

Thank You



for Giving

About WHCF

The Woodbridge Hospital Charity Fund was established in 2000 to receive donations for the promotion, development and provision of mental health-related services in Singapore.

The Fund supports a range of programmes 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.

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Dear donors,

2023 has been yet another challenging year, amid the uncertain economic climate and rising cost of living. I am heartened to see that Woodbridge Hospital Charity Fund (WHCF) continues to receive strong support from individual and corporate donors. Your generous giving helps our beneficiaries in their journey towards achieving their goals and dreams.

Persons with mental illness often need a combination of psycho-social support and resources beyond medication and therapy to effectively manage their conditions and improve their overall well-being. Many face the stigma surrounding mental illness and this adds to their challenges in reintegrating into the community like seeking employment, forming meaningful relationships and finding purpose in life.

Your support also empowers persons in recovery to advocate for mental health and destigmatise mental illness. At the same time, it allows us to fund clinical pilots and research activities and programmes that will help identify new treatments to attain better recovery outcomes, and advance our understanding of the impact of mental illness.

Together, we give hope to the wider community that mental illness is treatable and persons in recovery can and do find purpose in life.

Thank you.

Lee Chow Soon
Chairman
Woodbridge Hospital Charity Fund

Financial Year 2022 (FY22) in Review



Patient Welfare

Many of IMH's patients come from low-income families who require additional support in their recovery journey and to function adequately in the community. Your giving has helped 932 patients with basic living expenses such as food and consumables and in some cases, ad-hoc allowances while awaiting approval for their Public Assistance or other financial assistance applications. 21 patients benefited from a home improvement aid that support needs such as pest control and basic household items, and two received financial assistance while anchoring new jobs.

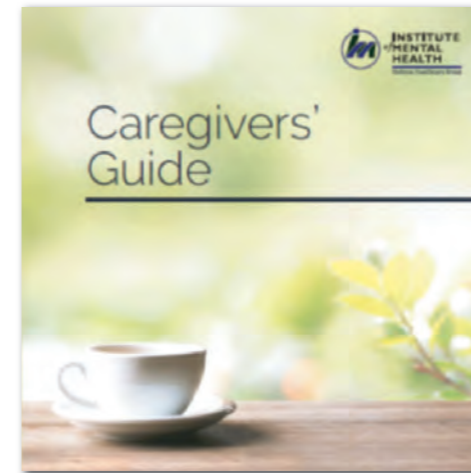
932
BENEFITED
FROM
FINANCIAL AID

21
BENEFITED
FROM HOME
IMPROVEMENT AID

2
RECEIVED
FINANCIAL ASSISTANCE
WHILE ANCHORING NEW JOBS

Caregiver Support Activities

Caregiving can be emotionally and physically demanding, leaving caregivers overwhelmed and stressed. Support is therefore necessary to enhance caregivers' ability to sustain care to their loved ones living with mental illness. Our team of medical social workers conducted several workshops covering topics such as care planning, grief management, building physical and mental wellness. These benefited 316 caregivers. Your giving also enabled our medical social work department to re-print 3,000 copies of Caregiver's Guide, update workshop materials and develop new modules to better deliver psycho-education and caregiver therapeutic groupwork.



316
CAREGIVERS
BENEFITED FROM
WORKSHOPS

3,000
COPIES OF
CAREGIVER'S GUIDE
PRINTED

We are a Resilient Family

Previously known as “Resilience Programme”, it has evolved to a “We are a Resilient Family” Programme to better reflect the importance of addressing needs holistically as the impact of mental illness is often not limited to the patient, it affects the family too. The Programme now includes active family case management to help patients and their families, especially their children, better manage the impact of mental illness and preserve their well-being as much as possible. Your giving has empowered us to support 38 families in FY22.

One of them is Mdm C and her elder son, both IMH patients. Dysfunctional family dynamics coupled with unemployment woes have saddled the family with debts and despite assistance from ComCare and other schemes, they could barely feed themselves. Psycho-education for the family, paired with individual counselling, helped Mdm C with her parenting challenges

while her son acquired insights to resolve conflicts with his mother. Weekly check-in sessions and matching him with community partners paid off, as the son secured an F&B train-and-place to anchor a job. This in turn inspired Mdm C to enrol in a similar programme, giving them the impetus to break the poverty cycle and achieve more familial stability.

“ I feel grateful for the help from the Resilience Programme team. They give me advice and show me how to help my son. Without your help to guide me along the way, we would still be lost. Thank you very much. ”

Mdm C, beneficiary



Vocational Rehabilitation for People with Mental Illness

Despite a desire to work, patients with severe mental illnesses such as schizophrenia, mood disorders and anxiety disorders may face difficulties getting and sustaining jobs in open employment.

Thanks to your giving, patients who enrol in a vocational training programme to acquire relevant work skills and learn workplace etiquette can also get a small allowance and have the costs of their training materials covered. They will be assisted with a suitable job placement after they complete their training and follow-up support as they transition to a new work environment.

61
COMPLETED TRAINING
PROGRAMME &
ATTAINED JOB PLACEMENT

41
PATIENTS SUSTAINED
JOBS FOR MORE THAN
3 MONTHS

Living with Illness – Very Special Outstanding Performers (VSOP)

The VSOP is a choir and dance group formed by patients. Being part of VSOP allows them to reap the therapeutic effects of singing and dancing and tap the opportunity to showcase their talents. The camaraderie that participants and coaches build in the process also creates a supportive ambience beneficial for their mental well-being. Till date, a total of 105 patients were trained in singing and 56 in dance.

“ Before joining VSOP, I lacked the courage and confidence to pick myself up, recover and embrace life. Singing is therapeutic and uplifting and each time I sing, I feel the doors open to a life without limits. This is especially so because the VSOP choir is focused on rehabilitation supported by experienced facilitators. ”

CJ, programme participant



Joy Club – Drum Circle

For patients in the long-stay wards, drumming is an activity they look forward to. It is not just an avenue for musical expression, but also a much-cherished platform to enjoy a recreational activity with fellow patients and their caregivers. In FY22, the team conducted 20 drum sessions with participation from 44 patients. Nine patients also performed at a hospital event and this was a boost to their confidence.



Little Acts of Kindness

In this patient-led programme, 16 trained patients from the Slow Stream Rehabilitation programme took charge to guide patients from the acute and psychogeriatric wards to create 'acts of kindness' items. In the process, they hone their skills in leadership, coaching and communication, which will be useful when they land jobs in future. For the other patients, making these items brings purpose and allows them to express their dreams and hopes. For patients with dementia, growing a plant brings great significance – not only do they nurture its growth, it could also be the last gift that they could present to their family as they slip into an advanced stage of the illness.

Many of the items such as the "You've Got Mail" memo are presented to patients upon discharge with friendly notes of encouragement or given by patients to their caregivers to express their gratitude.

*“Please join this programme,
it is very helpful.”*

Mr A, programme participant

*“I thank the staff who give me this
opportunity to help me feel better.”*

Mr K, programme participant



EPIP Peers4Rs Programme and Psychosocial Programmes & Appreciation Events

Psychotic disorder begins during early adulthood and can cause impairments in psychosocial functioning. Research points to better recovery with early treatment. A key component in early intervention is maximising functional recovery. The Peers4Rs, run by the Early Psychosis Intervention Programme (EPIP) team, empowers peer support specialists (persons in recovery) and peer volunteers to lead peer support groups and create content that are relevant to the needs of persons in the early stage of

psychosis. Such groups focus on varying themes such as recovery, empowerment and physical health, and give participants an avenue to connect with other peers and gain practical advice and tips to manage their personal recovery. That they can draw on their lived experience to support others also contributes to their personal recovery for the peer support specialists and peer volunteers. Caregivers also benefit from caregiver sessions as they as deepen their understanding of the condition and its management, while drawing on fellow caregivers for emotional support.

Bonding activities such as EPIP Day, Sports Day and outings are held to recognise patients and caregivers for their efforts and encourage them to sustain efforts and facilitate the community integration process for them.



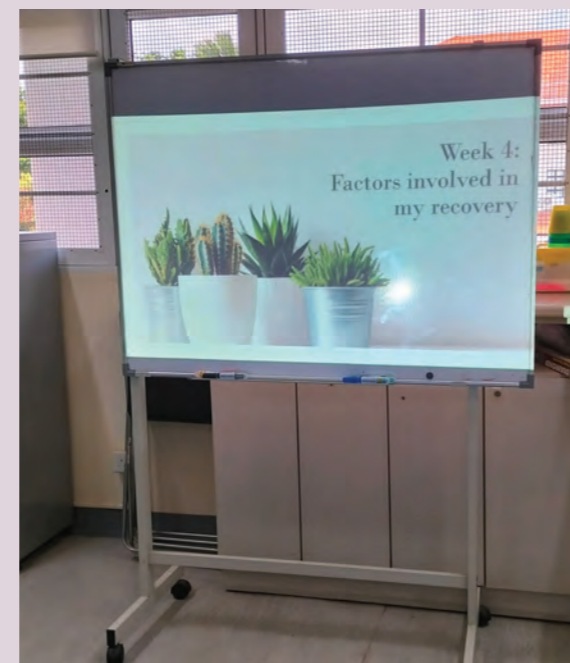
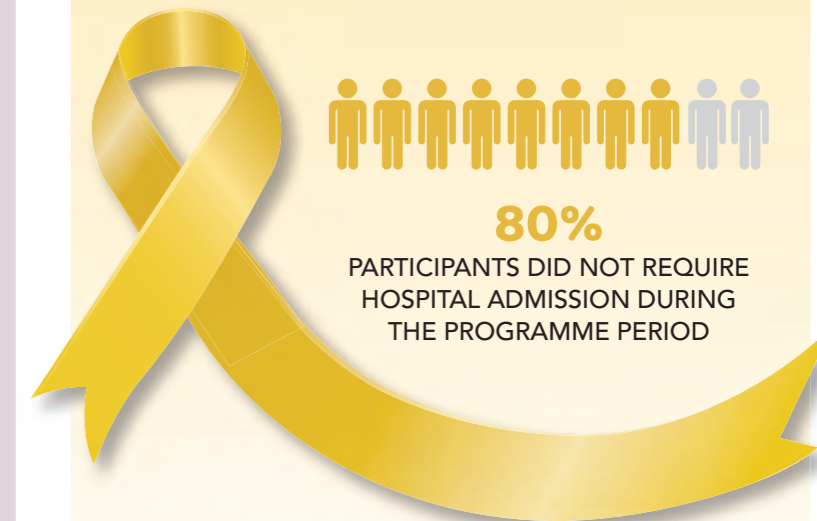
“ The first step to recovery was the hardest, but I did it with the support of those around me. Through opportunities like volunteering for Broken Crayons and co-facilitating groups during my apprenticeship with EPIP, I found a passion for connecting and empathising with individuals on similar paths. From peers to caregivers and healthcare professionals, I’ve seen the power of shared understanding and collective hope. The camaraderie in our community is something truly special and I’m deeply appreciative and proud of it. ”

Maisy, peer volunteer

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

Motivating ex-inmates just released from prison to continue treatment for their mental health conditions is important for their recovery. Your giving has enabled them to participate in the FPCS, a 12-month programme that provides personalised psycho-education and counselling. Incentives are given to motivate them to attend their outpatient appointments.

FY22 saw an 86% outpatient attendance rate from 35 active participants. This adherence also helped prevent a relapse for 80% of the participants, who kept healthy and did not require hospital admission during the programme period.



Clinical pilot: Bergen 4-Day Treatment

Obsessive Compulsive Disorder (OCD) is the third most prevalent mental disorder in Singapore, affecting 3.6% of the population. Exposure and Response Prevention (ERP) therapy is the standard treatment but the long duration (weekly sessions for up to 6 months) poses a challenge with as high as 30% of patients dropping out of therapy.

The Bergen 4-Day Treatment (B4DT) is a concentrated form of ERP therapy, carried out over four days. Published data from Norway and other countries such as Iceland have shown remarkable improvement in patients, with low dropout rate (<2%). IMH started a pilot to investigate its efficacy and the potential of making it a standard treatment in Singapore. As pilot subjects do not receive government subsidies, WHCF funding is thus crucial to provide subsidies to needy cases. Data collected from the first four runs has been encouraging and more data will be collected from another four runs to determine its feasibility and efficacy.

“ For more than 20 years, I was unable to control my severe contamination fear. I was depressed, suffering and lost in life. I am getting better daily although I know this is only the beginning. I am thankful to the clinicians for guiding me through this treatment. Thank you WHCF for funding this pilot. ”

Shirley, participant

4
NO. OF
PILOT RUNS

6
NO. OF PATIENTS
PER RUN



IMH Volunteer Programme

For many patients in the long-stay wards, visits from families are few and far between. Volunteers are therefore an invaluable source of support, providing friendship and engaging them in meaningful ways. Your giving enables our volunteers to organise activities that help promote our patients' mental well-being and overall functioning.

“ I began my volunteering journey with IMH in 2019, planning activities and games. I knew that I could do more to support patients' rehabilitation. My experience as an associate psychologist working with special-needs students proved useful in transition planning to aid in rehabilitation. With support from IMH nurses, I created a workshop series that focused on different aspects of independent living for the patients.

I hope individuals and companies will revise their understanding of rehabilitation and recovery – it is more than just social engagements. A holistic approach is necessary to help patients achieve the best possible outcomes. ”

Gordon Chan Wai Choong
Volunteer, Matchsticks of IMH



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.

Your giving 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 FY22, these events reached out to 760 participants.

“ Prior to finding my voice in public advocacy, the arduous journey of de-stigmatising within my family revealed the collective effort needed for lasting societal change. Through Voices of Experience, I discovered a renewed sense of purpose. If my story lessens one person's isolation, it's all worthwhile. Let's take lessons from our pain and transform them into possibilities. ”

Gwen Tang, VOE advocate



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.

PayNow

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.



Cheque

Attention to payee name:
Woodbridge Hospital Charity Fund and mail it together with a donation form (scan QR code to download) to:

Woodbridge Hospital Charity Fund
c/o Institute of Mental Health
Buangkok Green Medical Park
10 Buangkok View
Singapore 539747



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.