WOODBRIDGE HOSPITAL CHARITY FUND

Annual Report for the period 1 April 2024 – 31 March 2025

ABOUT WHCF

Banker

The Woodbridge Hospital Charity Fund ("WHCF" or "The Fund") 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 (1 Jun 2021 – 1 Jun 2025) 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

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

Mr Leong Yew Meng Independent Director Asia Medic Limited

: DBS, UOB & OCBC

Auditor : Ernst & Young LLP

OBJECTIVES

The Fund is established to receive contributions 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 requiring financial assistance.

BOARD OF DIRECTORS

A Board of Directors was appointed in November 2019 to exercise stewardship over the 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 (FY2024)
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	3 out of 3
Mr Keith Chua	Member	26 Nov 2023	Executive Chairman, ABR Holdings Limited	2 out of 3
Mr Francis Tan	Member Treasurer	26 Nov 2023 1 Jun 2021	Group Director, Corporate Services National Environment Agency	0 out of 3
Ms Nancy Pangestu Tabardel	Member	26 Nov 2023	Managing Director ANB Investment Pte Ltd	3 out of 3
Mr Leong Yew Meng	Member	1 Jul 2024	Independent Director, Asia Medic Limited	2 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 ranges from more than 10 years to under two years (including their terms on the previous Board of Trustees). As at 31 March 2025, Mr Lee Chow Soon, Ms Tina Hung and Mr Keith Chua had each served more than 10 consecutive years on the Board. Their terms were renewed to maintain continuity in the Board composition. Having developed a deep understanding of the mental health sector during their 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 who share aligned beliefs and values in promoting 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, serve as the Chief Executive Officer (CEO) of the Institute of Mental Health (IMH) and the President of the College of Psychiatrists. A/Prof Fung, a psychiatrist was appointed CEO of IMH since 1 February 2021. The Fund alongside IMH's senior management team, including the Chief Operating Officer, Chief Financial Officer and Chairman, Medical Board who assist the Board of Directors in its stewardship of 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 follows the National Healthcare Group's whistle-blowing policy. Staff and members of the public may report incidents by emailing nhg@tipoffs.com.sg.

The Governance Evaluation Checklist (GEC) of the Fund can be accessed on the Charity Portal website (www.charities.gov.sg).

REVIEW OF FINANCIAL YEAR 2024

(For the period 1 April 2024 – 31 March 2025)

Programmes Supported

In financial year 2024, WHCF supported a range of programme falling under the first three of these 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 though education, research, or innovation.

A Living Well

1. Caregiver Support Activities

The Caregiver Support Activities programme delivers comprehensive support to those caring for mental health patients. Through structured sessions and resource provision, this programme ensures that caregivers have access to the essential tools and knowledge throughout their need in their caregiving journey.

This programme plays a vital role in sustaining the wellbeing of caregivers who face significant physical and emotional demands. By equipping them with knowledge, resources and facilitating support networks, the programme helps mitigate caregiver burnout and enhance the quality of care to their loved ones.

In FY2024, the programme reached approximately 300 caregivers through various initiatives – this includes 11 Multi-family Group Therapy Workshop sessions, 3 Brief Family Intervention sessions for Obsessive Compulsive Disorder, and 6 "Getting Your Teen Back on Track" Workshop sessions. 1,000 Caregiver Kits, each containing a Caregiver Guide in English and Chinese, topic guided worksheets and mental health brochures, were also distributed to those with newly diagnosed next-of-kin. Overall, this programme achieved a satisfaction rate of at least 90%.

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

The REST for Wellness Programme, adapted from REACH's Mentally-LIT programme, provides a comprehensive approach to youth mental health and wellness. This programme, by Total Wellness Initiative Singapore, responds to the increasing concern about mental health issues among young people in Singapore, particularly during the critical phase of adolescence.

Through structured training in mental health awareness, coping strategies, and peer support techniques, the programme creates a supportive environment where young people can develop essential to maintain their mental wellbeing. The initiative fosters a culture of mutual support and proactive wellness within schools, helping students build resilience and emotional intelligence.

In FY2024, the programme successfully expanded and reached 12 schools and organisations, providing vital mental health training to 450 youths. This implementation has created a foundation for better mental health awareness and support systems within educational institutions.

3. "We are a Resilient Family" Programme

This programme provides comprehensive family support to IMH patients with children, taking a holistic approach to family wellness.

The programme strengthens family bonds and resilience through regular home visitations, intensive case management, and medical social workers conducting psychoeducation, couple and parenting workshops. Overall, this enables families to identify and develop coping skills and enhance communication skills.

Annually, 40 families participate in this programme, receiving monthly case management follow-ups, quarterly therapeutic group work for the patients' children, bi-annual or quarterly Parents Networking & Support Groups, annual individual family sessions, and family bonding activities.

B LIVING WITH ILLNESS

4. Dance Therapy Programme for Child and Adolescent Inpatient Service

Adolescence is a period when a young person goes through biological, cognitive, and social changes. Dance Movement Therapy (DMT) offers an alternative form of creative expressive therapy for children and adolescents with mood disorders or adverse childhood experiences. This programme provides a unique outlet for young patients who struggle to express their emotions in words.

Through movement-based expression, patients can communicate their emotions in ways that transcend verbal limitations.

186 patients attended this programme through FY2024, achieving remarkable results: 74% of participants reported improved mood scores, 76% showed better affecting scores, and 77% demonstrated enhanced vitality scores based on the Heidelberg State Inventory (HBS).

5. EPIP Psychosocial Initiatives

The Early Psychosis Intervention Programme (EPIP) provides comprehensive psychosocial rehabilitation for young people experiencing first-episode psychosis. The programme recognises that psychosis, particularly schizophrenia, often emerges during crucial developmental stages, impacting education, employment, self-identity, and relationship building.

Through integrated skills training and group work, the programme helps clients facilitate recovery, develop social identities, form friendships, build essential work behavioural skills, maintain conversations and adhere to social norms. Occupational therapists, case managers, peer support specialists, and psychologists work together to facilitate recovery and community reintegration.

In FY2024, the programme recorded 1118 client attendances across various activities, including 'Personal Growth Group,' 'Keeping Active,' 'Metacognition Training' and 'Acceptance and Commitment Therapy Group.'

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

The rTMS procedure represents an innovative treatment approach for TRD, offering an alternative to standard medication and psychotherapy. This treatment directly stimulates specific brain regions involved in depression, providing a novel intervention pathway for patients who have not responded to conventional treatments.

Funding for this programme ensures that financial constraints do not prevent patients from accessing this effective treatment. Financial assistance is provided to needy patients

with TRD so that they may access the Preservation Course of rTMS, which are maintenance sessions to prevent relapse. The rTMS procedure is statistically and clinically significant improvements in patients' depression symptoms.

7. Handphone Project

The Handphone Project addresses a crucial gap in patient care by providing mobile phones to patients who lack access to essential communication tools. From research, over 60% of patients who relapsed and were readmitted did not have mobile phones, significantly impacting their ability to maintain treatment schedules.

The project promotes social inclusion and facilitates recovery by enabling direct communication between patients, their loved ones, and case managers. Regular appointment reminders and psychological support through mobile communication help prevent relapses and conserve medical resources.

In FY2024, all 18 participants in the project maintained perfect attendance at their appointments and avoided hospital readmissions. Patients reported positive feedback, particularly appreciating their ability to stay connected with loved ones and receive timely reminders from case managers.

8. Happy Paws

Happy Paws introduces animal-assisted activities to elderly patients in IMH, with a particular focus on those with dementia. The programme brings cats to interact with patients in a controlled and supportive environment.

Through regular animal interactions, the programme aims to improve patients' mental wellness and strengthen their relationships with IMH staff. Research has shown that animal-assisted activities can have particularly beneficial effects on elderly patients with dementia, helping to reduce anxiety and improve social interaction.

In FY2024, 62 patients participated in this programme, with monthly engagement sessions, showing positive outcomes in terms of patient engagement and emotional wellbeing.

9. Hydroponic Farm Workshop

The Hydroponic Farm Workshop provides patients with practical skills in modern farming techniques while offering therapeutic benefits through nature-based activities. This programme combines vocational training with therapeutic engagement, creating meaningful opportunities for patients to learn and grow.

The programme offers multiple benefits to patients: it provides potential pathways to future employment, helps patients connect with nature, builds self-esteem and promotes socialisation.

In FY2024, two public sessions were conducted at the training shed, with at least 5 patients assisting with each activity. The programme expanded its impact by enabling trained patients to conduct hydroponic farming activities and lessons with their peers, creating a sustainable knowledge-sharing model.

10. IMH Joy Club - Drum Circle

The Joy Club – Drum Circle engages long-stay patients in weekly therapeutic drum sessions, providing a creative outlet for self-expression. Led by a dedicated drum facilitator and volunteer staff, these sessions take place in the Occupational Therapy Department's group therapy room, creating an inclusive and supportive environment.

Through rhythmic experiences and group participation, patients build self-confidence, develop social connections, and find joy in creative expression. The programme adds variety to patients' routines while fostering a sense of community and personal achievement through music.

In FY2024, the Joy Club achieved significant milestones with five major performances, including events at Methodist Girls' School, Meranti Home, and Woodlands Health Campus. The programme conducted 10 sessions with a dedicated trainer and 28 sessions led by OTD staff, maintaining an 80.8% participation rate and achieving at least 89% satisfaction.

11. IMH Volunteer Programme

The IMH Volunteer Programme facilitates meaningful social interactions for patients in long-stay wards through organised activities and engagement opportunities with volunteers. This programme recognises the critical role of social connection in the recovery process and works to combat isolation among patients.

Through various activities, the programme enhances patients' emotional well-being, reduces feelings of isolation, and creates a sense of belonging and support. Your donations enable volunteers and staff to organise enriching and engaging activities that maintain and improve patients' psychosocial state.

In FY2024, the programme reached 15,122 patient attendances across various activities. The programme maintained a 95% patient satisfaction rate.

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

The iCBT programme offers a digital adaptation of Exposure-based Cognitive Behaviour Therapy, the first-line treatment for Obsessive Compulsive Disorder (OCD). Through a secure internet portal, patients can access therapy and receive support from designated therapists via email and telephone, eliminating the need for in-person visits to IMH.

This innovative approach addresses several barriers to traditional treatment, including stigma concerns, scheduling difficulties, and cost considerations. By making therapy more accessible, the programme helps reach patients who might otherwise not seek or continue treatment for their OCD symptoms, which can significantly impair daily life and cause distress for both individuals and their families.

The programme aims to pilot this clinical service with 100 adult OCD patients, with success measured through the Yale-Brown Obsessive Compulsive Scale (Y-BOCS) scores. Through this structured evaluation, improvements in OCD symptoms, overall functioning, and quality of life among participants will be tracked.

13. "Little Acts of Kindness" Programme

This programme consolidates four activities specifically designed for patients in acute and psychogeriatric wards: Heart-to-Heart Talk, Bring-It-On, Forget-Me-Not, and You've Got Mail. What makes this programme unique is that it's supported by trained patients from the Slow Stream Rehabilitation Programme, creating a peer support environment.

The initiative empowers patients to support one another, fostering a sense of purpose and community within the hospital setting. By involving rehabilitated patients in supporting others, the programme creates meaningful engagement opportunities while providing valuable support to acute and psychogeriatric patients.

In FY2024, 16 patients participated in these programmes, achieving a remarkable 100% patient satisfaction rate.

14. Patients Welfare Fund (Medical Social Work)

The Patients Welfare Fund provides crucial financial support to IMH patients from low-income families, ensuring that financial constraints do not hinder their recovery journey. The fund covers essential non-medical needs that are vital for patients' well-being and community integration.

The fund covers a range of basic living expenses, including food, transport, consumables, crisis living expenses, home improvement, and job start-up support.

In FY2024, the fund disbursed \$114,384 worth of assistance to 1,120 patients, helping them meet basic expenses such as food, consumables, and transport allowances for medical/rehabilitation appointments. Additionally, 29 patients received support for home remodeling needs, improving their living conditions and supporting their recovery.

15. Psychiatric Rehab Utilising Smart Tech (PRUST) Pilot Programme

The PRUST programme introduces smart technology as a rehabilitation tool at the Stepping Stones Rehabilitation Centre. This three-year pilot initiative equips patients with smartphones and computers, integrating modern technology into their rehabilitation journey.

The programme prepares patients for modern workplace demands by teaching digital literacy skills essential for job applications and online learning. Additionally, it enhances their community mobility and social skills, helping bridge the digital divide that many patients face.

In FY2024, the first year of this pilot, 60 patients participated in Cognitive Remediation Therapy using computers for digital skills training. The programme showed promising results, with 70% of participants demonstrating improved community mobility skills.

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

This intensive one-year aftercare programme supports patients recently released from prison, providing a structured transition back into community life. The programme combines practical support with psychological care to help participants rebuild their lives effectively.

Through a combination of incentives, psychoeducation, and counselling, the programme helps participants maintain their treatment regimens while working towards their personal life goals.

In FY2024, the programme achieved an 87% actualisation rate for outpatient appointments. All participants also reported increased motivation to attend appointments.

17. Structured Programme of Motivational Support (Individual)

This individualised programme targets patients diagnosed with Schizophrenia and Delusional disorder who have two or more hospital admissions. It provides personalised support through systematic tracking, monitoring, and targeted interventions.

The programme combines practical support through monetary incentives with therapeutic interventions including personalised psycho-education and counselling. This dual approach helps patients maintain their treatment schedules while developing better coping strategies.

In FY2024, 31 participants completed the programme with 74% reported increased confidence in managing their condition and coping with problems, and all showing improvements in social functioning.

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

The Vocational Rehabilitation programme helps clients with mental health conditions build essential work skills and confidence through practical training and supported employment opportunities. The programme creates pathways to employment through both transitional and supported employment models, preparing them for successful reintegration into the workplace.

Training options are regularly enhanced to encompass a broader range of skills to meet the interests and needs of clients at various functional levels. 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.

In FY2024, the programme achieved significant outcomes with 49 clients completing training and securing job placements. More importantly, 35 clients maintained their employment for more than three months, showing the programme's effectiveness in supporting sustainable employment.

19. Very Special Outstanding Performers (VSOP)

VSOP brings together patients to form a unique choir and dance group, offering creative expression through performing arts. The programme provides regular training in singing and dance, creating opportunities for patients to showcase their talents.

Beyond performance skills, the programme builds confidence and creates supportive networks among participants. The camaraderie developed between participants and instructors contributes significantly to their mental well-being, while regular performances provide goals and achievement opportunities.

In FY2024, the programme trained 115 patients in singing, who regularly performed at Midday Melodies and the NHG OT Day. Additionally, 62 patients received training in contemporary dance, expanding the programme's artistic scope and impact.

20. We ENABLE Day Camp

The We ENABLE Day Camp is a specialised two-day programme designed for caregivers of children with Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD). The camp provides a structured learning environment where caregivers can gain practical knowledge and strategies to support their children's development.

Through focused training sessions, caregivers learn to better understand their children's sensory needs and develop skills for managing behaviour in social settings. The programme emphasises practical, community-based strategies that caregivers can implement in their daily lives to improve their children's occupational functions.

In FY2024, the camp ran two successful sessions in June and November, achieving remarkable results. 93% of caregivers from the June session and 94% from the November session demonstrated improved understanding of their children's sensory needs. They also reported increased ability to use appropriate leisure activities in the community for behaviour management.

C ADVOCACY

21. Voices of Experience

The Voices of Experience (VOE) programme brings forward advocates who share their personal mental health journeys to challenge stigma and misconceptions about mental illness. Through authentic conversations and shared experiences, these advocates help bridge the gap between public perception and the reality of living with mental health conditions.

The programme serves a dual purpose: it raises public awareness while providing peer support within the IMH community. These personal narratives help create understanding and empathy, contributing to the broader national efforts under the Interagency Taskforce on Mental Health and Well-being and the Office of Population Health's initiatives.

In FY2024, the programme facilitated 11 public awareness events, reaching students, volunteers, and the general public. Additionally, advocates and caregivers conducted 17 peer support group sessions, providing valuable support to IMH patients and their caregivers. These sessions created safe spaces for sharing experiences and offering mutual support, demonstrating the programme's impact in both public education and peer support roles.

FUNDING STRATEGY

The WHCF Board conducts strategic reviews every 3 years, with its most recent strategic planning retreat held in March 2024. For FY2025, the WHCF is maintaining the directions

set by the Board, while continuing its current emphasis of helping patients who living with mental illness, the Board has agreed to prioritise funding for 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 appeals for donations from corporations/foundations/individuals and periodically through fundraising events.

In FY2024, \$799,864 was raised through fundraising event/campaign and various direct donations:

- (a) \$128,000 was received through the Walk for Mental Health, a 152-km relay walk across Singapore, organized with TeleChoice International Limited;
- (b) \$23,310 was received through "Adopted a Bench made by Upcycled Heritage Khaya Trees in IMH" campaign;
- (c) \$648,554 was collected through corporations / foundations / public individuals to support various programmes.

REVIEW OF FINANCIAL STATEMENT AND EXPLANATION OF MAJOR FINANCIAL TRANSACTIONS

There was a net fund movement of \$338,694 for financial year 2024. This comprises total income of \$884,580 offset by fundraising expenses of \$36,367^, programmes funding payout of \$487,220 and operating and administrative expenses of \$22,299.

IPC FUND RAISING AND EXPENDITURE PLANS FOR THE FOLLOWING FINANCIAL YEARS

Financial Year 2025

TeleChoice International Limited plans to fundraise for the second year in FY2025, as part of the 5-year Memorandum of Understanding signed in FY2024. The fundraising activity will involve their stakeholders coming together to break a record and raise awareness about mental health.

Beyond this fund-raiser, the WHCF will rely predominantly on donations from the public, corporations and foundations. It is envisaged that approximately \$800,000 will be raised in FY2025.

The Fund will continue to support programmes under the categories of Living Well, Living with Illness, Advocacy and Supporting Strategies. For FY2025, a budget of approximately \$790,000 will be allocated or ongoing programmes, including:

[^] The fundraising efficiency ratio is 24% for FY2024.

No. Programme

Living Well

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

Living with Illness

- 4. Beyond Production Programme
- 5. Dance Therapy for Inpatients under Mood Disorder Unit, Stepping Stones & Department of Developmental Psychiatry
- 6. Dramatherapy for Inpatients under Mood Disorders Unit & Department of Developmental Psychiatry
- 7. EPIP's Psychosocial Initiatives
- 8. Frailty Programme for Geriatric Inpatient Service
- 9. Handphone Project
- 10. IMH Joy Club Drum Circle
- 11. IMH Volunteer Programme
- 12. Internet-Based Cognitive Behavioural Therapy (iCBT) for Obsessive-Compulsive Disorder
- 13. "Little Acts of Kindness" Programme for patients in Acute and Psychogeriatric Wards
- 14. Music Therapy for Palliative Patients
- 15. NAMS 43A Daisy Wing Rehabilitation Outings
- 16. Patient Welfare Fund (MSW)
- 17. PRUST (Psychiatric Rehab Utilising Smart Tech) Pilot Programme
- 18. Structured Motivational Support Programme for patients on the Forensic Psychiatric Community Service (FPCS)
- 19. Structured Programme of Motivational Support (Individual)
- 20. Vocational Rehabilitation for People with Mental Illness (Transitional Employment & Supported Employment)
- 21. Very Special Outstanding Performers (VSOP)
- 22. WE ENABLE Day Camp
- 23. Implementation of a Dialectical Behaviour Therapy Intensive Outpatient Programme
- 24. "Happy Paws" Day for Psychogeriatric Wards
- 25. Funding for Preservation Courses of Repetitive Transcranial Magnetic Stimulation Financial Support for Patients with Treatment Resistant Depression

Advocacy

26. Voices of Experience

Some donors have specified the use of their donations for specific programmes. 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 when necessary.

Projected Fundraising Target in FY2026: \$900,000 Projected Fundraising Target in FY2027: \$1,000,000

In keeping with good fundraising practices, administrative costs will be maintained at less than 3% of fund raised annually.

The Fund will continue to support patients through programmes and initiatives under the following broad categories:

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

STATEMENT OF ACCOUNTS

The statement of accounts for the financial year ended 31 March 2025 is attached.