

“We have been partners with IMH in their educational initiatives, treatment and research programmes since 2004 as we believe that these programmes provide patients with the comprehensive care and support that they need to achieve mental wellness. We share their commitment in creating a positive influence on the lives of these individuals.”

Jardine Cycle & Carriage Limited

“We have a vision of bettering the world through supporting worthy causes like the Woodbridge Hospital Endowment Fund. The fund provides for innovative education, treatment and research programmes which improves the mental well-being of children and adults.”

Lee Foundation Singapore

If you would like to make a donation, kindly make your cheque payable to: “WH Endowment Fund” and send to:

Corporate Communications Department
Institute of Mental Health
Buangkok Green Medical Park
10 Buangkok View
Singapore 539747

Every donation will be acknowledged with a tax-exempt official receipt. Kindly provide your name, mailing address, contact number, identification number and company registration number (if applicable) on the back of the cheque. Alternatively, you may choose to make a donation online at www.donation.org.sg

The Woodbridge Hospital Endowment Fund is a registered charity (Charity Registration No: HEF0065/G). It was set up under the Ministry of Health’s Healthcare Endowment Fund scheme and is governed by its rules. Our operating expenses are borne by the Institute of Mental Health. All donations go directly to fund programmes to benefit our patients.



Loving Hearts, Beautiful Minds

The Woodbridge Hospital ENDOWMENT FUND

Why Help is Needed

Although mental disorders like depression, anxiety, addictions and dementia can be prevented with early treatment, some of our long stay inpatients have not had the benefit of early treatment. Recovery is a long haul, if ever at all. The Institute of Mental Health/Woodbridge Hospital is home to about 1,200 patients suffering from chronic mental illness. Many don’t remember how many years they have been in the hospital. Most of them have been abandoned by their families. Their days are long and dreary with no friends or relatives to visit them. Nurses who have been caring for them are their next-of-kin in every aspect. Outings and festive celebrations are treats for them.

Our hospital also sees many outpatients who come from the lower income group. Because of the stigma of mental illness and the patients’ reduced ability to work, they have difficulty finding jobs and become a burden to their families. Many of them are unable to pay for their medical bills, even at subsidised rates. As a result, many of them default on their treatment and often suffer relapses and have to be admitted to the hospital.

A not-for-profit hospital, IMH/WH receives funding from the Ministry of Health, which goes toward providing basic medical care for our patients. However, our patients need more than just the medical treatment to help them get back on their feet. Other non-core medical and therapy programmes such as rehabilitation and social activities are crucial in their recovery.

The Woodbridge Hospital Endowment Fund was established to raise money to pay for these activities and programmes as well as provide financial assistance to those who need it.

You can make a difference in the lives of our patients by donating generously to this fund.

WHERE DOES YOUR MONEY GO?

Patient Welfare

To give patients a semblance of normal life, outings and celebrations are organised on a regular basis. Disbursements are given to needy patients for food and other basic necessities. Some patients need help with the bus fare to keep up with their medical appointments at the hospital.

Subsidies for Medical Services

Although there is the Medifund scheme, there are some patients from the lower income group who do not qualify for it because of the criteria. Two programmes that have been identified for support by the Endowment Fund are:

COPES – Children’s One-Stop Psycho-Educational Services

This programme offers a comprehensive, multi-disciplinary assessment and intervention service for children with learning, social or emotional problems. The cost ranges from \$150 to \$2500, depending on the number of sessions required.



Rehabilitation

Through the use of the Woodbridge Hospital Endowment Fund, vocational rehabilitation programmes are conducted to build up patients’ cognitive confidence, psycho-motor and interpersonal skills for community reintegration. These programmes are in the cottage industry, as well as food and beverage, retail, clerical employment, car wash and cleaning industries. To encourage employers who hire our recovering patients with these vocational skills, a Fund-to-Work scheme also taps on the WH Endowment Fund. This scheme pays for 50% of the patients’ salary for two months.



REINTEGRATING INTO THE COMMUNITY

Nurturing Talent

William had the first onset of schizophrenia 10 years ago during his second year at university. He experienced psychotic symptoms such as the suspicion of the environment, agitation, insomnia and thoughts of persecution. He was subsequently referred to IMH’s Early Psychosis Intervention Programme (EPIP), and then to the rehabilitation ward. He has been taking his medication regularly and his symptoms are now well controlled.

Having graduated with a Master’s degree in civil engineering, William is currently working as a structural drafter



using architectural software. Through the funding from the Woodbridge Hospital Endowment Fund, William was given the opportunity to nurture his talent and won a bronze medal when representing Singapore in the 2007 International Abilympics under the Computer Assisted Design (CAD) - Architecture category. This serves to encourage and boost his self-confidence. “People with mental illnesses do have talents and skills despite their mental conditions if only they are given the opportunity. I’ve had a chance of a lifetime to develop my confidence and regain my belief that we are still able to be productive professionals,” said William.

Home Improvement for Michael and Jason

Rejected and abandoned by their families, Michael and Jason have not heard from them in years. Both men are currently seeking treatment for their depression and schizophrenia respectively as outpatients at IMH. Although they are not related, they have been living together for the past 2 years. Under the Public Assistance Scheme, both Michael and Jason were receiving \$290 per month from Central Community Development Council. This was only enough for them to pay for the monthly rental, utilities bills, conservancy charges and daily meals. In February 2008, due to the en-bloc sale of their HDB block, their rental flat was taken back, leaving them without a roof over their heads. With the assistance of IMH’s medical social workers, they managed to apply for a new rental flat.

However, even when the patients were still residing in their previous rented flat, the flat was almost bare as they could not afford any basic furnishing. Bedtime would mean sleeping on the hard floor of the flat with their arms as pillows.

In order to ensure their flats have the basic necessities, the Woodbridge Hospital Endowment Fund came in handy. IMH’s medical social worker used about \$300 to improve their home environment. “The WHEF has helped us improve our living conditions. Now we have basic furniture such tables, chairs, small cupboard, mattresses and electric bulbs,” said Michael.

Help for Joshua

School was a constant struggle for 10-year-old Joshua. He could not sit still in class and was disruptive during lessons. And he was lagging behind his classmates, failing in all his subjects. This was frustrating for Joshua who acted out and threw tantrums, especially at home. His parents were at a loss and could not cope.

The school referred Joshua to the Children’s One-Stop Psycho-Educational Services (COPES) at the Child Guidance Clinic. He was found to be suffering from Attention Deficit Hyperactivity Disorder and Dyslexia.

He was given one-to-one help with his reading, spelling and comprehension. He and his parents attended counseling sessions to help him work on his behaviour. Joshua also attended group therapy sessions.

After six months, Joshua’s mother noticed that his behaviour improved. So did his grades in school. He was more motivated in his schoolwork. He became more cheerful. Joshua began to make more friends and now looks forward to going to school.

Joshua’s family could not afford to put him through this programme if not for the financial assistance from the Woodbridge Hospital Endowment Fund. His father is an odd-job labourer and his mother, a homemaker.

