

## Patient Welfare

The WHCF makes it possible for patients to enjoy recreational activities in the wards to keep their minds engaged and to go on excursions to keep in touch with the community. Activities organised by staff and volunteers include birthday and festive celebrations, sports activities, karaoke competitions, art and craft activities, a mobile canteen and a mobile library. The Fund also helps needy outpatients with basic necessities and transport fares to keep their medical appointments.



## *A little help goes a long way*

Madam Ho is 68 years old and has been a long-stay patient at Woodbridge Hospital since she was 24 years old. She suffers from schizophrenia. Over time, her family members have stopped visiting her. IMH has become her home and family – the doctors, nurses, patients and volunteers. Madam Ho looks forward to the outings funded by the WHCF Patient Welfare programme. Her wish is that there could be more of such outings, because they make her feel that she still belongs to the world outside the four walls of the hospital ward.

### INSTITUTE OF MENTAL HEALTH

Buangkok Green Medical Park  
10 Buangkok View  
Singapore 539747

[www.imh.com.sg](http://www.imh.com.sg)

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## Ways to Give

### Credit Card

You can donate online via Giveasia: [http://www.giveasia.org/charity/woodbridge\\_hospital\\_charity\\_fund](http://www.giveasia.org/charity/woodbridge_hospital_charity_fund)

### Cheque

Payable to: "Woodbridge Hospital Charity Fund"

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

### GIRO

Details can be found at [www.imh.com.sg](http://www.imh.com.sg).

### Cash

In person on weekdays from 8.30am to 6.00pm at the Corporate Communications Department, Level 4, The Annex, Buangkok Green Medical Park, IMH. You can call 6389 2867 / 6389 2000 for assistance.

### Tax Exemption

All donations will be acknowledged with a tax-exempt official receipt.

To obtain tax exemption, please provide your name, mailing address, contact number, identification number and company registration number (if applicable) on the back of the cheque and mail it to us together with a WHCF Donation Form, found at [www.imh.com.sg](http://www.imh.com.sg).

### Fundraising

If you are interested to be our fundraising partner, either to co-organise an event or as a sponsor, please contact Ms Cheong Yaun Marn at [yaun\\_marn\\_cheong@imh.com.sg](mailto:yaun_marn_cheong@imh.com.sg) or call 6389 2867.

*The Woodbridge Hospital Charity Fund is an Institute of a Public Character (IPC) and a registered charity (Charity Registration No: HEF0065/G) under the purview of the Ministry of Health. Its operating expenses are borne by the Institute of Mental Health.*

# The Woodbridge Hospital Charity Fund



Loving Hearts. Beautiful Minds.



## Why Help is Needed



Mental illness is perhaps the least understood and most stigmatised of all medical conditions. Many sufferers do not seek help for fear of being labelled or ostracised by their family, friends or colleagues.

The Institute of Mental Health (IMH) is home to about 1,000 long-stay patients suffering from chronic mental illness. Many cannot remember how many years they have been in the hospital. Sadly, visits from family members are few and far

between, for some, as far back as 10 years ago. Our nurses and kind-hearted volunteers have become their substitute family. Outings, birthday and festive celebrations are treats for them, made possible through the funding of the Woodbridge Hospital Charity Fund (WHCF).

IMH also sees thousands of outpatients from the lower income group. Many can only afford one or two meals a day. Because of the stigma of mental illness and the patients' reduced ability to work, they have difficulty finding jobs and have become a burden to their families. Some of them cannot even afford to take public transport to attend their follow-up appointments at IMH.

## How You Can Help

A non-profit hospital, IMH receives funding from the Ministry of Health, which goes towards providing medical care for our patients. However, our patients need much more to enable them to function independently in the community. Other non-core medical and therapy programmes, including occupational rehabilitation and social activities are also crucial to their recovery.

The Woodbridge Hospital Charity Fund was established to raise money to pay for such activities and programmes, as well as to provide some financial assistance to those who need it. The Fund also supports research related to mental illnesses and programmes that promote understanding of mental health. You can make a tangible impact on the lives of our patients by donating generously to the WHCF.

## Where Does Your Money Go?

Your money will support programmes such as these:

### Rehabilitation

#### Nurturing Kids @ IMH – I'm a Resilient Kid Workshop

WHCF funds the "I'm a Resilient Kid" Workshop that equips the children of parents with mental illness and/or addiction-related problems with skills to build resilience. Run by IMH Medical Social Workers, this workshop teaches these children through playacting scenarios, and age-appropriate worksheets and activities to be more aware about their own strengths and feelings, how to manage stress, and about mental illness.



### Very Special Outstanding Performers

Studies have demonstrated that singing and dance therapy have psychosocial benefits for mental health. The WHCF funds a choir and dance group called the Very Special Outstanding Performers (VSOP), run by IMH's Occupational Therapy Department, that enables persons with mental illness to benefit from the therapeutic effects of singing and performing and trains them to a professional standard for public performances.

VSOP also collaborates with external performers, such as the Singapore Management University Choir, Coral Primary School Choir and the Tampines Junior College Choir, to foster better integration between persons with mental illness and the community.

### Club EPIP

This evidence-based programme helps to reintegrate clients back to society through activities, such as social and work skills training, job preparation, lifestyle management, computer and IT training, dietary guidance, and Cognitive Remediation, conducted by a multi-disciplinary team of Occupational Therapists, Case Managers and volunteers. In addition, Club EPIP also runs social activities, such as Sports Day, outings to places of interests, support groups, adventure team building, dance, drama, music, and arts programmes.

## Vocational Rehabilitation for People with Mental Illness

Patients with severe mental illness, such as psychosis, schizophrenia and mood disorders, frequently encounter difficulties getting and sustaining a job. This programme empowers patients with vocational skills that will help them to secure jobs and facilitate community re-integration. Patients may be trained in food and beverage services and kitchen skills, cleaning, retail and administrative duties. Patients also receive therapeutic support to help them to manage their symptoms, deal with stressors, foster mutual support and pick up healthy lifestyle habits.

*Ellen\*, 40, shared: "I went for vocational training at a thrift shop. I was given many responsibilities, including shelving, cashiering and housekeeping duties and attending to phone calls. Initially, I faced difficulties, such as extreme nervousness when answering phone calls and approaching customers to promote items. I had not worked for some time and found it difficult to have to report to a supervisor."*

*The training at the thrift shop gave me confidence to remember a lot of things, and I learnt how to problem solve too. I was a loner and had problems communicating with people at times. I learnt how to cooperate with others during the training and I think my telephone skills have improved. I am still learning how to deal with difficult customers, as I am a rather emotional person. But I know that I am calmer now and less prone to reacting to someone who yells at me or vents their frustration at me. The training has improved my confidence in finding and keeping a job, and I am sure that I can do far more!"*

\*Name has been changed to protect patient confidentiality.