

WOODBIDGE HOSPITAL CHARITY FUND
Annual Report for the period 1 April 2023 – 31 March 2024

ABOUT WHCF

The Woodbridge Hospital Charity Fund (WHCF) is an Institution of a Public Character (IPC) and a registered charity under the purview of the Ministry of Health (MOH). It was converted from a Trust Fund into a Company Limited by Guarantee (CLG) under the recommendation of MOH to allow for better governance of the Fund, with greater statutory compliance and annual reporting under the Companies Act. The Trust Fund was dissolved and the conversion to a CLG was completed on 31 March 2022, with continued status as an IPC and Charity.

UEN Number : 201940371M

Registered Address : 10 Buangkok View, Singapore 539747

Board of Directors :

- Mr Lee Chow Soon
Chairman, Board of Directors
Senior Partner, Tan Lee & Partners
- Mr Francis Tan
Treasurer, Board of Directors
(1 Jun 2021 – Present)
Group Director, Corporate Services
National Environment Agency
- Ms Tina Hung
Senior Consultant
National Council of Social Service
- Mr Keith Chua
Executive Chairman
ABR Holdings Limited
- Ms Nancy Pangestu Tabardel
Managing Director
ANB Investment Pte Ltd
- Mr Leong Yew Ming
Independent Director
Asia Medic Limited
- A/Prof Daniel Fung
Chief Executive Officer
Institute of Mental Health

Banker : DBS, UOB & OCBC

Auditor : Ernst & Young LLP

OBJECTIVES

The Fund is established to receive contribution and donations for the promotion, development and provision of mental health-related services in Singapore, including (but not limited to):

- the pursuit of medical research and development;
- programme for continued medical, nursing, paramedical and related education and training;
- publication of research and educational literature;
- provision and improvement of equipment and facilities for research and development;
- holding of conferences, seminars, and exhibitions; and
- provision of funded care to patients who are in need of financial assistance.

BOARD OF DIRECTORS

A Board of Directors was appointed in November 2019 to exercise stewardship over the Woodbridge Hospital Charity Fund (WHCF) in compliance with the rules and regulations of the Ministry of Health, the Charities Regulations, and the Companies Act. Board members are renewed or re-appointed every two years. Board members do not receive any remuneration for their services on the Board.

Name	Position	Appointed since	Other appointments	Attendance at Board Meetings (FY2023)
Mr Lee Chow Soon	Chairman	26 Nov 2023	Senior Partner, Tan Lee & Partners	3 out of 3
Ms Tina Hung	Member	26 Nov 2023	Senior Consultant, National Council of Social Service	2 out of 3
Mr Keith Chua	Member	26 Nov 2023	Executive Chairman, ABR Holdings Limited	3 out of 3
Mr Francis Tan	Member Treasurer	26 Nov 2023 1 Jun 2021	Group Director, Corporate Services National Environment Agency	1 out of 3
Ms Nancy Pangestu Tabardel	Member	26 Nov 2023	Managing Director ANB Investment Pte Ltd	3 out of 3
Mr Leong Yew Ming	Member	1 Jul 2024	Independent Director, Asia Medic Limited	3 out of 3
A/Prof Daniel Fung	Member	26 Nov 2023	Chief Executive Officer, Institute of Mental Health	3 out of 3

BOARD RENEWAL

The Board has made conscious efforts to renew the Board composition and embrace Board diversity by maintaining a balanced membership in terms of gender, experience and knowledge of the Charity Fund and mental health sector. The tenure of the current members of the Board of Directors range from more than 10 years to under two years (including their term on the previous Board of Trustees). Mr Lee Chow Soon, Ms Tina Hung and Mr Keith Chua had each served more than 10 consecutive years on the Board as at 31 Mar 2024. Their terms were renewed to provide continuity to the Board composition. As they have deep understanding of the mental health sector gained over their period of service, they bring critical skill sets to the Board, including expertise in finance and social services. As part of its succession plan, the Board will seek to appoint new members with aligned beliefs and values in promoting and advocating for mental health and destigmatisation of mental illness, before the tenure limit is reached.

EXECUTIVE MANAGEMENT

Associate Professor Daniel Fung, a member of the Board of Directors, is also the Chief Executive Officer (CEO) of the Institute of Mental Health (IMH) and the President of the College of Psychiatrists. A/Prof Fung is a psychiatrist and was appointed CEO of IMH since 1 February 2021. The Fund also dovetails on the senior management team of IMH, including the Chief Operating Officer, Chief Financial Officer and Chairman, Medical Board to assist the Board of Directors in its stewardship over the Fund.

GOVERNANCE

The Corporate Governance Statement of the Fund is available on the website of the Institute of Mental Health (www.imh.com.sg).

The Fund has a whistle-blowing policy that follows that of the National Healthcare Group. Staff and members of the public may contact nhg@tipoffs.com.sg to report any incidents.

The Governance Evaluation Checklist (GEC) of the Fund is available on the website of the Charity Portal (www.charities.gov.sg).

REVIEW OF FINANCIAL YEAR 2023

(For the period 1 April 2023 – 31 March 2024)

Programmes Supported

In financial year 2023, Woodbridge Hospital Charity Fund supported a range of programme which fall under four categories – (i) Living Well - preventive programmes to help beneficiaries live healthily, build resilience, and prevent mental health issues (ii) Living with Illness – programmes to help beneficiaries lessen the impact of mental health conditions, promote recovery, and maintain their well-being (iii) Advocacy – programmes to build mental health literacy and reduce stigma (iv) Supporting Strategies – programmes that contribute to improving the mental health of Singaporeans or beneficiaries through education, research, or innovation.

A Living Well

1. “We are a Resilient Family” Programme

This is a two-year or more intervention programme that provides family support to IMH patients with children through intensive casework, mental health psychoeducation (children and parents), therapeutic group work, parenting work and family work including family bonding opportunities.

Annually, 40 families are enrolled in the programme which comprises of regular home visitations and intensive case management to enable all members in the family to identify and develop coping skills. To enhance their communication skills, our medical social workers conduct psychoeducation, couple and parenting workshops with the aim of ministering to the family holistically.

The programme comprises of the following components:

- Monthly Case Management follow up
- Quarterly therapeutic group work for the patients’ children
- Bi-annually or quarterly Parents Networking & Support Group
- Annual individual family session
- Family bonding opportunities

2. Caregiver Support Activities

Caregiver support programmes enhances the ability of caregivers to sustain care to their loved ones as the role can be physically and emotionally demanding. The programmes aim to equip them with knowledge, resources and facilitate mutual support amongst them.

Approximately 1500 caregivers have been outreached via the following activities:

- Caregiver Roadshows (May 2023)
 - A public talk on obsessive compulsive behaviours (OCD) for 200 participants.
 - 41 family members attended a family day for Long Stay patients and families.
- Caregiver Therapeutic Groupwork
 - Brief Family Intervention Group (3 sessions) attended by 20 participants in June and August 2023 respectively
 - May 2023 - Recruitment for a 10 sessions MultiFamily Groupwork
 - August 2023 - Conducted Group Work for 3 families (11 participants)
 - September 2023 - Grief & Bereavement workshop for 30 people. A radio talk was also held for the same topic.
- Care Packs for Caregivers
 - 1900 caregiver guides have been printed since June 2023
 - An average of 100+ kits are given out a month.

The satisfaction rate is at least 90% for most activities.

3. Resilience, Empathy, Support, and Total Wellness (REST) for Wellness (for Youths) Programme

Mental health issues among the young are an increasing concern globally and in Singapore. Adolescence is a critical phase of life, marked by significant transitions. To address these issues, Total Wellness Initiative Singapore launched the REST for WELLness. This programme, adapted from REACH's Mentally-LIT programme, aims to provide a comprehensive approach to youth mental health and wellness.

In FY2023, the REST for WELLness Programme was introduced in 12 schools. A total of 410 youths received training in mental health awareness, coping strategies, and peer support techniques. The programme also involved 40 facilitators in these schools to take on the role in training and supporting the youths.

The programme has not only equipped youths with essential mental health knowledge and skills but has also fostered a culture of mutual support and proactive wellness within the participating schools.

Your continued support helps us move closer to a future where every young person has the tools and support they need to thrive mentally, emotionally, and physically. Thank you for being a part of this transformative journey.

B LIVING WITH ILLNESS

4. Internet-Based Cognitive Behavioural Therapy (iCBT) for OCD

Obsessive Compulsive Disorder (OCD) is a debilitating condition associated with impairments in daily life as well as significant distress amongst individuals and their families. Exposure-based Cognitive Behaviour therapy (CBT) is the recommended first-line intervention for OCD. However, not all patients take this up as a treatment due to various issues, such as fear of stigma, difficulty in scheduling appointments and concerns over costs. The clinical team developed an Internet-delivered CBT (iCBT) to bridge such gaps. Through iCBT, patients receive support from a designated therapist via e-mail and/or telephone via a secure internet portal, instead of having to travel to IMH to attend their sessions in-person.

To continue piloting the iCBT programme as a clinical service using 100 adult patients with OCD, and for the patients to demonstrate an improvement in OCD symptoms [as measured by Yale-Brown Obsessive Compulsive Scale (Y-BOCS; Goodman et al., 1989) scores] as well as in their functioning and quality of life.

In FY2023, 30 suitable patients with OCD were recruited. 20 out of 30 patients (66%) have completed the post iCBT assessment, with the improvement of 45% in baseline Y-BOCS score.

5. Patient Welfare (Medical Social Work)

Many of IMHs patients come from low-income families who require additional financial support in their recovery journey to function adequately in the community. Your giving has helped 1,018 patients with basic living expenses such as food, transport, consumables, crisis living expenses, home improvement and job start up support.

In FY2023, approximately 998 patients received around \$61,924 worth of assistance, for basic expenses connected to non-medical needs, such as food and other consumables, as well as transport allowances (bus, taxi, or ambulance) for medical/rehabilitation appointments. The programme also helped 20 patients with their home remodeling needs, with them benefitting \$12,576 from the Home Improvement Fund.

6. Psychosocial Programmes/Appreciation Event and EPIP Peers4Rs (Remembering Resilience, Respect and Recovery) Programme

Psychosis, in particular schizophrenia, tends to occur during the developmental stages of adolescence and early adulthood, which impact education, employment, self-identity, building relationships and other psychosocial developments.

Research has shown that patients with first-episode psychosis show good recovery in symptoms; that is, however, not reflected in terms of their functioning (for instance, employment). Due to the impact of the illness, young people with psychosis commonly experience social exclusion, low self-esteem and decreased social and occupational functioning.

The early psychosis team provides a comprehensive and integrated psychosocial rehabilitation programme, with a focus in skills acquisition and reintegration into the community. These programmes help to facilitate recovery via skills training. Group work enables clients to form social identities and friendships. Work behavioural skills such as punctuality or cooperativeness and group skills such as maintaining conversations and adherence to social norms are emphasized and modelled.

Programmes are conducted by occupational therapists, case managers, peer support specialists and psychologists.

In FY2023, there were 850 EPIP clients' attendances for programmes such as Personal Growth Group, Broken Crayon Workshops, Early Onset Psychosis (EOP) event, annual fun day and EPIP day. Under PEERS4Rs, 12 caregivers received support and 28 peers benefitted from peer group support.

7. Very Special Outstanding Performers (VSOP)

The VSOP is a choir and dance group formed by patients. Over the years, participants have affirmed the benefits from the therapeutic effects of singing and dancing and always look forward to a platform to showcase their talents. The camaraderie shared amongst participants and instructors in the process also creates a supportive network beneficial for their mental well-being. It is evident that the sessions have brought much joy to the participants. To date, a total of 110 patients have participated in singing and 58 in dance performances.

8. Vocational Rehabilitation for People with Mental Illness (Transitional Employment & Supported Employment)

Vocational training is aimed at helping clients with mental health conditions to build work routine, social behaviors, skills and confidence, preparing them for successful reintegration into the workplace.

Enhancing our training options to encompass a broader range of skills is crucial for meeting the interests and needs of clients at various functional level.

With this, OcTAVE@IMH has been collaborating with internal departments to pilot a new coffee machine training programme aimed at supporting groups of clients who face challenges in sustaining open employment.

Throughout FY2023, 69 clients completed training and attained job placement and 52 clients sustained jobs for more than 3 months.

9. IMH Volunteer Programme

Social interactions play a critical role in the recovery process for patients in the long-stay wards to enhance emotional well-being, reduce feelings of isolation, and foster a sense of belonging and support. Powered by your generous donations, our volunteers and staff are able to organise enriching, entertaining, and engaging activities to connect with patients meaningfully, to maintain and improve on their psychosocial state. Though our regular volunteer* count maintained at about 300, patient satisfaction has risen from 88% in the last financial year to 96% in FY2023.

There are about 8,778 patients who attended the various activities organised by the volunteer team in FY2023.

**Regular volunteers are individuals who have volunteered 4 or more times with IMH within a financial year.*

10. IMH Joy Club-Drum Circle

Since 2014, the Joy Club – Drum Circle has actively involved long-stay patients from various blocks in weekly drum sessions. Conducted by a dedicated drum facilitator and volunteer staff, these sessions invite around 12 patients from different long-stay wards to participate in the group therapy room of the Occupational Therapy Department (OTD). The primary aim of these sessions is to offer patients a therapeutic activity through listening and playing drums, helping them to build self-confidence and enjoy a creative outlet. The rhythmic experience has proven to be a valuable addition to their routine, fostering a sense of community and personal achievement.

In FY2023, Joy Club has completed two events – a drum circle session with members of public and four patients at IMH to celebrate its 95th Anniversary, and a performance at IMH's lobby on 7th August 2023 to celebrate National Day with participation from five patients and seven staff. Additionally, 21 drum circle sessions were conducted with our trainer with attendance of 44 unique patients. The overall participation is 88%. Looking ahead, the Joy Club is planning to do 3 community events and extending the joy of drumming to other patients outside the club. There are plans to conduct regular staff-initiated sessions and events including a carnival at Methodist Girls' School sports complex and two performances at a nursing home and community centre. These plans serve to extend the therapeutic benefits gained by our patients from the drumming activities.

11. Structured Programme of Motivational Support (Individual)

This is an individualized motivational programme for patients diagnosed with Schizophrenia and Delusional disorder with two or more admissions featuring:

- Systematic tracking and monitoring of these discharged patients upon recruitment (a maximum of 4 sessions in 1 year).
- Personalized psycho-education and counselling sessions.
- Monetary incentive to motivate them whenever they come for their appointments at the SOC.

34 participants completed the programme in FY2023. 94% of those who took part in the study reported feeling more confident about coping with problems and managing their condition.

12. Bergen 4-Day Treatment (Concentrated Exposure and Response Prevention Treatment) for Obsessive-compulsive Disorder (OCD)

Obsessive-Compulsive Disorder is one of the common disorders in Singapore, affecting 3.6% of our population. Exposure and response prevention Therapy (ERP) has been shown to be effective in treating both adults and children with OCD. Despite its effectiveness, the drop-out and refusal rates for ERP is quite high (26.9% and 25% respectively). In recent years, the Bergen 4-day treatment for OCD (B4DT), a short-term, evidence-based, and intensive form of ERP group therapy has gained international traction due to its short, 4-day duration and its significant clinical outcomes.

With the support of Woodbridge Hospital Charity Fund and the Kavli Trust, Norway, IMH conducted a pilot study to investigate the acceptability and effectiveness of B4DT for treating adults suffering from OCD. 43 patients completed the B4DT over eight runs, from October 2022 to November 2023.

At the 10-day follow-up post treatment, 63% of the patients treated reported clinically significant reduction in their OCD symptoms. The dropout rate was less than 2%. Additionally, there was an improvement in anxiety, depressive symptoms, and quality of life, following the treatment.

Overall, the B4DT clinical pilot in Singapore has shown the therapy to be effective, easy to administer and of high acceptability.

13. Dance Therapy Programme for Child and Adolescent Inpatient Service

Adolescence is a period when a young person goes through biological, cognitive and social changes. Children and adolescents with mood disorders or those with adverse childhood experiences often struggle with expressing their emotions in words. Dance Movement Therapy (DMT) is another form of creative expressive therapy that would allow patients in the ward to portray their emotions in terms of movement rather than spoken words. 74% of patients reported an improvement in mood and vitality scoring, whereas 89% reported an improvement in affecting scoring, based on the Heidelberg State Inventory (HBS).

14. Structured Motivational Support Programme for patients on the Forensic Psychiatric Community Service (FPCS)

The aim of this one-year intensive aftercare programme is to encourage and support patients who have recently been released from prison. They receive incentives to encourage them to keep to their outpatient appointments and receive psychoeducation

and counselling to help them to achieve their life goals and objectives. In FY2023, there is an actualization rate of 87.74% for outpatient appointments and participants reported increased motivation to come for appointments.

15. “Little Acts of Kindness” Programme

This is a consolidation of four pilot projects for patients in the acute and psychogeriatric wards. The activities are supported by trained patients from the Slow Stream Rehabilitation Programme:

- Heart-to-Heart Talk
- Bring-It-On
- Forget-Me-Not
- You’ve Got Mail

20 patients from the Heart-to-Heart Talk and Bring-It-On programmes developed handicraft skills to improve on their employability and in the community. All patients were satisfied with the programmes, with 100% satisfaction rate for ‘Forget-Me-Not’ and ‘You’ve Got Mail’.

16. Handphone project

Patients who are not compliant to their medication routines and clinic appointments are at higher risk of relapse. A survey of selected patients who had relapsed and were readmitted showed that more than 60% of them did not have a mobile phone. It was hypothesised that patients with a mobile phone would be more compliant to treatment appointments and medication, as their case managers could remind them of their clinic appointments, thus reducing the chances of relapse and conserving medical resources. The project aims to promote social inclusion for patients and facilitate recovery through timely reminders of medical appointments and psychological support and education. Positive feedback was reported from the 13 patients currently on the project. The patients are happy to be able to contact their loved ones and to be contacted by their case managers who would remind them of their appointments. There was also a reduction of 83% in admission rates and reduction of 89% in default rates for these patients.

17. We ENABLE Day Camp

The two-day camp aims to equip caregivers of children with Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorders (ASD) the knowledge and strategies to understand their children’s conditions and improve their occupational functions and abilities in social settings.

93% of the caregivers who have participated in the camp in June and November 2023 have showed improvement in their understanding of their child’s sensory needs and increased ability to use appropriate leisure activities in the community to manage their children’s behaviour.

18. Hydroponic Farm Workshop

Hydroponics gardening provides a means for patients to explore opportunities for future job placement on hydroponics farming through imparting of skills and knowledge on hydroponics gardening. It is also a unique way for patients to connect with nature, find

meaning in nurturing plants, feel a sense of accomplishment, promote socialisation through the gardening activities and provides an avenue of cultivating it as a recreational activity.

In FY2023, the training shed, which provides sheltered storage for hydroponic farming items such as growing trays and cocopeat, was completed and an additional roller blind was installed as well. It will also be used by patients to conduct hydroponic farming activities/lessons among peers, and for external agencies.

19. Community Garden at IMH

The set up of the community garden in IMH, in collaboration with Ang Mo Kio GRC (Jalan Kayu) seeks to provide opportunities for persons with mental illness to reintegrate into society through frequent interactions with the community including grassroots leaders and volunteers, as well as having the chance to pick up horticulture skills in preparation for future employment.

For the volunteers, it aims to improve mental health literacy and advocacy in the community by creating opportunities for the public to interact with persons with mental illness, thereby destigmatising mental illness.

In FY2023, all 10 plots in the community garden were utilised by clients and volunteers, with an average attendance of 74%. 2 patients were on job placement and volunteer attendance target (75%) was met as well. There was an improvement in volunteers' attitudes and mental health awareness by more than 20%.

20. Funding for Preservation Courses of Repetitive Transcranial Magnetic Stimulation (rTMS) – Financial Support for Patients with Treatment Resistant Depression (TRD)

The rTMS procedure offers a novel treatment of depression that is different from standard medication and psychotherapy by directly stimulating a specific part of the brain that is involved in depression. This treatment is effective for patients with TRD. The rTMS procedure has good clinical results with statistically and clinically significant improvement in patients' depression. The aim is to provide financial assistance to needy patients who have Treatment-Resistant Depression (TRD) so they can have access to Preservation Course of rTMS (maintenance sessions to prevent relapse).

C ADVOCACY

21. Voices of Experience

Having conversations is one way to debunk myths and de-stigmatise mental illness. This is where advocates – who come forward to share about their mental health struggles and recovery journey – play a crucial role to help the public understand what it is like to live with a mental health condition and change misperceptions surrounding mental illness.

Donations through the WHCF has enabled the team to run the Voices of Experience (VOE) programme, where persons with lived experience take on the advocacy role to raise mental health awareness at IMH events for students, volunteers and the general public. In FY2023, these events reached out to 760 participants.

D SUPPORTING STRATEGIES

22. Funding for Peer Volunteers to attend the IEPA's 14th International Conference on Early Intervention in Mental Health in Lausanne, Switzerland

In FY2023, 2 peer volunteers presented a peer involvement framework co-created by volunteers and staff at the IEPA's 14th International Conference on Early Intervention in Mental Health in Lausanne, Switzerland. Borne out of the experience of co-producing prior workshops, the framework was developed to guide others in evaluating if the co-production principles are achieved, so as to facilitate meaningful involvement of all co-creators. Both peer volunteers also collaborated with IMH staff to co-plan, co-develop and co-deliver psychoeducation workshops.

In participating and presenting at the conference, it gives the peer volunteers an opportunity to share their experiences with the attendees as well as capacity building for the peer volunteers. In addition, they gain experiences and new perspectives from the exchanges with other delegates of how peers can promote recovery and integration of persons with psychosis.

FUNDING STRATEGY

As part of its regular strategic review process, the WHCF Board held a strategic planning retreat in March 2024. In addition to the current emphasis of helping patients who are living with mental illness, the Board agreed to give funding priority to the following areas: (i) upstream education initiatives for the population to build resilience and mental wellness (ii) mental health research and (iii) recovery-focused initiatives.

FUND RAISING AND DONATIONS

Funds are mainly raised through direct appeal for donations to corporations/foundations/individuals and periodically through fundraising events.

In FY2023, \$910,060 was raised through one fundraising event and various direct donations:

- (a) \$791,477 was received through the IMH Charity Concert (including the dollar-for-dollar matching under the Tote Board's Enhanced Fund-Raising Programme of \$250,000);
- (b) \$118,583 was collected through corporations / foundations / public individuals to support various programmes.

REVIEW OF FINANCIAL STATEMENT AND EXPLANATION OF MAJOR FINANCIAL TRANSACTIONS

There is a net fund movement of \$23,593 for financial year 2023. This comprised a total income of \$999,839 offset by fundraising expenses of \$136,607[^], a payout of \$879,067

to fund various programmes and another \$7,758 incurred on operating and administrative expenses.

[^] The fundraising efficiency ratio is 17% for FY2023.

IPC FUND RAISING AND EXPENDITURE PLANS FOR THE FOLLOWING FINANCIAL YEARS

Financial Year 2024

The Mental Health Walk, a 150km walk across Singapore's scenic spots, is organised by TeleChoice International Limited (TeleChoice) and Woodbridge Hospital Charity Fund (WHCF). It seeks to increase public awareness about mental health and related issues, reduce stigma associated with mental health conditions and encourage organisations and individuals to support the mental health cause. Funds raised will be ringfenced for the funding of ESG (Environmental, Social and Governance) and sustainability related projects to finance preventive programmes for healthy living, support those recovering from mental health conditions and promote mental health literacy.

Besides this fund-raiser, the WHCF will rely predominantly on donations from the public, corporations and foundations. It is envisaged that about \$450,000 will be raised in FY2024.

The Fund would continue to be used for programmes under the categories of Living Well, Living with Illness, Advocacy and Supporting Strategies. For FY2024, a budget of about \$600,000 will be set aside for on-going programme, including the following:

No. Programme

Living Well

1. "We are a Resilient Family" Programme
2. Caregiver Support Activities
3. Resilience, Empathy, Support, and Total Wellness (REST) for Wellness (for Youths) Programme

Living with Illness

4. Patient Welfare Fund (MSW)
5. Very Special Outstanding Performers (VSOP)
6. Vocational Rehabilitation for People with Mental Illness (Transitional Employment & Supported Employment)
7. IMH Volunteer Programme
8. IMH Joy Club – Drum Circle
9. Structured Programme of Motivational Support (Individual)
10. Dance Therapy for Inpatients under Mood Disorder Unit, Stepping Stones & Department of Developmental Psychiatry
11. Structured Motivational Support Programme for patients on the Forensic Psychiatric Community Service (FPCS)

12. “Little Acts of Kindness” Programme for patients in Acute and Psychogeriatric Wards
13. EPIP’s psychosocial programme and appreciation events
14. Internet-Based Cognitive Behavioural Therapy (iCBT) for Obsessive-Compulsive Disorder
15. Handphone Project
16. WE ENABLE Day Camp
17. Hydroponic Farm Workshop
18. Funding for Preservation Courses of Repetitive Transcranial Magnetic Stimulation (rTMS) – Financial Support for Patients with Treatment Resistant Depression
19. PRUST (Psychiatric Rehab Utilising Smart Tech) Pilot Programme

Advocacy

20. Voices of Experience

Some donors have specified the use of their donations for specific programme. Programme directors of such restricted funds are encouraged to utilise their funds within a year from the date of receipt of the donation.

Following Financial Years

The Fund will continue to approach corporations and foundations for donations. Fund raising events may be identified and initiated to supplement these sources of income if necessary.

Projected Fundraising Target in FY2025: \$450,000

Projected Fundraising Target in FY2026: \$450,000

In keeping with good fundraising practices, fundraising costs for administrative expenses will be kept to a minimum, at less than 3% a year.

It is envisaged that the Fund will continue to support patients under the following broad categories of programme and initiatives:

- Living Well
- Living with Illness
- Advocacy
- Supporting Strategies

STATEMENT OF ACCOUNTS

The statement of accounts for the financial year ended 31 March 2024 is attached.