



**Thank You  
for Giving**

# **WOODBIDGE HOSPITAL CHARITY FUND**

Highlights of FY2018: 1 April 2018 – 31 March 2019



**INSTITUTE  
of MENTAL  
HEALTH**  
National Healthcare Group

## Dear Donors

2018/ 2019 was a memorable year for the Woodbridge Hospital Charity Fund (WHCF). We held a charity concert as part of IMH's 90th anniversary celebrations which helped raise more than \$1million for the WHCF. This was made possible with the strong and generous support from donors like you, so a very big 'Thank you!' from us, IMH patients and their caregivers. The funds raised will help us to continue to run programmes to help our patients, caregivers and children of patients, better cope with the impact of mental health conditions. This brochure carries highlights of some of these programmes and we hope that it will give you an idea of the impact that your contributions have made in the beneficiaries' lives. As we look back on the Fund's 19 years of work, we are heartened that together we have touched the lives of thousands with mental health issues. More can and needs to be done to extend the range of help to those in need of mental health support. In the year ahead, we hope to support new initiatives to improve the recovery of our patients and help them live successfully in the community. We look forward to your continued support in this journey. Thank you.



**Mr Lee Chow Soon**  
Chairman, Board of Trustees,  
Woodbridge Hospital Charity Fund



**Prof Chua Hong Choon**  
Chief Executive Officer,  
Institute of Mental Health

# About WHCF

## VISION

To create opportunities for the advancement of mental healthcare in Singapore.

## BOARD OF TRUSTEES (AS OF DEC 2019)

### **Mr Lee Chow Soon (Chairman)**

*Appointed 1 November 2009*

Senior Partner, Tan Lee & Partners

### **Ms Irene Png (Treasurer)**

*Appointed 1 June 2005, Treasurer from  
1 November 2015 to 31 October 2019*

Chief Financial Officer, Singapore National  
Eye Centre

### **Dr Tan Chue Tin**

*Appointed 16 November 2001*

Consultant Psychiatrist, Tan Chue Tin Clinic  
Pte Ltd

### **Ms Tina Hung**

*Appointed 1 June 2005*

Deputy Chief Executive Officer and Group  
Director, Service Planning & Development  
and Advocacy & Membership, National  
Council of Social Service

### **Ms Jacqueline Khoo**

*Appointed 1 November 2007*

Director, JC Trust Ltd

### **Mr Fong Heng Boo**

*Appointed 1 November 2011*

Retired

### **Mr Keith Chua**

*Appointed 1 November 2013*

Executive Chairman, ABR Holdings Limited

### **Prof Chua Hong Choon**

*Appointed 8 February 2011*

Chief Executive Officer, Institute of Mental Health (IMH)

### **Mr Francis Tan**

*Appointed 1 November 2019*

Group Director, Corporate Services,  
National Environment Agency

### **Ms Nancy Pangestu Tabardel**

*Appointed 1 November 2019*

Managing Director, ANB Investment Pte Ltd

# PROGRAMMES

The Woodbridge Hospital Charity Fund supports various programmes to benefit IMH patients and their caregivers, and to promote the advancement of mental health services. These programmes fall under three focus areas.

## 1. LIVING WELL

Preventive programmes to help beneficiaries live healthily, build resilience, and prevent mental health issues.

### Caregiver Support Activities

Caregiving can be physically and emotionally demanding. This programme enhances the ability of caregivers to sustain care to their loved ones through caregiver training and caregiver support groups.

**2,997**  
caregivers reached

**94%**  
of participants  
rated the workshops  
and services as  
beneficial to them

### “I am a Resilient Kid” Programme

Poor parental mental health places children at a significantly greater risk of having lower social, psychological and physical health. This programme helps equip children of persons with mental health conditions with skills to build resilience, understand their parents’ conditions and practise self-care.

**1-day**  
programme comprising  
**4** group sessions on psychoeducation  
and communication skills

**68**  
participants

Mdm Stella Yau is 46 years old and a mother of two sons aged 8 and 12 years old. Mdm Yau was in depression for six years before she was admitted to IMH for treatment for Major Depressive Disorder after a suicide attempt in February 2018. Her relationship with her elder son was poor as she often scolded and beat him, which added to her sense of guilt. Through the “I’m a Resilient Kid” programme, Mdm Yau learnt to communicate with her children and to instill discipline constructively. These helped to improve their relationship.

“

After joining the programme, I no longer feel alone. Instead, there are many people helping me now. This is very important as I attempted suicide because I had felt hopeless. This programme gave me hope.

Mdm Yau.

”

“

Before my mother had depression, I had never heard of it. The MSW helped me understand why my mother lost her temper easily and I am more understanding of her now. Through the programme, I also made friends with other children around my age who are in a similar situation. This made me feel that I am not alone.

”

Mdm Yau’s elder son.

## 2. LIVING WITH ILLNESS

Programmes to help beneficiaries lessen the impact of mental health conditions, promote recovery, and maintain their well-being.

### Patient Welfare

Many IMH patients come from low income families or have poor social support. This programme provides financial assistance for needy patients' daily living and home improvement needs.

**1278**  
benefited from  
financial aid

**29**  
benefited  
from home  
improvement aid

**4**  
received employment  
financial assistance

### Vocational Rehabilitation for People with Mental Illness

This programme empowers patients with vocational skills to secure a job and ensure a smooth transition back to work and facilitate community re-integration.

**53%**  
attained  
job placements

**54%**  
sustained jobs  
for more than 3 months



## ‘SHIOK’

SHIOK (“Staying Healthy = Interest + Optimism + Keeping it up!”) improves patients’ physical health through various activities and is one of the programmes run by Club EPIP to improve patients’ quality of life and reduce incidence of relapses.

**96%**  
of participants were  
satisfied with the  
activities

SHIOK activities  
conducted in FY18 included  
a community run  
‘SHIOK-A-THON’, a  
nutrition programme, hip  
hop course and wall  
climbing activities

## Very Special Outstanding Performers (VSOP)

The Very Special Outstanding Performers (VSOP) is a choir and dance group that enables persons with mental health conditions to benefit from the therapeutic effects of singing and performing. This programme also trains them to a professional standard for public performances which increases the opportunity for social interactions in the community and help de-stigmatise mental illness.



**100**  
clients trained in singing;  
**50**  
in contemporary arts/dance

**10**  
performances staged





## WE ENABLE Day Camp

Many children with Attention Deficit Hyperactivity Disorder (ADHD) have difficulty with personal care, household tasks, family leisure and socialisation. The two-day camp uses activity-based workshops and parent-child physical games incorporating psychosocial interventions for the child and family, to equip the child and the family with strategies which they can apply in interactions in and outside of home.

“ I had discovered from other parents their experiences and daily challenges with their children, that I’m not alone. ”

Parent participant.

**69**  
participants  
(children, parents/caregivers)

**2**  
camps

**100%**  
of parents  
would  
recommend  
the camp





## IMH Joy Club - Drum Circle

Drum circles have been part of healing rituals in many cultures throughout the world and drumming activities have been used as complementary treatment. The IMH Drum Circle programme promotes musical expression for patients with no prior musical training, and serves as a common medium of expression for patients, volunteers, staff and the community. Besides being a therapeutic and enjoyable recreational activity, it also provides a common platform for community integration and de-stigmatisation of mental illness.

**57**  
drumming  
sessions

**1,042**  
patient  
attendances

**3**  
performances

**100%**  
of  
participants  
enjoyed  
the  
drumming  
session

## Music Therapy For Children And Adolescents

Music therapy addresses patients' emotional, social, physical and cognitive needs by providing an alternative therapeutic intervention and non-verbal outlet for self-expression. The programme helps patients reduce anxiety, increase relaxation and sensory stimulation; and enhance emotion regulation, self-esteem, communication and social interactions.

**63%** of participants  
experienced improved personal  
well-being and relationships

## Community Outing Group

Community integration is essential in recovery but at the same time a challenge for persons with mental health conditions. This programme helps outpatient clients reintegrate into the community and improve their quality of life through educational outings and volunteer work, which help clients improve their social skills and potential for employment.

**199**  
clients  
participated

**9**  
educational  
outings

**8**  
volunteer  
work  
sessions

## IMH Volunteer Programme

The programme taps on a pool of about 300 regular IMH volunteers and complements the work of activity nurses in IMH to provide recreational and social activities to engage both inpatients and outpatients to enhance their quality of life and slow down cognitive decline.



“ The friendship and joy I received far outweigh the effort and time I put into volunteering. Not only did I forge friendship with our special friends and fellow volunteers but I also got to witness countless acts of unconditional love. Our friends are so appreciative and I am glad to be able to contribute to their happiness. I am thankful for the opportunity to be an advocate for our special friends and I will continue to be their voices as long as I can. ”

Yong Kwon Seng, The Achievers.





“

Volunteering is not only about giving. Volunteering teaches you to be grateful for the things you take for granted in life and widen your perspectives about the world. ”

Leah Yang Jie, Year 2 Psychology,  
Singapore Institute of  
Management-University of Buffalo.

**7,950**  
patient  
attendances





“ The moon cake making activity was very beneficial to me as it was both therapeutic and relaxing. ”

Patient from the Slow Stream Rehabilitation programme.



**97%**  
satisfaction rating  
in the activities  
from participating  
patients.

## Structured Motivational Activities at The Hut

The Hut offers a cosy space for patients and the public to drop in, socialise, share stories of recovery and participate in activities such as reading, watching TV, drawing, colouring and gardening. Patients from IMH's Slow Stream Rehabilitation programme prepare and serve up hot desserts like green bean soup to visitors every Thursday. The patients also bake cookies and distribute them to outpatients at IMH Clinic B every Wednesday. These activities give the patients a sense of ownership and accomplishment. This year, the patients tried their hands at baking muffins to celebrate National Day and mooncakes for the Mid-Autumn Festival. Another group of patients maintain the Garden Patch which currently has a wide variety of plants ranging from vegetables like chilli and lady's fingers to herbs such as rosemary. Patients also folded and gave out 200 paper flowers for Mothers' Day and Nurses' Day celebrations.



WHCF Board of Trustee at The Hut



### 3.

## ADVOCACY

Programmes to build mental health literacy and reduce stigma.

### Voices of Experience (VoE)

Peer support provides an opportunity for persons in recovery and their caregivers to help others with mental health conditions in their recovery journey. Peer support workers also advocate for mental health by sharing their lived experience with the public to create awareness and destigmatise mental illness.

“ I’m glad that my sharing at the Human Library activity at the Mental Health Festival has started participants thinking about mental health issues and increased their understanding of addiction. Having more such conversations on different mental health conditions and involving caregivers will help to de-stigmatise mental illness. ”

Benjamin Louis, Mental Health Advocate.

Reached out  
to over  
**1,360**  
Post-Secondary  
Students

Inspired **165**  
new IMH  
Volunteers at  
the volunteer  
orientation  
programme

**4** advocates  
took part in a  
Human Library  
activity at the  
IMH Mental  
Health Festival

## FUNDRAISING

In 2019, the Fund received donations of \$1,389,916, which is inclusive of \$868,629 from the IMH 90th Anniversary Charity Concert held on 27 October 2018 and \$190,000 from donations to commemorate IMH's 90th Anniversary.



# MAKE A DONATION

The Woodbridge Hospital Charity Fund (WHCF) brings hope, recovery and dignity for people living with mental health conditions and their families by funding various programmes that strengthen recovery and improve their quality of life. Your donation will have a lasting impact on our patients, their families, and our community. Please give generously to our cause!

There are many ways you can donate:

## Credit Card/NETS

You can donate online via Giving.sg

## Cash

In person on weekdays from 8.30 am to 6.00 pm at Corporate Communications Department, Level 4, The Annex, Buangkok Green Medical Park, IMH. You can also call 6389 2867 for assistance.

## Cheque

Attention to payee name: Woodbridge Hospital Charity Fund and mail it to:

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

## Via PayNow

You can donate via PayNow mobile app with any PayNow participating banks or via internet banking through the PayNow option. Just enter the Unique Entity Number: 200002150HWCF or scan the QR code, and provide your NRIC/FIN/Passport No. and Mobile No.



*All donations to WHCF will receive 2.5 times tax deduction. Kindly note that providing your NRIC or UEN is compulsory for our submission to IRAS for tax exemption.*