

WOODBIDGE HOSPITAL CHARITY FUND

Annual Report for the period 1 April 2019 – 31 March 2020

The Woodbridge Hospital Charity Fund is an Institution of a Public Character (IPC) and a registered charity (Charity Registration No: HEF0065/G) under the purview of the Ministry of Health.

IPC Registration Number : HEF0065/G
UEN Number : T01CC1489K
ROS Registration Number : 52929304L
Registered Address : 10 Buangkok View, Singapore 539747
Board of Trustees : Mr Lee Chow Soon
Chairman, Board of Trustees
Senior Partner, Tan Lee & Partners

Ms Irene Png
Treasurer, Board of Trustees
(1 Nov 2015 – 31 Oct 2019)
Chief Financial Officer
Singapore National Eye Centre

Dr Tan Chue Tin
Consultant Psychiatrist
Tan Chue Tin Clinic Pte Ltd

Ms Tina Hung
Senior Consultant
National Council of Social Service

Ms Jacqueline Khoo
Treasurer, Board of Trustees
(1 Nov 2019 – Present)
Director, JC Trust Ltd

Mr Fong Heng Boo
Retired

Mr Keith Chua
Executive Chairman
ABR Holdings Limited

Prof Chua Hong Choon
Chief Executive Officer
Institute of Mental Health

Mr Francis Tan
Group Director, Corporate Services
National Environment Agency

Ms Nancy Pangestu Tabardel
Managing Director
ANB Investment Pte Ltd

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;
- programmes 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 TRUSTEES

A Board of Trustees was set up in June 2005 to oversee the running and management of the Fund so that funds are allocated judiciously, in compliance with the rules and regulations of the Ministry of Health & the Charities Regulations 2007. 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 (FY2019)
Mr Lee Chow Soon	Chairman	1 Nov 2009	Senior Partner, Tan Lee & Partners	3 out of 3

Ms Irene Png	Treasurer	1 Jun 2005, Treasurer from 1 Nov 2015 to 31 Oct 2019	Chief Financial Officer, Singapore National Eye Centre	1 out of 3
Dr Tan Chue Tin	Member	16 Nov 2001	Consultant Psychiatrist, Tan Chue Tin Clinic Pte Ltd	2 out of 3
Ms Tina Hung	Member	1 Jun 2005	Senior Consultant, National Council of Social Service c/o Social Service Institute	2 out of 3
Ms Jacqueline Khoo	Treasurer	1 Nov 2007, Treasurer from 1 Nov 2019 to present	Director, JC Trust Ltd	1 out of 3
Mr Fong Heng Boo	Member	1 Nov 2011	Nil	3 out of 3
Mr Keith Chua	Member	1 Nov 2013	Executive Chairman, ABR Holdings Limited	2 out of 3
Prof Chua Hong Choon	Member	8 Feb 2011	Chief Executive Officer, Institute of Mental Health	3 out of 3
Mr Francis Tan	Member	1 Nov 2019	Group Director, Corporate Services National Environment Agency	1 out of 3
Ms Nancy Pangestu Tabardel	Member	1 Nov 2019	Managing Director ANB Investment Pte Ltd	1 out of 3

BOARD RENEWAL

The Board has made conscious efforts to maintain a balanced membership in terms of experience and knowledge of the Charity Fund and mental health, as well as in terms of independence and objectivity. Current trustees' tenures on the Board range from less than a year to more than 10 years. Mr Lee Chow Soon, Dr Tan Chue Tin, Ms Irene Png, Ms Tina Hung and Ms Jacqueline Khoo have each served more than 10 consecutive years on the Board as at 31 Mar 2020. 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.

Ms Irene Png has relinquished her position as Treasurer in Oct 2019 and was succeeded by Ms Jacqueline Khoo in Nov 2019. As part of the on-going process of renewal and succession planning, two new board members were appointed to the Board of Trustees in Nov 2019. They are Mr Francis Tan and Ms Nancy Pangestu Tabardel.

EXECUTIVE MANAGEMENT

Professor Chua Hong Choon, a member of the Board of Trustees, is also the Chief Executive Officer (CEO) of the Institute of Mental Health (IMH) and Deputy Group Chief Executive Officer (Clinical) of the National Healthcare Group (NHG). Prof Chua is a psychiatrist and was appointed CEO of IMH since 1 February 2011 and Deputy Group CEO (Clinical) of NHG since 1 June 2015.

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@globalcompliance.com to report any incidents.

REVIEW OF FINANCIAL YEAR 2019

(For the period 1 April 2019 – 31 March 2020)

Programmes Supported

In financial year 2019, the Woodbridge Hospital Charity Fund (WHCF) supported a range of programmes to benefit IMH patients and their caregivers and to promote the advancement of mental health services. These programmes 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. “I am a Resilient Kid” Programme

This programme helps equip children of persons with mental health conditions with skills to build resilience, understand their parents’ conditions and practice self-care.

A total of 30 families were identified for assessments, of which, 18 families were rendered intensive case management services in FY2019. These families comprised 33 children and 27 parents/caregivers. Individualised and age-appropriate psychoeducation programmes were used to help the children understand their parent’s mental illness. They were also given emotional support to cope with the challenges that

arose from family interactions. The parents/caregivers on the other hand were equipped with effective parenting skills to boost parent-child relationship. Those requiring support with their social and emotional needs were referred to the relevant community agencies for assistance. 85% of the child clients rated that they had benefitted from the programme.

2. Caregiver Support Activities

This programme helps caregivers build resilience through various activities to enable them to sustain care to their loved ones with mental health conditions. These include workshops to learn about self-care and coping strategies, communication skills between caregivers and patients living under the same roof, and social activities to strengthen their social and support networks.

More than 2,000 caregivers participated in various caregiver workshops and activities conducted in FY2019. These included monthly caregiver roadshows on mental health conditions (conducted in English and Mandarin), monthly caregiver training, dementia caregiver workshops, family engagement sessions, caregiver outings, and individual and family psychoeducation sessions. Monthly caregiver training sessions were also conducted for parents of adults with intellectual disabilities to learn about future care planning. Over 95% of participants rated the workshops and services as beneficial to them.

B LIVING WITH ILLNESS

3. Patient Welfare (Medical Social Work)

The Patient Welfare (Medical Social Work) programme helps IMH patients to live successfully in the community upon discharge from the hospital by promoting patient re-integration and independence. This programme provides financial assistance for patients to pay for basic welfare needs (such as daily necessities and transport for medical appointments) and work-related needs (such as transport to work, uniforms, and office attire). It also supports patients who may need help with cleaning or basic repair works to their homes.

In FY2019, the programme helped 1,342 patients with their transport allowances (bus, taxi or ambulance) for medical/rehabilitation appointments and basic expenses related to non-medical needs, such as food and other consumables. Money from this fund also paid for home improvement needs for 25 patients. Another 3 patients benefitted from financial assistance to anchor new jobs. Patients who benefited from the transport allowance assistance shared that they felt more encouraged to comply with treatment by attending follow-up appointments and participating in programmes.

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

This peer support programme is a collaboration between staff of IMH's Early Psychosis Intervention Programme (EPIP) and Peer Support Specialists (persons-in-recovery and caregivers) who provide support for those recovering from early psychosis. By sharing their own personal experience, the Peer Support Specialists encourage and instill hope

to others struggling with the impact of mental illness. Their efforts also promote recovery-oriented practices in the department.

In FY2019, 66 referrals were made for persons in recovery and 50 referrals for caregivers for one-to-one peer support. 100% of those who gave feedback found the support helpful and would like to continue with the service. For the group sessions, a total of 164 persons in recovery and 19 caregivers were engaged for the FY.

5. SHIOK Initiative and Appreciation Events

The SHIOK (“Staying Healthy = Interest + Optimism + Keeping it up!”) initiative aims to improve patients’ physical health through various activities. It is one of the programmes run by Club EPIP to support patients with early psychosis and help them better integrate in the community. Club EPIP also runs programmes such as social and work skills training, job preparation, lifestyle management, information technology training, dietary guidance, and Cognitive Remediation. Club EPIP activities are conducted by a multi-disciplinary team of Occupational Therapists, Case Managers, Peer Support Specialists, allied health professionals and volunteers.

SHIOK activities organised in FY2019 included mall workouts at Rivervale Plaza and Star Vista, “Run for Inclusion” at Punggol Safra, high intensity workout at Kallang Wave Mall, hip-hop dance sessions as well as nutrition workshops. More than 75% of the participants were satisfied with the activities organised.

6. Very Special Outstanding Performers (VSOP)

The Very Special Outstanding Performers (VSOP) programme enables and empowers persons with mental health conditions to benefit from the therapeutic effects of singing and performing. The programme also trains them for external performances, as part of IMH’s efforts to de-stigmatise mental illness.

A total of 103 patients were trained in singing and 52 patients in contemporary dance for FY2019. The VSOP put up more than 10 performances in FY2019 before activities had to be halted due to the COVID-19 situation.

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

This vocational rehabilitation programme equips patients with vocational skills to help them secure a job and facilitate community re-integration.

A total of 140 patients were enrolled in the programme in FY2019. Of these, 66 patients completed the programme and obtained job placement. From this pool, 47 patients successfully sustained their jobs for more than three months with follow-up support from Job Club.

8. WE ENABLE Day Camp

The WE ENABLE Day Camp is a day camp for children with Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorders (ASD) and their caregivers. The camp is run by IMH occupational therapists and equips caregivers with skills to better understand their child’s conditions and apply the right strategies to

improve their child's occupational functions and abilities in social settings. The camp also provides opportunities for caregiver-child bonding through fun activities. Two runs of the camp were held in June and November 2019 with 81 participants comprising parents and children. All participants rated an improvement in performance and satisfaction after attending the camp.

9. IMH Volunteer Programme

This programme was set up to meet the social and recreational needs of IMH long-stay patients and outpatients. Most of these patients come from the lower-income group and have no family support.

IMH volunteers regularly organise various activities and outings for these patients to improve their mental and physical well-being and to help them keep in touch with the community. The social benefit created is two-way: IMH patients have the opportunity to leave the hospital on excursions, while the volunteers have the opportunity to interact with IMH patients, thus helping to build empathy and reducing stigma.

This programme achieved 6,038 patient attendances in FY2019 for activities such as the annual sports and singing competition, birthday and festive celebrations, gardening sessions, games, art and craft sessions, and outings to places of interest (e.g. the Esplanade, Gardens by the Bay etc.). The activities garnered 85% satisfaction rating from the participants.

10. IMH Joy Club—Drum Circle

This programme offers regular drumming activities for IMH's long-stay patients with no prior musical training. Our nurses have reported reduced patient aggression after the Drum Circle sessions. In FY2019, the Drum Circle saw 1,133 patient attendances over 66 drumming sessions. Besides being a therapeutic and enjoyable recreational activity, the programme also provides a common platform for community integration and destigmatisation of mental illness.

The Drum Circle performed at the following events in FY19:

- 9th International Anti-Stigma Conference on 3 Oct 2019
- IMH Mental Health Carnival on 26 Oct 2019
- IMH Achievers 20th Anniversary Party on 2 Nov 2019
- IMH Patient Christmas Party on 27 Dec 2019
- Achievers Party for St Andrews Nursing Home on 18 Jan 2020

100% of the participants indicated that they enjoyed the drumming sessions and would come back for more of such activities.

11. Structured Programme of Motivational Support (Individual and Group)

The Structured Programme of Motivational Support provides a customised motivational programme for selected patients diagnosed with Schizophrenia and Delusional Disorder to encourage them to keep up with their regular checkups at the hospital so that they continue to stay well and function independently in the community.

The programme offers:

- Systematic tracking and monitoring of these discharged patients upon recruitment;
- Personalised psycho-education and counselling sessions;
- Incentives to motivate them to come for their appointments at the outpatient clinics;
- Psycho-education using a strength-based approach, facilitating discovery (Educate), information sharing (Empower) and finding solutions (Encourage) to the issues they face in the community

For the Individual programme, 35 patients completed all four sessions. After being on the programme, 86% of the participants found that they were more confident with illness management and were able to cope with their issues.

For the Group programme, 12 participants completed at least 5 of 6 sessions of the programme. The majority of the participants reflected better self-esteem, where the feeling of being a failure or burden to family has reduced. There was also improved concentration level in undertaking day-to-day activities.

12. Repetitive Transcranial Magnetic Stimulation (rTMS)

The rTMS programme allowed 2 patients to receive a novel neurostimulation treatment for depression that is effective for patients not responding to normal antidepressant medication treatments. Both patients have recovered to the point where one has been able to graduate from school and is proceeding with a university degree and the other completed an inpatient psychiatric rehabilitation program and is now competitively employed as a cleaner. The program has been successful as it has helped both patients access effective treatment for their depression.

13. Community Outing Group

The Community Outing Group provides therapeutic, social and recreational opportunities to inspire clients to achieve their rehabilitation goals, promote community integration and improve quality of life. The programme also explores collaborations with community organisations to build acceptance and support for volunteering opportunities for people with mental health conditions. In FY2019, 154 clients participated in 14 community outings. These included 9 educational outings and 5 volunteer work sessions. Clients gave an overall satisfaction rating of 99% for the programme and 79% would recommend the community outings to others. 96% of clients also felt that the outings met their expectations.

14. Structured Motivational Activities at The Hut ("Cook a Dessert" and "Garden Patch")

Structured Motivational Activities at The Hut are organised to engage patients with constructive and empowering activities so that they may regain functionality. Some of the activities include 'Cook a Dessert', where patients from the Slow Stream Rehabilitation (SSR) programme cook green bean soup and bake cookies each week to serve to visitors. The Hut received 4,394 visitors including patients, caregivers and members of the public from Apr 2019 to Jan 2020. Based on a survey conducted with visitors at the Hut, it showed that they found the environment to be comfortable, welcoming and supportive. The participants also felt motivated to take part in the activities organised.

15. Creative Arts Programme for EPIP Clients

This new programme uses creative arts activities to help clients gain insights into their conditions and improve the different aspects of their functioning, thereby promoting recovery and wellness. This is especially useful as many young adult clients experience difficulty expressing their thoughts and feelings.

34 clients had participated in the activities that were run by the creative groups (drama and movement) from Oct 2019 to Dec 2019 with a total attendance of 132. 100% of clients found the activities to be useful and 92% of them will recommend the activities to others. 85% of clients rated an improvement in their social skills while 78% of clients rated an improvement in their confidence level.

16. Programme Outdoorworkz

This new programme aims to enhance community partners' capabilities in managing patients with neurodevelopmental disabilities and comorbid mental health conditions through engagement in outdoor adventures. The programme is also aimed at improving patients' motivation and confidence to participate in activities. Two runs of the programme were conducted in FY19 with 19 participants (9 patients and 10 caregivers). All caregivers rated an improvement in their loved ones (patients) in the areas of activity engagement, motivation to participate and level of confidence in participation. Trainers whom we have collaborated with to run the activities also feedback that they are in a better position to manage and interact with persons with neurodevelopmental disabilities.

C ADVOCACY

17. Voices of Experience

The Voices of Experience (VoE) programme supports the efforts of mental health advocates and persons with lived experienced (both patients and caregivers) in advocacy, consultancy and peer support work.

In FY2019, mental health advocates shared at 33 public sessions – school/corporate visits and volunteer orientation programme – reaching out to 1300 participants. Many students had positive feedback on advocates' sharing. Some grappled with mental health issues or had friends suffering from it. They were grateful to be able to talk to the peer advocates one-on-one after the sessions for advice and tips. Likewise, volunteers appreciated getting a first account perspective of the struggles of persons with mental disorders and picking up tips on identifying signs and supporting them.

Feedback from the Mood Disorders Unit patients had been largely positive, as the Monthly Peer Sharing helped them realise that they were not alone in keeping to treatment plans and staying well.

At the National Addictions Management Service, where peer advocates support its weekly group counselling sessions for patients and caregivers, patient feedback via surveys showed that peer advocates could relate to patients better, provided motivation and offered useful suggestions. Caregivers, on the other hand, felt safe to share about

their worries and concerns with the advocates and learned effective ways to cope or encourage their loved ones in their recovery journey.

18. Subsidy for Mental Health Advocates to Attend the 9th International Conference - Together Against Stigma (TAS)

12 mental health advocates were granted subsidies to attend the TAS conference in Oct 2019. Organised by IMH, NCSS, HPB, AIC, MindSet and the Singapore Psychiatric Association, the international conference brings together stakeholders – managers of anti-stigma programmes, researchers, service provider agencies and peers – to share best practices in anti-stigma work.

Participants found the conference an eye-opening experience and there was much to learn. Some of them had the opportunity to network with international delegates and local mental health groups. The latter also opened doors for them to get more involved in advocacy and peer support with groups outside of IMH. Given the good feedback, more opportunities to attend similar conferences would be identified and offered to peers so that they may better contribute to the anti-stigma movement in Singapore.

D SUPPORTING STRATEGIES

19. Professional Development of Nurses

The Alice Lee Nurses' Development Fund supported one nurse for a study trip to learn about the Omaha System at the University of Minnesota's School of Nursing in the USA and five nurses to attend three international conferences for FY19 - the 1st Malaysian Community and Rehabilitation Psychiatry Symposium CoRePsych 2019, World Skills Health and Social Care Promotion Conference 2019 in Shanghai and the 11th European Congress on Violence in Clinical Psychiatry in Norway. With the knowledge and skills gained from these trips, the nurses would be better able to implement programmes to improve patient care and enhance nursing leadership.

FUND RAISING AND DONATIONS

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

In FY2019, \$425,589 was raised through various direct donations.

- (a) \$100,000 was received from Maybank in Dec 2019 which was intended to support the programme for Adult Psychiatric Rehabilitation.
- (b) \$325,589 was collected through public individuals to support various programmes.

REVIEW OF FINANCIAL STATEMENT AND EXPLANATION OF MAJOR FINANCIAL TRANSACTIONS

There is a net fund movement of \$84,217 for financial year 2019. This comprised a total income of \$464,353 offset by a payout of \$371,009 to fund various programmes and another \$9,127 incurred on operating and administrative expenses.

IPC FUND RAISING AND EXPENDITURE PLANS FOR THE FOLLOWING FINANCIAL YEARS

Financial Year 2020

The WHCF will rely predominantly on donations from the public, corporations and foundations. It is envisaged that about \$350,000 will be raised through such channels in FY2020 through direct appeals.

The Fund would continue to be used for programmes under the categories of Living Well, Living with Illness, Advocacy and Supporting Strategies. For FY2020, a budget of about \$465,000 will be set aside for on-going programmes, including the following:

No. Programme

Living Well

1. "I'm a Resilient Kid" Programme
2. Caregiver Support Activities

Living with Illness

3. Patient Welfare Fund (MSW)
4. EPIP Peers 4 Rs Programme
5. Appreciation Events and Outings
6. Very Special Outstanding Performers (VSOP)
7. Vocational Rehabilitation for People with Mental Illness (Transitional Employment & Supported Employment)
8. WE ENABLE Day Camp
9. IMH Volunteer Programme
10. IMH Joy Club – Drum Circle
11. Structured Programme of Motivational Support (Individual and Group)
12. Community Outing Group
13. Structured Motivational Activities at The Hut ("Spread the love", "Cook a dessert", "Garden Patch")
14. Creative Arts Programme for EPIP Clients
15. Bergen 4-Day Treatment (Concentrated Exposure and Response Prevention Treatment) for Obsessive-Compulsive Disorder (OCD)
16. Dance Therapy for Mood Disorders Unit (MDU) Ward Clients
17. Structured Motivational Support Programmes for patients on the Forensic Psychiatric Community Service (FPCS)

Advocacy

18. Voices of Experience

Some donors have specified 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 if necessary.

Projected Fundraising Target in FY2021: \$350,000

Projected Fundraising Target in FY2022: \$350,000

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 programmes and initiatives:

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

STATEMENT OF ACCOUNTS

The statement of accounts for the financial year ended 31 March 2020 is attached.