



**Diabetes Education Workshop (by CGH)**



## Craft Workshops and Games

Craft workshops were helpful in engaging new clients who are not familiar with the centre, or for clients who are not comfortable interacting with a large group. Some 79 craft sessions were conducted in the three centres (MacPherson, Simei and Tampines) and attended by 748 clients. Seniors enjoyed attending mahjong and rummikub sessions.





## Befriending Activities

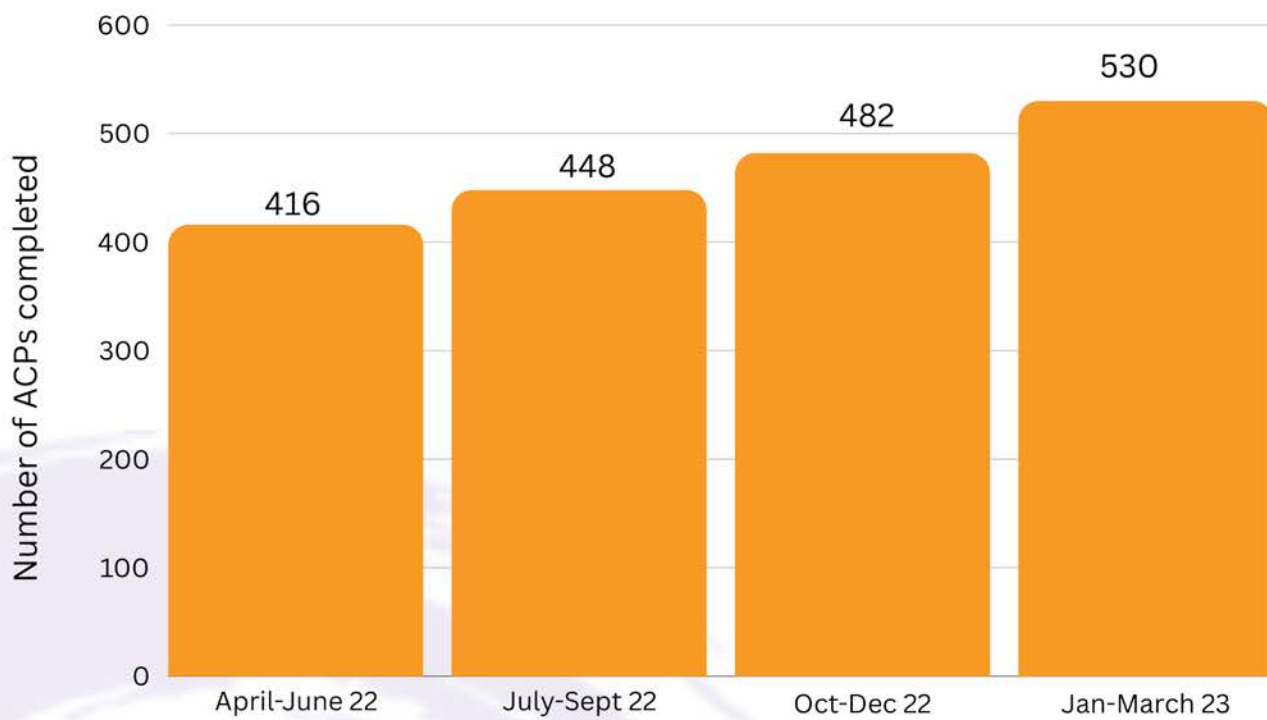
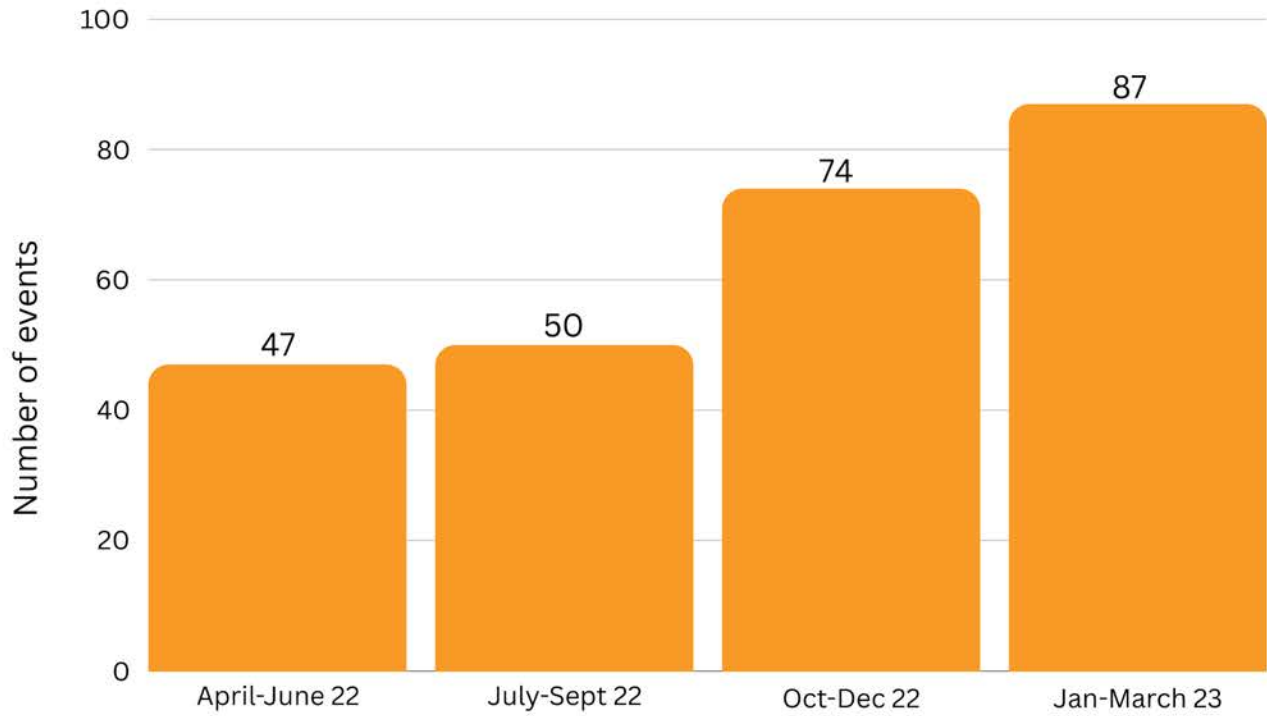
Seniors are encouraged to be volunteers, to lend a hand or share a skill with one another. Seniors who live alone are at risk of isolation and are vulnerable to physical and emotional issues. In FY2022/23, we had 385 volunteers. About 75% of the time is spent on interacting with seniors.





## Advance Care Planning

Advance Care Planning (ACP) aims to empower Singaporeans to choose how they would like to be cared for. This initiative helps their loved ones to make decisions on their behalf when they are no longer able to speak for themselves.





# Summary of Financial Year Statement

	FY2022/23	FY2021/22 (Restated)
Charitable Activities		
Income from Courses	554,820	690,188
income from Services & Merchandise	134,002	113,158
	<hr/> 688,822	<hr/> 803,346
Less		
Expenses related to Charitable Activities	(4,614,860)	(4,322,127)
Expenses related to Fundraising Activities	(37,190)	-
Expenses related to Governance Activities	(257,829)	(264,962)
	<hr/> (4,909,879)	<hr/> (4,587,089)
	<b>(4,221,057)</b>	<b>(3,783,743)</b>
Funded by:		
Donations	657,251	533,268
Other Income	103,838	349,104
	<hr/> 761,089	<hr/> 882,372
Total Donations & Other Income	761,089	882,372
Deficit from Operations	<b>(3,459,968)</b>	<b>(2,901,371)</b>
Income from Government & Non Government Grants	4,019,676	3,689,617
Matching Grants	584,152	-
	<hr/> 4,603,828	<hr/> 3,689,617
<b>Surplus from Operations before Investment</b>	<b>1,143,860</b>	<b>788,246</b>
Interest Income	146,837	43,036
	<hr/> 1,290,697	<hr/> 831,282
<b>Surplus from Operations</b>	<b>1,290,697</b>	<b>831,282</b>

FS 2022/23 Auditor: Fiducia LLP  
Audit completed on 26 Dec 2023



## FY2022/23

The full audited financial statements for Brahm Centre can be downloaded at [charities.gov.sg](http://charities.gov.sg).

The annual remuneration of staff earning more than S\$100,000 was as follows:

Remuneration bands	No. of staff	
	2023	2022
Between S\$100,001 and S\$200,000	3	3
Between S\$200,001 and S\$300,000	1	0

Board members are not remunerated.

The CEO was paid an annual remuneration of S\$206,760.

In FY2022/23, the following directors and CEO donated to Brahm Centre:

Ms Chen Yew Nah: S\$20,000

Ms Angie Chew: S\$10,000

Dr Jerome Goh: S\$6,200

Dr Irene Tirtajana: S\$5,000

Mr Chong Nai Min: S\$444

### Whistleblowing Policy

To uphold strong corporate governance and promote an open and transparent culture, employees will have a trusted avenue to report serious wrongdoing or concerns at an early stage to an internal authority, without fear or reprisals when whistleblowing is in good faith, so that corrective actions can be taken to resolve them.

Wrongdoing may include:

- General malpractice, such as immoral, illegal or unethical conduct
- Deviation from the Code of Conduct
- 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 Brahm Centre's reputation

The employee is to email the concern to [whistleblow@brahmcentre.com](mailto:whistleblow@brahmcentre.com), which will be routed to a designated Board Member of the Audit Committee Chair. The employee is to identify himself/herself and to enable investigation of the concern, details such as parties involved, date and time of incident, description of incident and evidence or any other information to substantiate the concern are to be provided. All information provided will be kept strictly confidential.

# Board Meeting Attendance

Name of Board Member	Designation	7 Nov 2022	12 Nov 2022	27 Jun 2023
Dr Ho Eu Chin	Chairperson (from 12 Dec 2022)			
Dr Jerome Goh	Vice Chairperson			
Adj A/Prof Angie Chew	Chief Executive Officer			Retired
Dr Lee Cheng Chuan	HR Committee			
Ms Chen Yew Nah	Audit & Risk Committee			
Mr Chong Nai Min	Audit & Risk Committee			
Ms Luar Ling Ling	Finance Committee			
Ms Joanne Chan	Director			
Dr Tan Bhing Leet	Director			
Mrs Tan-Huang Shuo Mei	Director (Chairperson until 12 Dec 2022)			
Dr Irene Tirtajana	Director			
Dr Phua Dong Haur	Director	Had not joined		



# Board Composition (as of 28 Jun 2023)

<b>Dr Ho Eu Chin</b>	<b>Chairperson</b>	<b>Served as Chairperson (12 Dec 2022 - 28 Jun 2023). Retired after serving 10 years.</b>
<b>Ms Chen Yew Nah</b>	<b>Chairperson</b>	<b>Appointed Chairperson since 28 Jun 2023</b>
<b>Dr Jerome Goh</b>	<b>Vice Chairperson</b>	<b>In service</b>
<b>Dr Lee Cheng Chuan</b>	<b>Chairperson of HR Committee</b>	<b>In service</b>
<b>Mr Chong Nai Min</b>	<b>Chairperson of Audit &amp; Risk Committee</b>	<b>In service</b>
<b>Ms Luar Ling Ling</b>	<b>Treasurer &amp; Chairperson of Finance Committee</b>	<b>In service</b>
<b>Ms Joanne Chan</b>	<b>Director</b>	<b>In service</b>
<b>Dr Tan Bhing Leet</b>	<b>Director</b>	<b>Retired on 28 Jun 2023 after serving 10 years</b>
<b>Mrs Tan-Huang Shuo Mei</b>	<b>Director</b>	<b>In service</b>
<b>Dr Irene Tirtajana</b>	<b>Director</b>	<b>In service</b>
<b>Dr Phua Dong Haur</b>	<b>Director</b>	<b>Joined on 28 Jun 2023</b>

\*As of 31 December 2023, all directors in service have served a term of less than 10 years.



## **BRAHM CENTRE @ MACPHERSON**

Blk 55 Pipit Rd #01-01  
S 370055

 6741 1131

## **MINDFULNESS CENTRE @ NEWTON**

47 Scotts Road #04-02A  
Goldbell Towers  
S 228233

 6610 3870

## **YOUTH CENTRE @ NEWTON**

47 Scotts Road #05-02  
Goldbell Towers  
S 228233

 6990 5349

## **BRAHM CENTRE @ SIMEI 148**

Blk 148 Simei Street 1 #01-121  
S 520148

 6612 6125

## **BRAHM CENTRE @ SIMEI 227**

Blk 227 Simei Street 4 #01-50  
S 520227

 6786 0800

## **BRAHM CENTRE @ TAMPINES**

Blk 473 Tampines Street 43 #01-94  
S 520473

 6908 2122

## **BRAHM CENTRE**



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[@brahmcentresg](https://www.youtube.com/brahmcentresg)

## **COUNSELLING SUPPORT**



**Counselling Centre Hotline**  
6655 0000 or 8823 0000



[assistme@brahmcentre.com](mailto:assistme@brahmcentre.com)

## **YOUTH CARE**



**Youth Centre Hotline**  
8866 4811



[youthcare@brahmcentre.com](mailto:youthcare@brahmcentre.com)



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