

About IMH

The Institute of Mental Health is Singapore’s only tertiary psychiatric care institution and provides acute and long-term care for patients with severe mental illness. As IMH approaches its centennial year in 2028, it has identified 3 Strategic Goals to serve the nation, patients and staff/partners. The WHCF will be an important source of funding for initiatives that contribute to the goals and aspirations that we have for our patients and the community.

3 Strategic Goals



STRATEGIC GOALS

Recovery, Hope & Independence
for **PATIENTS**

Wellness, Resilience & Happiness
for **PEOPLE OF SINGAPORE**

Meaningful, Rewarding & Joyful
Work for **STAFF & PARTNERS**

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.

Make a difference and donate today!

Credit card/eNETS/GrabPay

Proceed to Giving.sg to make a monthly or one-time donation.

Cheque

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

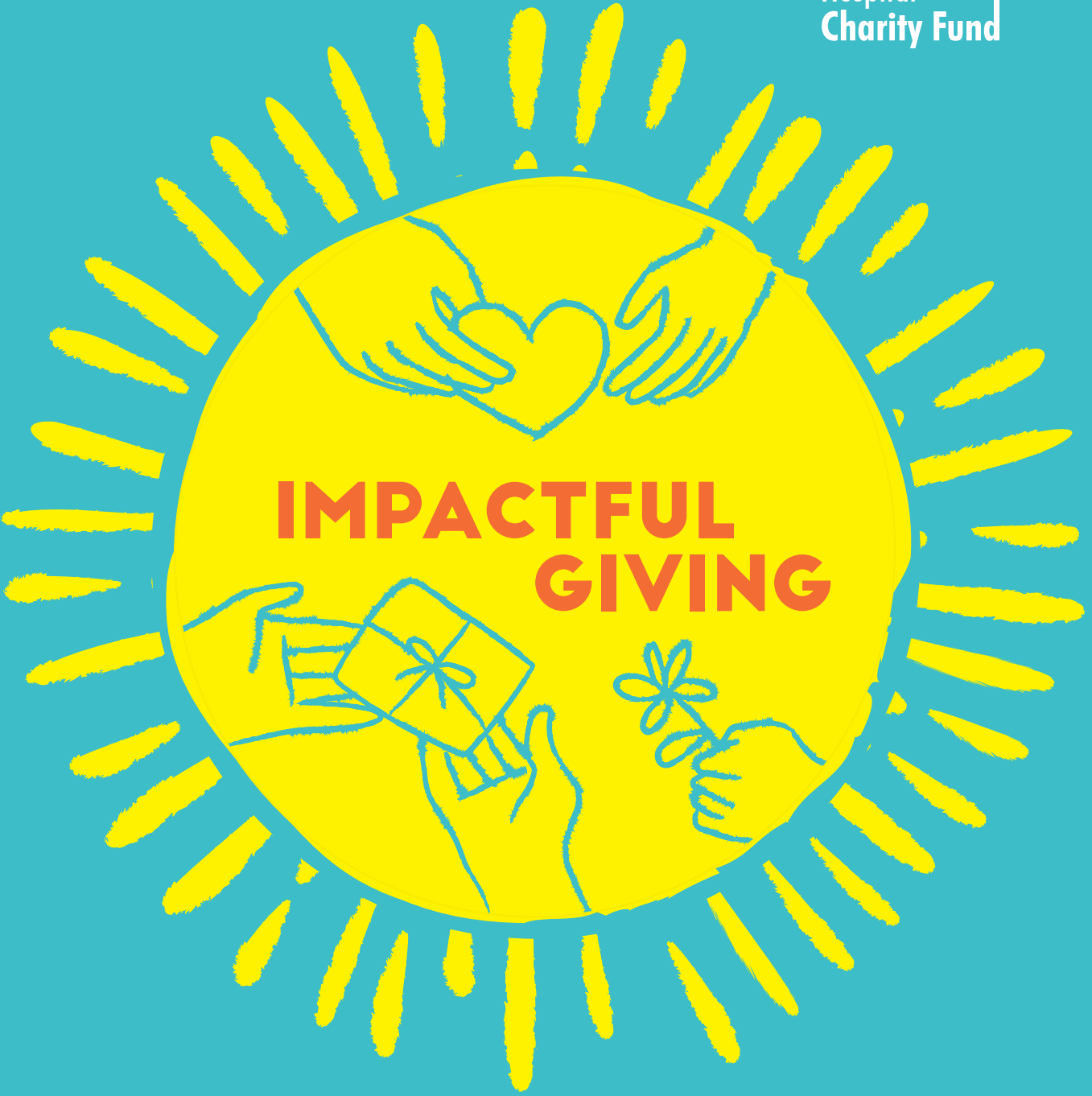
Corporate Communications Department
Institute of Mental Health
Buangkok Green Medical Park
10 Buangkok View
Singapore 539747

PayNow

You can donate via PayNow mobile app with any PayNow participating banks or via Internet banking through the PayNow option. Simply enter the Unique Entity Number (UEN): 201940371M or scan the QR code. You need to provide your NRIC/FIN/Passport number and mobile number in the reference field for tax exemption.



All donations to the 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.



Highlights of FY2021: 1 April 2021 – 31 March 2022

Dear Donors

Despite facing another tumultuous year due to the Covid-19 pandemic, where we had to cope with the ebb and flow of changing pandemic waves and safe management protocols, we remain relentlessly focused on taking care of our patients, and supporting their caregivers and other beneficiaries in the community. Your generosity has enabled us to run many programmes that have a direct impact on patients’ recovery. It has also helped raise mental health awareness and fight stigma through our advocacy programmes throughout this difficult period. We are thankful for your contribution and look forward to your continued partnership as we serve our patients, their families and the community.

Board of Directors (As of Dec 2022)

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Senior Partner, Tan Lee & Partners

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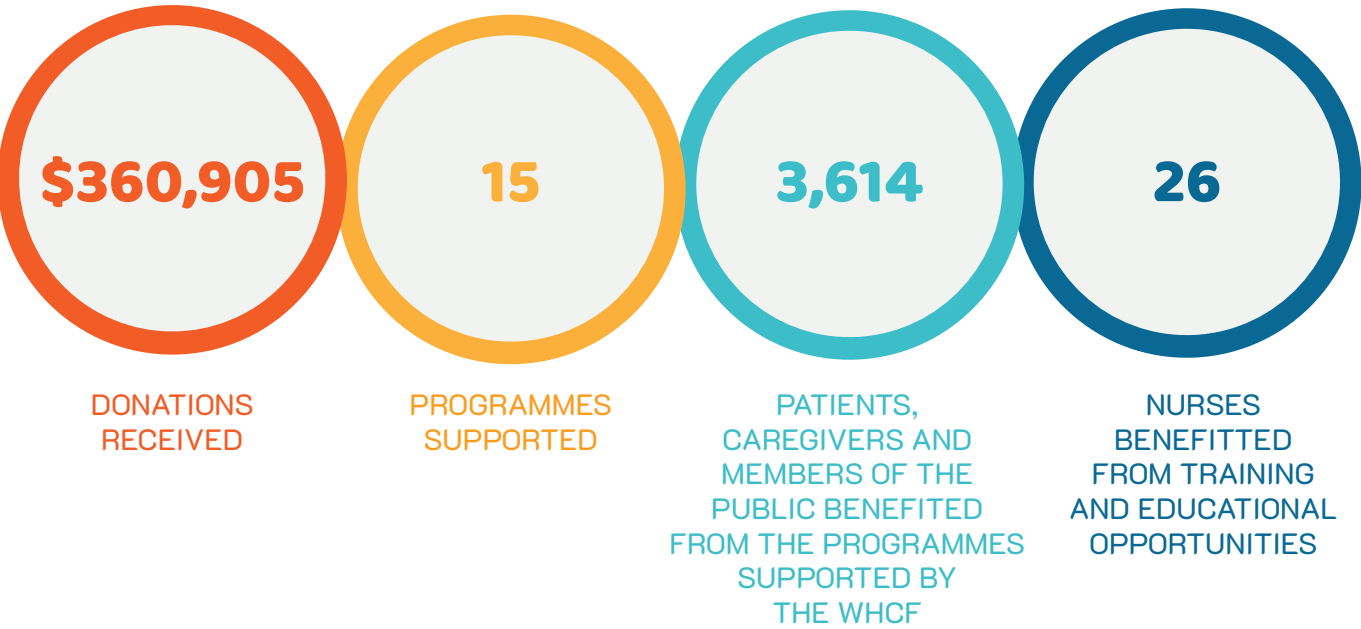
A/Prof Daniel Fung
Chief Executive Officer
Institute of Mental Health

Ms Irene Png
Chief Financial Officer
Singapore National Eye Centre

About WHCF

The Woodbridge Hospital Charity Fund (WHCF) was established in 2000 to receive contributions and donations for the promotion, development and provision of mental health-related services in Singapore. Managed by the Institute of Mental Health and governed by a Board of Directors, the WHCF is a registered charity and an approved Institute of Public Character (IPC) under the purview of the Ministry of Health (MOH). The WHCF was conferred the Charity Transparency Award in 2022 for adopting good disclosure and governance practices as recommended by The Charity Council’s Charity Transparency Framework.

FY21 Year In Review



Programmes

In FY21, the Woodbridge Hospital Charity Fund supported a range of programmes that benefitted IMH patients and their caregivers, as well as volunteers, advocates and the wider community. These include preventive programmes to help beneficiaries live healthily and build resilience and programmes that promote recovery and maintain the well-being of patients. The Fund also supports advocacy by peers, empowering them to contribute towards efforts to reduce stigma around mental illness.

Patient Welfare

About 900 IMH patients are discharged from the hospital yearly and many of them come from low income families who require additional support including social and financial assistance in order to live successfully in the community.

Your giving has enabled a total of 898 patients to be provided with assistance amounting to \$61,307 in

FY21. This included help given to 920 patients for transport allowances for their medical or rehabilitation appointments, as well as basic living expenses such as food and other consumables. The fund had also supported 23 patients for their home improvement needs, and three patients with financial assistance to anchor new jobs.



Vocational Rehabilitation for People with Mental Illness

Many of our patients with severe mental illnesses such as schizophrenia, mood disorders and anxiety disorders experience difficulties in securing and sustaining a job in open employment, despite having a desire to work. In the long run, this not only impacts them financially but also affects them mentally as they lose their sense of self-worth and purpose in life.

Your giving has enabled the team to provide vocational training for patients to help them acquire the relevant industrial skills and improve their social and communication skills, which is crucial to securing a job. Of the 108 patients who were enrolled in the programme in FY21, 57 patients had completed the programme and obtained job placement. Of these, 46 had successfully kept their jobs for more than 3 months.



Wey Jang suffers from anxiety disorder which affected his ability to find a job. He described it as a Catch-22 situation, where disclosing his mental health condition to prospective employers would lower his chance of getting hired; but by concealing this information, he finds himself unable to cope with the pressure and expectations at work and often end up leaving his job. He is constantly plagued by feelings of hopelessness and worthlessness, not to mention the financial stress of having to provide for his family. After enrolling in the programme, Wey Jang not only acquired new skills crucial to securing a job, such as computer knowledge, phone etiquette, customer relations and administrative skills, he also learned how to cope with incremental workload and manage work-related stressors. Wey Jang is currently working in a company where his employer understands and supports him.



Ng Wey Jang
Programme Participant

IMH Joy Club-Drum Circle

The Drum Circle programme was started in 2014 to allow patients to participate in group drumming to enhance their well-being. The programme not only promotes musical expression for patients but also community integration where IMH patients, caregivers, and staff gather to participate in an enjoyable recreational activity. Our nurses have reported reduced patient aggression after the Drum Circle sessions. Your giving has allowed a total of 23 sessions to be run online via Zoom, with participation from 46 patients and 11 staff in FY21.



Very Special Outstanding Performers (VSOP)

Studies have shown that persons with mental illness tend to be socially isolated or excluded which can affect their physical, mental and social well-being. The situation is made worse by self and public stigma towards mental illness.

Your giving has enabled our patients to receive training in singing and dancing from a professional instructor. The Very Special Outstanding Performers (VSOP) – IMH's very own choir and dance group formed by patients – enables and empowers persons with mental health conditions to benefit from the therapeutic effects of singing and performing. Regular staged performances allow participants to build their confidence and to destigmatise mental illness. As of FY21, a total of 105 patients have been trained in singing and 53 patients in contemporary dance.

105

PATIENTS TRAINED IN SINGING

.....

53

PATIENTS TRAINED IN CONTEMPORARY ARTS/DANCE

.....

1

VIRTUAL PERFORMANCE STAGED

“

Dancing not only boosts my confidence, it also energises me. Though it can be challenging to remember the dance steps at times, the love and support that I received from the instructor and other group members made me feel that I can do it. I really treasure every opportunity to perform and am grateful to the donors for funding this programme.

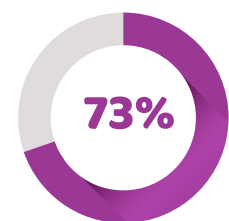
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Mr B
Programme Participant

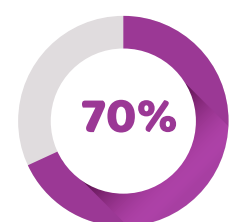


Dance Therapy for Patients with Mood Disorders

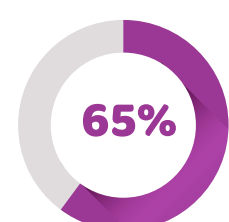
164
PATIENTS
PARTICIPATED



OF PATIENTS
REPORTED
IMPROVEMENT
IN MOOD



OF PATIENTS
REPORTED
IMPROVEMENT
IN VITALITY



OF PATIENTS
REPORTED
IMPROVEMENT
IN AFFECT

Patients with mood disorders such as depression and bipolar disorder tend to have trouble expressing their emotions in words. The use of dance movement therapy allows them to gain a deeper understanding of their self-image and feelings, and improve positive emotions.

Your giving has enabled a total of 164 patients to participate in the dance therapy programme in FY21. Participants found the sessions helpful in relieving stress and they experienced an improvement in mood after each session.

“ Dance Therapy allows me to express my emotions and thoughts without the use of words. My movements are an expression of my current state of mind. The therapist is sensitive enough to pick up on it and will surface for discussion. I feel comfortable discussing about it and listening to others’ feedback. After each session, I always feel more relaxed and that helps to improve my mood. I look forward to attending the next session. ”

Mr Tan TH
Patient Participant



“Little Acts of Kindness” Programme

One of the barriers to integrating mental health patients in the community and keeping them well is the lack of self-sufficiency. In this patient-led programme, trained patients from the Slow Stream Rehabilitation Programme led patients from the acute and psychogeriatric wards to create items that were subsequently gifted to caregivers, patients and staff.

A total of 16 patients were involved in the designing and putting together of items such as memo pads, TraceTogether token covers, potted plants and greeting cards. The activities helped keep the patients cognitively and socially engaged, thus improving their mood and sense of well-being. Patients from the Slow Stream Rehabilitation Ward also picked up skills that could help them secure work when they are discharged.

“ I am really glad I get to share my creativity with others by working on the crafts and also have the chance to make some allowance at the same time. I feel good knowing what I have created brightens someone’s day. Really hope there are more of such projects in future. ”

Programme Participant



Structured Motivational Support Programme for Patients on the Forensic Psychiatry Community Service (FPCS)

According to the Singapore Prison Service, about 12 percent* of inmates require help for their mental health needs in prisons. Most of these inmates' conditions are stable and do not require specialised treatment. However, the challenge lies in motivating those with mental health issues and had just been released from prison to continue with treatment in IMH.

Your giving has enabled ex-inmates struggling with mental health conditions to participate in the Forensic Psychiatry Community Service (FPCS) programme, which is an intensive 12-month programme aimed at supporting and motivating patients who had just been released from prison. Psychoeducation and counselling help them to meet their life goals and objectives, and incentives are given to motivate them to attend their outpatient appointments. FY21 saw an average attendance of 89% from 25 active patients enrolled in the programme.

“By regularly attending follow-up treatment at IMH, I can see that my condition has become more stable. The incentive support that I receive has helped me in very practical ways such as paying for food and other daily necessities.”

Sony Elizabeth
Programme Participant

*data accurate as at 31 Dec 2020

Structured Motivational Activities at Garden Patch

This programme uses gardening activities to engage patients undergoing slow stream rehabilitation to help them improve their mood and regain functionality. Three regular patient gardeners, assisted by other patients from the ward tend to the plants at the gardening patch. The patients reported an improvement in their mood and general well-being, in addition to feeling a sense of accomplishment when they harvest their crops.



“I am a Resilient Kid” Programme

Studies have shown that children of parents with mental illness are at higher risk of developing psychological or psychiatric disorders when compared to the general population because they are constantly exposed to a high level of stress at home. These children tend to suffer from trauma and self-blame issues when their parents experience mental relapses.

Your giving has enabled the team to run the “I’m a Resilient Kid” programme that builds family resilience and provides support to IMH patients with children aged 9-14 years old. Besides conducting intensive casework and groupwork, bonding activities were also organised to boost parent-child relationship. FY21 saw a total of 32 families benefitting from this programme.

“I am grateful to the team for helping me and my family get our lives back together. The programme not only helps to build up my mental health, it also equips my family with the skills and knowledge to support my journey towards recovery. To express my gratitude and thanks, I’m dedicating this crocheted bag and Winnie the Pooh keychain that my son and I made in therapy to the team. God bless you!”

Madam J
Parent Participant



Caregiver Support Activities

Caring for a loved one with mental illness is a stressful undertaking. Often times, caregivers would feel burdened, overloaded and trapped. If unattended to, the high level of stress can cause caregivers to suffer from burnout and even experience depressive symptoms. Hence, it is important to enhance the ability of caregivers to sustain care to their loved ones with mental health conditions.

Your giving has enabled the team to provide caregiver support in the areas of (1) psychoeducation on mental illness (2) support from caregivers to caregivers (3) workshops on self-care and coping strategies (4) workshops on healthy communication between caregivers and patients. A total of 228 participants had benefitted from the 19 online workshops that were conducted in FY21.

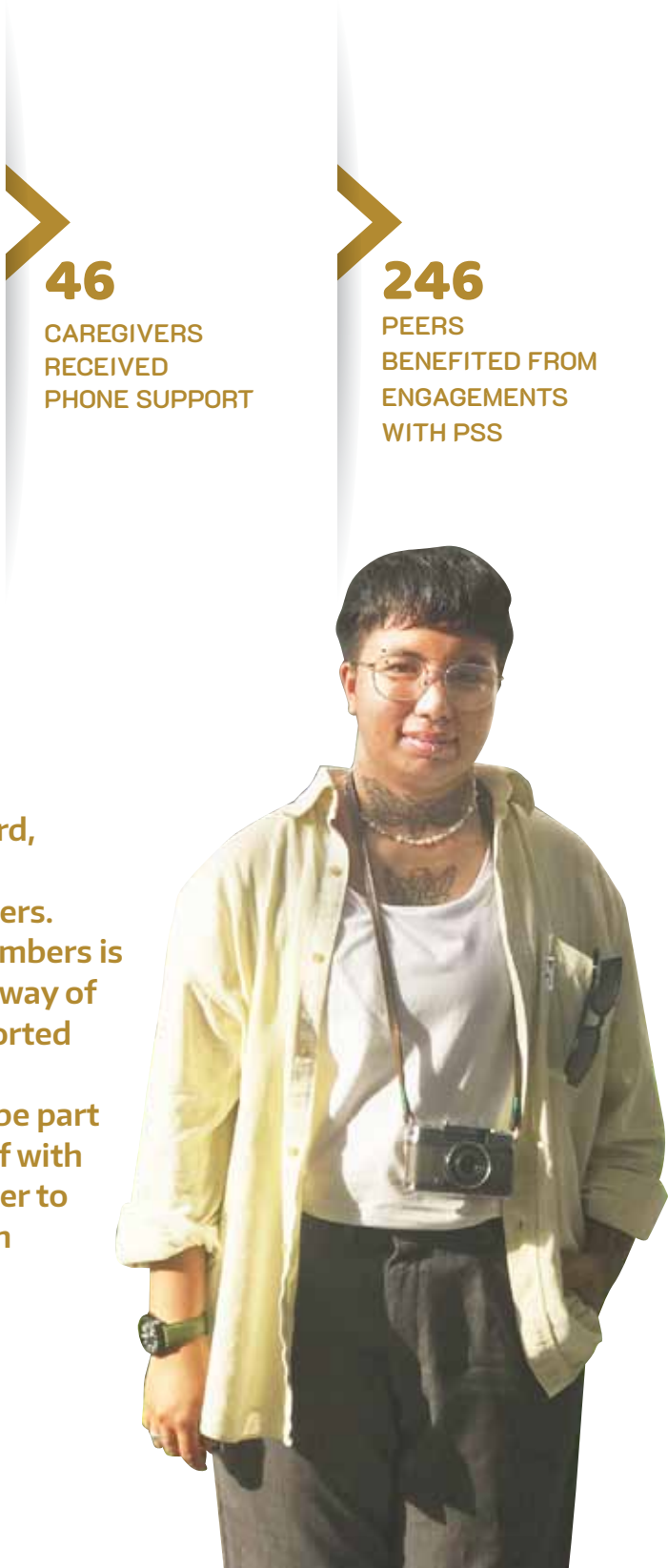
EPIP Peers 4 RS Programme (Remembering Resilience, Respect and Recovery)

Studies have shown that persons with first episode psychosis or at-risk mental state can develop serious complications if treatment is delayed. The families of patients with first episode psychosis can experience stress and difficulties when they encounter the illness for the first time.

Your giving has enabled the team to run the Peers 4Rs programme, in collaboration with Peer Support Specialists (persons-in-recovery and caregivers), to provide support to those recovering from early psychosis and their caregivers. Peer volunteers help with the co-facilitation of peer support groups and other group activities. Peer delivered services are undertaken by those with lived experience of mental health issues. The FY saw a total of 92 Peer Support Specialists (PSS) inpatient group sessions conducted for 246 peers, five Meet-the-PSS-Caregiver virtual group sessions conducted for nine caregivers and individual support sessions conducted over the phone for 46 caregivers.

“ Ever since I was discharged from the EPIP ward, I started helping out as a peer volunteer by co-facilitating activities for other peer members. Sharing of my experience with other peer members is a healing process in itself for me and also my way of giving back to the programme that has supported me in my recovery journey. To those who are struggling alone out there, it is important to be part of a support network; try to immerse yourself with a community that you feel a part of. Remember to never lose hope as it can hold a lot of power in dark times. ”

Aruna Willow
Peer Volunteer



IMH Volunteer Programme

Many of our patients residing in the Recovery Care (long-stay) wards do not get many visitors. The lack of social interactions with people outside of their wards can have a detrimental effect on their mental well-being and impede their recovery.

Your giving has enabled IMH volunteers and staff in the wards to organise activities both in and outside of the

hospital including arts and crafts, group exercise, birthday and festive celebrations, visits to places of interests, and more. FY21 was a challenging year for patients and volunteers as in-person volunteering activities were suspended due to Covid-19. To keep patients engaged, Zoom activities were organised instead. A total of 5,995 attendances were recorded from patients for the FY.

“ Joining the volunteer programme at the height of the pandemic was challenging but nonetheless enriching! Even though we were not able to interact fully with the residents, hearing the enthusiasm in their voices during our weekly sessions definitely motivated us to keep going. The transition back to physical sessions is something I am deeply grateful for. Being able to finally put a face to their voices, have deeper one-to-one conversations with them, and seeing them participate so earnestly in the activities that we've prepared has been a fulfilling experience and I'm truly thankful for the opportunity! ”

Ng Ze Xuan, Matchsticks of IMH
IMH Volunteer



Voices of Experience

As we know, stigma can lead to discrimination where persons living with mental disorders become isolated and easy targets of physical and mental abuse. Hence, it is important to leverage on the voice and lived experience of persons in recovery to help raise mental health awareness, fight stigma and support others.

Your giving has enabled the team to run the Voices of Experience (VoE) programme where persons with lived experience and their caregivers take on the advocacy role to promote mental awareness at IMH school visits and other public events. They also provide peer support to other patients in IMH. In FY21, our VoE advocates shared at 14 virtual school visits and 8 volunteer orientation sessions – reaching out to some 500 participants.

“
Mental health advocacy is still crucially important, especially in South-East Asia. We, as advocates, have a critical role in providing a voice for those who are unable to speak up for themselves. The potential to break social stigma and provide comfort to those in need should outweigh any personal inertia to taking action.
”

Philibert Santhanaraj
Mental Health Advocate



Hear from Our Donors

Donating to a cause that one cares about not only strengthens the work of the charity and improves the lives of beneficiaries, it also promotes feelings of happiness for the donor. This is what our donors have to say about their giving experience:

“
My wife’s uncle was a patient of IMH many years ago. To show our appreciation to the hospital staff for taking such good care of him, I make it a point to donate to the Woodbridge Hospital Charity Fund every year.
”
Desmond Toh

“
I have been donating to the WHCF for a number of years now; it’s a small token of my appreciation to IMH for taking care of a family member of mine with a mental health condition. I am impressed by the commitment and dedication of IMH staff.
”
Lim Siok Hoon

“
Without mental health there can be no true physical health. I believe more can be done by the community to support mental health services for our population. Contributing towards the Woodbridge Hospital Charity Fund (WHCF) is the most direct way of doing so.
”
Teng Chiun How

“
We at Collective Designs are honoured to not only give to the Fund, but to also be working closely with the IMH community. Something which started as just a corporate affair has now grown into a network of love involving our families, friends, and acquaintances. We hope by practising and spreading kindness, we can motivate others to do the same, and encourage compassion in all.
”
Collective Designs Pte Ltd

Fundraising

In FY21, the WHCF received donations of \$360,905 from individual and corporate donors.

