



ANNUAL REPORT

2020/2021



Happier & Healthier Lives



a year's overview

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ABOUT US

VISION

Empowering Every Individual To
Create Her/His Own Happiness

MISSION

To promote happier and healthier living

VALUES

Openness, kindness, compassion, respect,
integrity

BACKGROUND

Founded in 2012, we are a registered charity with Institution of a Public Character (IPC) status that promotes happier and healthy living. We are focused on empowering the community to stay physically and mentally well with science-based mindfulness programs and free health education talks. We aim to improve mental health literacy in the community and share mindfulness as a means to building resilience and emotional regulation, leading to enhanced well-being.

Working in collaboration with community partners and volunteers, we also provide holistic care for youths, families and seniors. Our support ranges from enrichment programs and active ageing activities to case management and befriending for the vulnerable elderly.



Prof Choo Chiau Beng

PATRON'S MESSAGE



In FY20/21, the pandemic continued to challenge Singapore and its people with disruption and uncertainty. Recent polls and surveys conducted over March and April 2021 by AIA and SG Mental Health Matters saw nine in 10 Singaporeans reporting a decline in mental health and more than 50% of respondents negatively impacted by economic and social restrictions respectively.

Apart from the economic setback, the pandemic has also put tremendous strain on our healthcare, education and social service sectors. In this climate of volatility, I would like to commend Angie and the Brahm Centre team for their continued dedication in serving the community and expanding to increase outreach, finding new ways to engage and support individuals and families.

I had the opportunity to attend the official opening of Brahm Centre @ Tampines in April 2021 and was heartened to see that they had responded to the growing need to address youth mental health. Working with volunteers, they brought enrichment and academic coaching to students from less privileged backgrounds and have a team of counsellors to support and provide early intervention where required.

Additionally, the newest centre also housed SG Cares Volunteer Centre @ Tampines, a collaboration between Brahm Centre and Ministry of Culture, Community and Youth, that helps to grow volunteerism and build volunteer management capabilities through coordination and collaboration with social service agencies, ground-up initiatives and grassroots in Tampines. It has since helped more than 850 beneficiaries through 7 projects within a span of 3 months from launch.

I'm delighted and grateful for the generous donation from the Bank of America, the significant contributions of our donors, grant makers, and board members and the community's strong support in furthering Brahm Centre's mission to empower happier and healthier living.

I would also like to thank the board members who have volunteered their time, knowledge, and advice to ensure excellent governance.

I wish Brahm Centre the best of luck as it embarks on its next phase. May the team and the selfless volunteers continue to bring hope and care to the vulnerable segments of our community.

Mrs Tan-Huang Shuo Mei

CHAIRPERSON'S MESSAGE



The COVID-19 pandemic has been persistent in making its presence felt globally for almost 20 months now. It left no stone unturned – its impact is felt on every industry, every individual. Apart from the economic toll, mental health issues became a concern. Singaporeans were not spared with many reporting feelings of anxiety and distress.

Brahm Centre as a thought leader and forerunner in mindfulness training in Singapore, has championed this evidence-based practice, since 2012. In challenging times like now, the practice of mindfulness has evolved and is recognized by the healthcare community, education sector, government agencies, business organizations as effective for reducing stress, anxiety and depression. For the majority, it improves mental wellbeing.

The introduction of the Mindful Self-Compassion course at the Centre, focusing on self-care and emotional regulation, is timely. It helps the healthcare workers who have been bearing the brunt of the pandemic to increase resilience and prevent burnout.

I am delighted that Brahm Centre has also continued to build upon and expand on the mindfulness programs and courses for the community, including free practices during mid-day and at the day's end. By offering many of them on digital platforms, it has benefitted more than 24,000 individuals, a 50% increase from FY19/20.

In addition, over 35 schools, corporates and various organizations collaborated with Brahm Centre to customize workshops teaching mindfulness practice to their employees. At the community care front, almost 12,700 home visits/telephone calls were made to vulnerable seniors serving more than 2,197 clients.

I would like to thank Angie and her staff for their unparalleled efforts and contributions, resilience and versatility, and volunteers for their unstinting and extraordinary support during these times of great uncertainty and norm-lessness. With the shared vision of better mental health and well-being for the community, my Board Members and I pledge continued support so as to enable the delivery of enhanced programmes and services as we move into the future.

A/Prof Angie Chew

CEO'S MESSAGE



"Gratitude makes sense of our past, brings peace for today, and create a vision for tomorrow."

Life has changed forever due to the pandemic. Despite the uncertain and challenging conditions, I am grateful that Brahm Centre stayed focused on our purpose to serve the community with kindness, compassion, respect and integrity.

Let me share the past year's highlights and upcoming plans.

Mindfulness, a means to mental wellness

The adoption of mindfulness practice as an approach to the prevention and management of mental health issues and the promotion of well-being has accelerated since the pandemic. We saw a 49% increase in participation of our mindfulness courses, workshops, and retreats.

The annual Singapore Mindfulness Conference SMC 2020 is co-organised with National University of Singapore's Residential College 4, and supported by Agency for Integrated Care, Institute of Mental Health, National Council of Social Service, Duke-NUS and National Healthcare Group. It saw a registration of more than 3,000 participants when the event was pivoted online. The conference featured 50 hours of webinars and interactive workshops by international and local experts who shared the latest developments in the field of mindfulness and neuroscience.

Stepping up mental health support

Covid-19 has also resulted in a global mental health pandemic with increased levels of anxiety, depression, panic attacks and suicidality. We have increased resources to manage 12x7 for Assistline (helpline) and counselling services to manage the higher demand, handling 98% and 44% more sessions/hours respectively compared with the previous year.

Improve youth mental well-being

Incidences of mental health issues among the youths have also risen significantly. The suicide rate amongst those aged 10 to 19 grew by 37.5% to 5.5 per 100,000 in 2020.

There is a need to go upstream and help build resilience in our young, and better prepare them to withstand, adapt and progress in the face of difficulties.

For that reason, we are partnering schools to launch the Lighthouse Program in FY21/22 to offer mindfulness-based mental health programs in collaboration with Tan Tock Seng Hospital Psychiatry Department and Harvard's Lazar Lab for Meditation Research. In addition, we offer an internship program to support disengaged youth with enrichment programs. This include mindfulness, communications and interpersonal relationships, and on-the-job training to expose them to customer service, program development, data analysis and senior care work.

A/Prof Angie Chew

CEO'S MESSAGE



Appointed Active Ageing Care Hub

The centre at Simei has been designated as an Active Ageing Care Hub (AACH) by Ministry of Health, in recognition of the engaging programs we have been offering to the seniors. In addition, seniors who live alone and require more support will be partnered with a buddy or befriender and monitored by our dedicated care team.

We are aiming for the centres in MacPherson and Tampines to be designated the same in the following years.

Facilitate a dynamic volunteering and caring community

Ministry of Culture, Community & Youth (MCCY) appointed Brahm Centre to set up and manage the SG Cares Volunteer Centre @ Tampines to grow volunteerism, build volunteer management capabilities and forge partnerships within the community to meet local needs. It has since established a collaboration network with 39 social services agencies, educational and healthcare institutions, and companies. This network will be further enlarged as more partnerships are forged.

Future plans

The team has made significant strides in the last 9 years. It now has 4 centres with the latest one in Newton to replace the Novena centre that was closed due to Covid-19 restrictions as it was located in a hospital. We are planning exciting events to commemorate our 10th Anniversary in 2022.

In the new year, I look forward to continuing this journey of service with my team of resilient and passionate staff and volunteers.

I would like to thank the patron and board for their guidance and generosity, and the support from our donors, ministries and community partners that has enabled us to empower individuals to lead happier and healthier lives.

BOARD OF DIRECTORS



*Mrs Tan-Huang
Shuo Mei
Chairperson of the Board*



*Ms Karen Kooi
Chairperson of the Board
Till 14 Sep 2020*



*Dr Ho Eu Chin
Vice-Chairman of the Board
Chairman of Programs &
Services Committee*



*Adj A/Prof Angie Chew
Founder & CEO
Mindfulness Principal
Brahm Centre*



*Ms Chen Yew Nah
Chairman of Audit
Committee*



*Mr Chong Nai Min
Chairman of IT Committee*



Dr Jerome Goh



*Ms Joanne Chan
w.e.f 27 Nov 2020*



*Dr Lee Cheng Chuan
Chairman of Human
Resources Committee*



*Ms Jesilynn Luar
Treasurer
w.e.f 16 Jun 2020*



Dr Tan Bhing Leet



Dr Irene Tirtajana

PATRON



Prof Choo Chiau Beng

DISTINGUISHED ADVISORS



Prof Foo Keong Tatt



Adj Prof Chua Hong Choon



Dr Daniel Fung



Dr Christopher Cheok



Mr Tan Siak Hee
Legal

APPRECIATION OF PARTNERS & DONORS

The generous support of our partners and sponsors has made it possible for us to offer free health talks, mindfulness webinars, and active aging programs to the community.

Community Partners



Major Donors



\$10K & above

Mr Albert Toh & Family

Apple

Wan Family

Mellford Pte Ltd

Mr Lee Soo Khoon

Ms Chen Yew Nah

Mr Goh Tiow Seng

Mr Chean Nam Hong

Mr Henry Baey Seng Kah

Mr Wong Hin Yet

Mr Lee Hui Peng

Ms Joanne Chan Yan Ling

Adj A/Prof Angie Chew

\$5K & above

Dr Lai Jiunn Herng

Dr Irene Tirtajana

Ms Carol Choi Chook Ee

Dr Phua Dong Haur

Ms Calisa Lee Hui Peng

Mr Lee Soo Koon

lululemon athletica Singapore Pte Ltd

Ikogochi Dining Bar

Over the years

OUR MILESTONES

2015



Brahm Centre @ Novena was officially opened by President Nathan on 15 December

2017

Brahm Centre @ Simei was officially opened on 15 December by Dr Amy Khor, Senior Minister of State, Ministry of Health



2018



1st Singapore Mindfulness Conference was held at Singapore Conference Hall 19 May



Brahm Centre @ MacPerhson officially opened on 8 December by Madam Halimah Yacob, President of Singapore

2019



2nd Annual Singapore Mindfulness Conference at the University Cultural Centre on 24 & 25 August

2020

Adj A/Prof Angie Chew, CEO of Brahm Centre, as awarded The Straits Times Singaporean of The Year 2019



The 3rd Annual Singapore Mindfulness Conference was held online over 2 weekends in August (22, 23, 29 & 30)

Highlight of the year

OFFICIAL OPENING BRAHM CENTRE AND SG CARES VOLUNTEER CENTRE @ TAMPINES

On 24 April 2021, Brahm Centre officially opened its third centre at Tampines measuring a total of 8,000 sq ft. As part of its opening, Brahm Centre inked a Memorandum of Understanding (MOU) with Ministry of Culture, Community and Youth's Singapore Cares (SG Cares) Office to establish Brahm Centre as the SG Cares Volunteer Centre @ Tampines.



*Brahm Centre @ Tampines, frontal view
Blk 473 Tampines Street 43, #01-94, Singapore 520473*

Since Brahm Centre started its Tampines operations last November 2020, over 1,400 Tampines residents had benefitted from its mindfulness programs, art and exercise classes, and community care services. It had also formed collaboration networks with over 35 social services agencies, educational and healthcare institutions, and companies to facilitate a dynamic volunteering and caring community.



Gracing the official opening of Brahm Centre and the launch of the SG Cares Volunteer Centre @ Tampines, was Guest-of-Honour Mr Masagos Zulkifli, Minister for Social and Family Development and Second Minister of Health.

*First row (L to R): Mrs Tan-Huang Shuo Mei, Board Chairperson of Brahm Centre, Mr Masagos Zulkifli, Minister for Social and Family Development and Second Minister of Health, Adj A/Prof Angie Chew, CEO & Founder of Brahm Centre
Second row (L to R): Prof Choo Chiau Beng, Patron of Brahm Centre, Baey Yam King, Senior Parliamentary Secretary,*

Highlight of the year

OFFICIAL OPENING BRAHM CENTRE AND SG CARES VOLUNTEER CENTRE @ TAMPINES



First row (L to R): Dr Ang Hak Seng, Deputy Secretary of MCCY, Adj A/Prof Angie Chew, CEO & Founder of Brahm Centre

Second row (L to R): Baey Yam King, Senior Parliamentary Secretary, Mr Masagos Zulkifli, Minister for Social and Family Development and Second Minister of Health, Mrs Tan-Huang Shuo Mei, Board Chairperson of Brahm Centre

Witnessing the MOU signing ceremony with Minister Masagos included Mr Baey Yam Keng, Senior Parliamentary Secretary of the Ministry of Transport and Member of Parliament for Tampines GRC and Mrs Tan-Huang Shuo Mei, Board Chairperson of Brahm Centre.

The MOU was signed between Dr Ang Hak Seng, Deputy Secretary of MCCY and Adj. A/Prof Angie Chew, CEO & Founder of Brahm Centre.

The event was attended by community partners CEO of AIC, Mr Tan Kwang Cheak, CEO of NCSS, Ms Tan Li San and our major sponsors, Mr Albert Toh, Ms Lee Li Ming, Mr Andy Lai and CEO of Tan Chin Tuan and Ms Yap Su-Yin and many others whose valued contribution made the set up of Brahm Centre @ Tampines possible.



(L to R) Yue Peng, Programs Head of Brahm Centre and Mr Albert Toh



The Brahm Centre Team

2020-2021

AT A GLANCE

24,147

Participated in Brahm Centre's
Mindfulness Programs



5,773



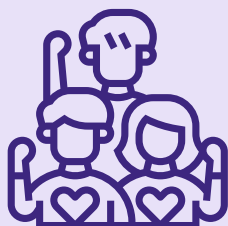
Attended free
health education talks

2,197



Served by our Community Care
Team and befrienders

79



Volunteers at Brahm Centre

10,182



+ Follow

Social Media Followers

Media Highlights

DEC 2020-JAN2021

ZAobao, 15 DECEMBER 2020

莫被负面念头牵着走

慈善机构百仁中心 (Brahm Centre) 总裁周莹铃副教授受访时指出, 通过正念练习有助纾解压力和焦虑, 帮助人们了解和面对自己的情绪及处境, 更积极正面地对待人生。

她说: “人们容易在脑中夸大所有未来可能会出问题的事, 不是对昨天的事感到愧疚、自责, 就是对未来的事感到担忧, 而没有好好安住于当下, 给自己很大的心理压



"Practising mindfulness to relieve stress and anxiety, helps people to understand and face their emotions and circumstances and adopt a more positive attitude to one's life.

ZAobao, 16 NOV 2020

联合早报



2020年11月16日 星期一

疫情下更关注心理健康
百仁中心正念课程
报读人数增逾三成

ASK ST@NLB 25 SEPTEMBER 2020

askST@NLB
you ask, we answer, come listen

How to stay sane in the Covid-19 economic downturn

Joyce Teo
Senior Health
Correspondent
The Straits Times



Angie Chew
Founder
Brahm Centre

How do I cope with being retrenched or working from home due to Covid-19?

ASK ST@NLB 4 NOVEMBER 2020



Don't have a child to save the relationship

THE STRAITS TIMES, 23 DECEMBER 2020



A morning mindfulness class at Tampines Changkat Butterfly Garden led by Brahm Centre chief executive officer and principal Angie Chew (centre). PHOTO: BRAHM CENTRE

"It helps us to develop techniques to manage our thoughts so as not to overthink and be overwhelmed with thoughts that are disempowering."

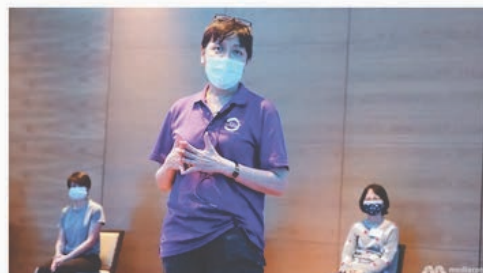
A/Prof Angie Chew, CEO & Mindfulness Principal, Brahm Centre

CHANNEL NEWS ASIA, 9 JANUARY 2021

Singapore Asia World Commentary Business Sport Climate Change News Clips VOD Po

Singapore

More turn to mindfulness, mental wellness programmes to cope with stress from COVID-19



"I suppose this is because people have no idea where to go. So this is not just a physical getaway but it's a mental vacation. Because it's overthinking that causes burnout."

A/Prof Angie Chew, CEO & Mindfulness Principal, Brahm Centre

Media Highlights

FEB-JUN 2021

THE STRAITS TIMES, 25 APRIL 2021

SINGAPORE

Persistence pays off for social workers

Their efforts keep vulnerable individuals from being completely cut off from society

Charles Chong

Ms Logantha Subramaniam, 63, a volunteer coordinator at Brahm Centre's emergency fundraising programme, visited Madam K at her home in March 2021. She found the elderly lady to be isolated and in need of help.

Despite the constant rejection, Ms Logan kept returning to the area and eventually Madam K's life improved. Ms Logan's persistence paid off for social workers.

Ms Logan, a retired nurse and mother of three, then visited Madam K every few days and soon became a regular visitor. Last November, it was reported that the revenues of an elderly woman, who did not appear to have family members or visitors,

her sons and abandoned. Selfish newspaper and lawyers litigated the case.

Ms Logan said "Even though she said she did not want to be visited, she eventually came out from her apartment she was reclusive that finally, someone came to help."

Ms Logan's Wang, senior social worker at The Foundation, said "Sometimes, opening their doors means a potential loss of their independence. It is important to ensure that they are not over the years of living alone and being isolated."

Dr Yee Fong, consultant and chief of geriatric psychiatry at the Institute of Mental Health, said "Sometimes, opening their doors means a potential loss of their independence. It is important to ensure that they are not over the years of living alone and being isolated."

Ms Logan, a retired nurse and mother of three, then visited Madam K every few days and soon became a regular visitor. Last November, it was reported that the revenues of an elderly woman, who did not appear to have family members or visitors,



ZAobao, 1 JUNE 2021

聯合早報

2021年06月01日 星期二

THE STRAITS TIMES, 15 JUNE 2021

"The focus on accumulating material wealth doesn't bring about happiness"

A/Prof Angie Chew, CEO & Mindfulness Principal, Brahm Centre



A series of articles contributed by A/Prof Angie Chew to the Living Well column in The Straits Times

THE STRAITS TIMES, 6 JULY 2020

mind & body | life

Living Well

Look out for your neighbours

With neighbours more steps away, we should reach out to them as we can be there for one another in times of need

Angie Chew



THE STRAITS TIMES, 31 AUGUST 2020

mind & body | life

Living Well

A healing attitude relieves mental pain



THE STRAITS TIMES, 15 JUNE 2021

THE STRAITS TIMES, 3 AUGUST 2020

mind & body | life

Living Well

Learning to let go of pain and despair

Ms Jessie Tham, recovered from stroke & works in financial services



THE STRAITS TIMES, 6 JULY 2020

mind & body | life

Living Well

Learning to manage her anxiety with mindfulness programme

Ms Jessie Tham, recovered from stroke & works in financial services

Media Highlights

SINGAPORE MINDFULNESS CONFERENCE 2020

THE STRAITS TIMES, 18 AUGUST 2020



Planet Walker John Francis who did not speak from 1973 to 1990 will share lessons learnt at the SMC 2020

ZAOBAO, 3 AUGUST 2020



Dr Daniel Fung, CEO of Institute of Mental Health speaking at pre-conference webinar

ZAOBAO, 23 AUGUST 2020



Dr Janil Puthuchear speaking at SMC 2020 on the government working with community partners on the mental health of the nation.

THE STRAITS TIMES, 23 August 2020



Dr Janil Puthuchear speaking at SMC 2020 on the importance and complexity of enhancing mental and community resilience during the pandemic

Media Highlights

OFFICIAL OPENING OF BRAHM CENTRE & SG CARES VOLUNTEER CENTRE AT TAMPINES

THE STRAITS TIMES, 25 APRIL 2021

SUNDAY, APRIL 25, 2021 THE SUNDAY TIMES SINGAPORE | A21

New one-stop centre in Tampines for volunteering opportunities

Tampines residents now have a one-stop centre for volunteering opportunities with the launch of the new SG Cares Volunteer Centre (VC) @ Tampines yesterday.

The centre, which has been operating since November last year, is run by Brahm Centre, a charity that focuses on promoting mindfulness programmes to reduce stress.

More than 1,400 Tampines residents have benefited from these programmes, art and exercise classes and community care services in the past six months.

The new volunteer centre in Tampines will cater to the different needs of the community by bringing together social service agencies, ground-up initiatives and grassroots to collaborate and



Minister for Social and Family Development Masagos Zulkifli (right) taking part in a game with other guests, including Tampines GRC MP Baey Yam Keng (third from right), at the centre's launch yesterday. PHOTO: LIANHE ZAOBAO

The Tampines centre collaborates with 35 social service agencies and community groups, and aims to partner 80 organisations by June. A/Prof Angie Chew, CEO & Mindfulness Principal, Brahm Centre

ZAOBAO, 25 APRIL 2021

2021年04月25日 星期日 联合早报



SG Cares在淡滨尼百仁中心 设立义工综合中心推广志愿服务
【星洲综合】为鼓励居民参与志愿服务，新加坡最大的义工组织百仁中心（Brahm Centre）在淡滨尼设立了一个新的义工综合中心，进一步推广志愿服务。
二期中心将提供包括：一、提供义工培训及支援服务；二、提供义工配对服务；三、提供义工活动资讯；四、提供义工活动平台；五、提供义工活动资源；六、提供义工活动空间；七、提供义工活动设施；八、提供义工活动器材；九、提供义工活动用品；十、提供义工活动服务。

BERITA HARIAN, 25 APRIL 2021



PUSAT RELAWAN BARU: Erick Masagos Zulkifli Masagos Muhammad Darmian (dua dari kanan) di persembahkan Pusat Relawan SG Cares di Tampines, yang diendalikannya Brahm Centre, bersama Barisan depan dari kanan) ahli CEO Brahm Centre, Professor Angie Chew (penyertaan) anggota Brahm Centre, PIA Teo (Lajana) Suci, Miki, Salimudin (Barisan Depan) Masagos Zulkifli, Erick & Baey Yam Keng

CHANNEL NEWS ASIA, 24 APRIL 2021



TOWN-BASED VOLUNTEERISM New SG Cares Volunteer Centre @ Tampines launches at Brahm Centre

CHANNEL 5, 24 APRIL 2021



to behind the vulnerable elderly, and weekly working workers in the park.

CHANNEL 8, 24 APRIL 2021



中心也将协助推动志愿服务

Overview

MINDFULNESS PROGRAMS

Brahm Centre provides programs and initiatives that make mindfulness understandable, practicable, and accessible to as many people as possible.

Our wide range of courses cater to beginners who are simply curious how mindfulness will benefit them and experienced practitioners looking to deepen their practice.

In the past year, outreach through mindfulness courses, workshops, talks and seminars increased by 49% as we extended free online mindfulness practices twice a day at mid-day and the end of the day to help anyone facing stress and anxieties due to the pandemic cope better.



Mindfulness-Based Stress Reduction Course at Hyatt 23 Feb 2020

Number of individuals reached through all mindfulness programs increased by 49% comparing FY2021 vs FY2020

24,147
VS
16,256

Satisfaction levels for the programs remain high



99%

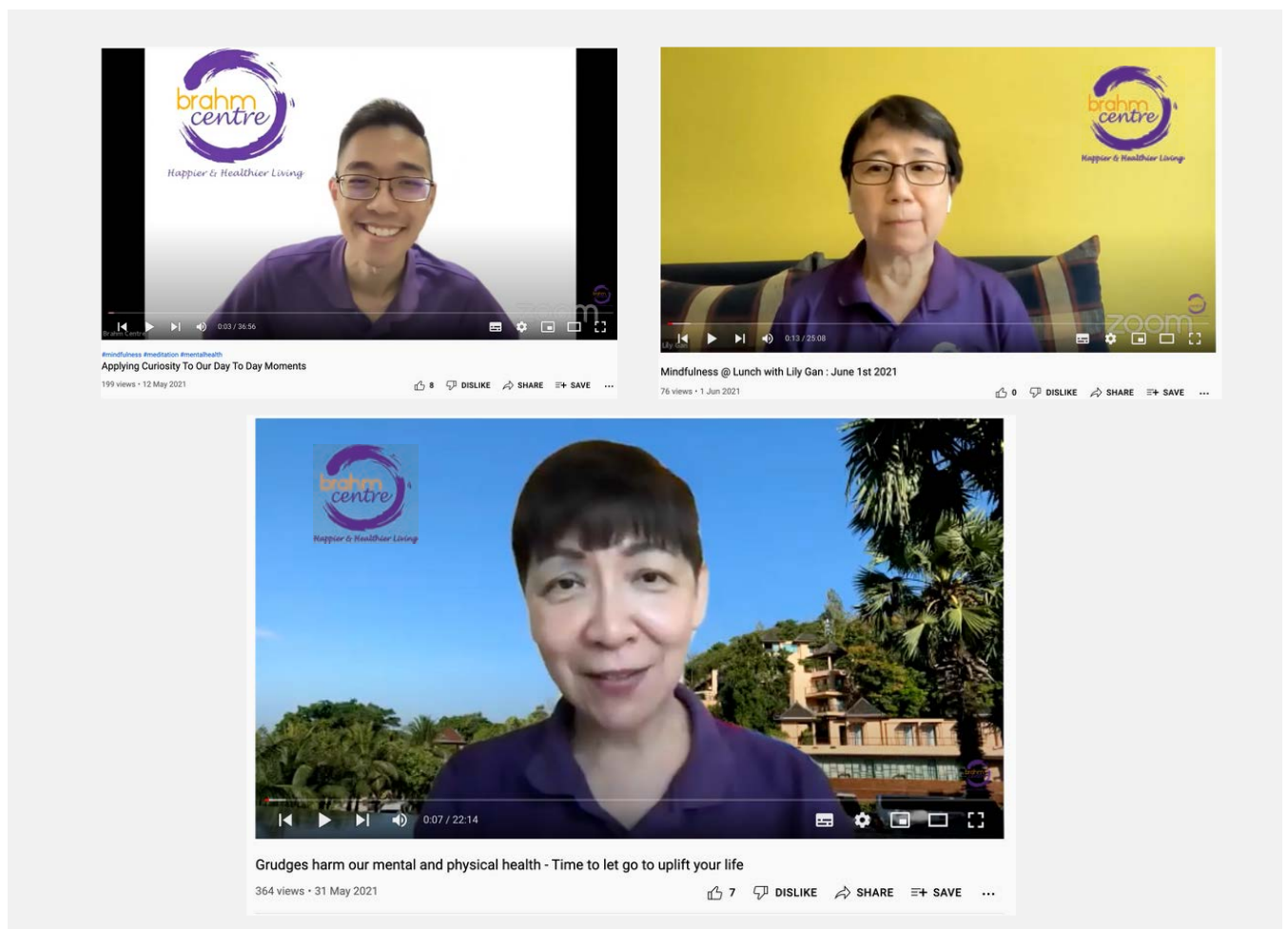
agreed/strongly agreed that they will recommend the mindfulness course to friends & family.

Overview

MINDFULNESS PROGRAMS

Free Online Mindfulness Sessions for the Community

Held daily, Monday to Friday over two months from May to June 2021, the Mindfulness @ Lunch and Unwind at Sunset sessions are hosted by Brahm Centre's mindfulness teachers and volunteers.



Scan to watch
Mindfulness at
Lunch sessions



Mindfulness

MINDFULNESS COURSES

We offer the following mindfulness courses facilitated by our caring Certified Teachers, who have extensive experiences in professional and personal life settings:

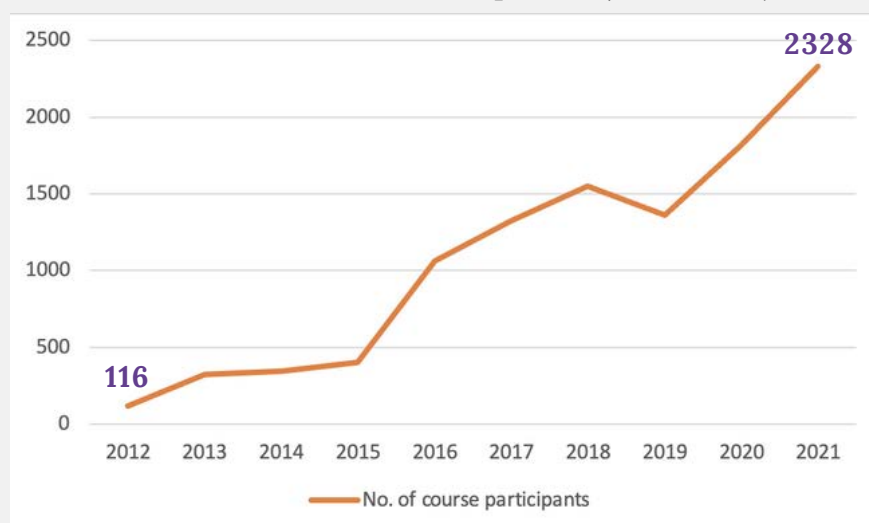
- Mindfulness Foundation Course
- Mindfulness for Enhanced Performance Course
- Mindfulness-Based Stress Reduction Course
- Mindfulness-Based Cognitive Therapy
- Mindfulness-Based Therapy for Insomnia
- Mindful Self-Compassion
- Mindfulness Advance Course
- 5-Day Mindfulness Retreats



Mindful Advance Course at Brahm Centre Tampines 18 Mar 2020

These classes are available in-person at our centres and online via zoom. We also offer customized presentations, classes and workshops for organizations & workplaces of all kinds, including Healthcare, Education, Finance and more.

Mindfulness Course Participation (2012-2021)



Mindfulness

TESTIMONIALS FROM COURSE PARTICIPANTS

Mindfulness Foundation Course (English & Chinese)

I found it to be a great introductory course and first step in what I hope is a long and happy mindful journey in my life.

The course provided a much-needed “time-out” for me and equipped me with useful and practical tools to regulate my emotions, practice kindness and reduce stress and anxiety in my daily life.

会分享“正念”的真正意思。课程里的练习与知识能帮助我们活得更有活力。

Mindfulness-Based Stress Reduction Course

It's a life changing course that helped me with better sleep and allowed me to be kinder to myself.

The MBSR course taught me how to connect our mind and body. It creates awareness and prepare me to recognise stressors in our daily life and enable me to respond with choices.

Mindfulness-Based Therapy for Insomnia Course

MBTI has enabled me to gain a better understanding of sleep issues and how mindfulness practices can be incorporated in my daily life to improve my situation. I am now more confident to deal with my own challenges!

Mindfulness-Based Cognitive Therapy Course

A great course which helps you to understand how your mind works and how it impacts your thoughts, emotions, physical body. It also teaches you to develop the capabilities to respond in the right manner instead of being hijacked by rash reactions that can have negative consequences.

Mindfulness

TESTIMONIALS FROM COURSE PARTICIPANTS

Mindfulness-Based Cognitive Therapy Course

Thank you Angie and the entire team at Brahm Centre! Signing up for the MBCT course was the best investment I could make for myself. In late 2020, midway through my NS, I battled with several health struggles - from migraines to gastrointestinal problems, as I was facing a large amount of stress at work. This was exacerbated with a toxic work environment and boss.

Anxiety kicked in as I was afraid all these issues would continue to plague me even after my NS. Thankfully, I came across Brahm Centre's courses, which gave me a deeper understanding about my mind and thoughts.

When I was able to shift my perspective on the challenges in my life, I found it easier to cope and live with my struggles, which gradually, through techniques taught during the course, eased and faded away. Throughout the 8 weeks of MBCT, I further learnt how mindfulness can help my mind and my overall wellbeing by changing certain parts of the brain, through regular practice and application of the foundational attitudes taught by Angie. While I initially gawked at having to do a 15-minute meditation practice on the first day, I slowly developed the discipline to be able to sit for a full 30-minute practice by the end of the course, which has benefited me greatly as a whole. As I continue my lifelong mindfulness journey, I'll carry the useful techniques and insights with me to lead a happier and healthier life."

Ding Xuan

Mindfulness

MINDFULNESS RETREATS

In the past year, we conducted four 5-day Mindfulness Retreats at the W-Sentosa Resort, with each retreat focusing on different aspects of neuroscience and mindfulness. The retreats were designed to help participants deepen their understanding of mindfulness and meditation practices. On-site tickets sold-out consistently and online attendance via zoom was also highly popular. In total, over 250 participants attended the retreats.



Each Retreat was led by **Adj A/Prof Angie Chew** and an internationally recognised leaders in Mindfulness and/or Neuroscience.



Dr David Treleaven
Trauma Specialist



Dr Sara Lazar
Harvard Medical School



Dr Craig Hassed
Monash University



Dr Bob Stahl
Brown University

Participants were guided in a range of formal and informal mindfulness activities including yoga stretching movements, standing, sitting and walking meditation, mindful eating and self-compassion exercises.

The talks and dialogue with the international speakers also gave participants detailed insights into brain-science, patterns of the mind and associated emotions and the many benefits of mindfulness practices on health and wellbeing.

Mindfulness

TESTIMONIALS FROM RETREAT PARTICIPANTS

Many participants reported experiencing personal transformation and healing from the retreats; feeling refreshed and energised; and empowered by what they learnt to continue enhancing their health and wellness through mindfulness.

"Enjoyed the retreat and stay very much. A much needed break and reminder of mindfulness practice. If I could, I will make all ppl I know to learn mindfulness. But I am mindful that I can only influence by practising."

"Wonderful retreat. Both trainers have their own style that complemented each other. Learned a lot from them and from the participants sharing. Grateful for the opportunity and thank myself for signing up."

"Very grateful to Prof Angie and Craig for being such wonderful teachers of mindfulness - making things clear, accessible and practical."

"Congratulations to you and your team for another successful retreat with Californian speaker Bob and overseas attendees. Many thanks Angie and Bob for another excellent and awakening retreat!"

"Thanks Angie and Bob for such enriching, powerful experience. Lots of "ah-ha"s for me, great insights"

Mindfulness

MINDFULNESS-BASED THERAPY FOR INSOMNIA RESEARCH

Local study with Duke-NUS Medical School involving 127 participants aged 50-80 showed that MBTI is effective at improving sleep quality of older adults after mindfulness intervention. Eric Lim, Mindfulness Psychologist from Brahm Centre, was part of a team of three who conducted the mindfulness intervention.

The findings were published in journal Psychological Medicine online by Cambridge University Press and it can help to adapt and refine the practice of mindfulness in the Singaporean context.



Psychological Medicine

Article contents

- Abstract
- Objective
- Methods
- Results
- Conclusions
- Introduction
- Methods
- Results
- Discussion
- Data
- References

Mindfulness-based therapy for insomnia for older adults with sleep difficulties: a randomized clinical trial

Published online by Cambridge University Press: 01 July 2021

Francesca Perini , Kian Foong Wong, Jia Lin, Zurie Hassirum, Ju Lynn Ong, June Lo, Jason C. Ong, Kinjal Doshi and Julian Lim

Show author details ▾

Article Figures Supplementary materials Metrics

 Save PDF  Share  Cite  Rights & Permissions

Abstract

Objective

Poor sleep is a modifiable risk factor for multiple disorders. Frontline treatments (e.g. cognitive-behavioral therapy for insomnia) have limitations, prompting a search for alternative approaches. Here, we compare manualized Mindfulness-Based Therapy for Insomnia (MBTI) with a Sleep Hygiene, Education, and Exercise Program (SHEEP) in improving subjective and objective sleep outcomes in older adults.

Methods

We conducted a single-site, parallel-arm trial, with blinded assessments collected at baseline, post-intervention and 6-months follow-up. We randomized 127 participants aged 50–80, with a Pittsburgh Sleep Quality Index (PSQI) score ≥ 5 , to either MBTI ($n = 65$) or SHEEP ($n = 62$), both 2 hr weekly group sessions lasting 8 weeks. Primary outcomes included PSQI and Insomnia Severity Index, and actigraphy- and polysomnography-measured sleep onset latency (SOL) and wake after sleep onset (WASO).

 Access  Open access

1

[Cited by](#)

Related content

Article

Mindfulness and Behaviour Therapy for Insomnia: An Assessment of Treatment Effect in a Sleep Disorders Clinic Population with Insomnia

Allie Peters, John Reece, Hailey Meakim, Moira Junge, David Cunningham, Jason C. Ong, Mervyn Jackson and Kenneth Mark Greenwood

Behaviour Change

Published online: 27 November 2020

Article

Familial sleep and autism spectrum disorder: a pilot actigraphy study of sleep quality, quality of life and psychological distress

Geraldine Leader, Carmel Glynn, Bernadette Kirkpatrick, June L. Chen, Páralc S.

O'Súilleabháin and Arlene Mannion

[Irish Journal of Psychological Medicine](#)

Published online: 11 May 2021

Book

Clinical Trials in Neurology

Clinical Trials in Neurology: Design, Conduct,

Analysis

[Feedback](#)

Mindfulness

SINGAPORE MINDFULNESS CONFERENCE 2020

Opening Ceremony via Zoom



First row (L to R): Adj A/Prof Angie Chew, CEO & Founder of Brahm Centre, Mr Tan Kwang Cheak, CEO of AIC, Dr Chua Hong Choon, CEO of
 Second row (L to R): Dr Janil Puthuchearry, Senior Minister of State, Ministry of Communications and Information & Ministry of Health, Dr Lee Cheng Chuan, Prof Peter Pang
 Third row (L to R): Tan Li San, Dr Craig Hassed, Monash University Medical School

The Singapore Mindfulness Conference 2020 was held on 22 and 23 August 2020 online via Zoom. Over 3,000 attendees logged on for the conference which offered more than 50 hours of live-streaming webinars, mindfulness practice and workshops.

It was opened by Dr Janil Puthuchearry, Senior Minister of State, Ministry of Communications and Information & Ministry of Health. The theme of the conference was 'Enhancing resilience and performance'.

Mindfulness

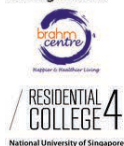
SINGAPORE MINDFULNESS CONFERENCE 2020

A case in point was how the pivot to an online platform, led a greater outreach with the doubling of attendance. We were able to bring many international mindfulness luminaries and local healthcare experts to share the latest trends and the science behind the effectiveness of mindfulness practice. There were also interactive workshops that guided participants in learning and applying practical mindfulness skills.

A post conference attendee survey completed by 90% of attendees indicated that we achieved our goal of bringing mindfulness to a wider audience as 56% of attendees were new to mindfulness who had not practiced mindfulness before. They had also provided positive response to conference content and organisation.

The Singapore Mindfulness Conference 2020 was made possible with support from the following partners; National University of Singapore Residential College 4, Duke-NUS Medical School, National Healthcare Group, the Institute of Mental Health, National Council of Social Service, Agency for Integrated Care, National Silver Academy and Beyond the Label. We would also like to extend heartfelt thanks to the following donors for their generosity; Prof Choo Chiau Beng, Turbo One, Igokuchi Dining and Otto Solutions.

Co-organisers



Partners



In support of



Sponsors



Scan QR code to watch
the Singapore
Mindfulness Conference



Active Ageing Activities

MOVEMENT

We offer a variety of exercise classes, such as dancing, stretching, and yoga, to keep seniors active in a fun and enjoyable manner.

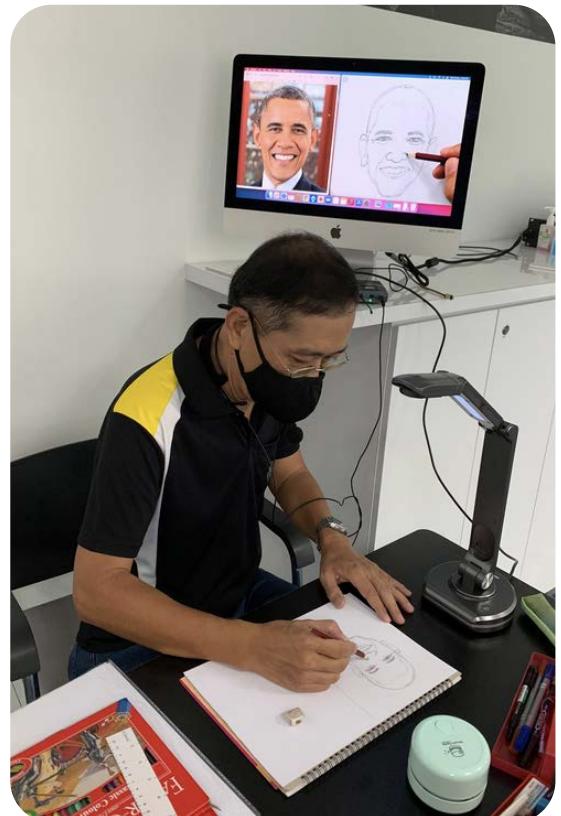


Active Ageing Activities

ART

Studies have shown that engaging in the arts help improve seniors' well-being. Besides allowing them to express themselves, it also increases social interactions and alleviates feelings of loneliness and isolation.

We offer a wide range of arts courses and workshops led by experienced and certified instructors.



Active Ageing Activities

GAMES & SING-A-LONG

Social interaction is a key pillar of good mental wellbeing. Seniors regularly join us in singing, colouring and a good game of rummikub.



Active Ageing Activities

HEALTH TALKS

Our community outreach programs help promote healthy living. They include free weekly health talks, dementia screening and digital literacy programs.



The online free weekly health talks by healthcare professionals and qualified speakers are well attended averaging 150-200 per talk.

DEMENTIA SCREENING

We also hold regular dementia screening to detect those at risk and enable early intervention and treatment.



Active Ageing Activities

DIGITAL LITERACY PROGRAM

Partnering IMDA for the Digital Literacy program for seniors, we have organised several sessions at our centres to help our seniors embark on in their digital journey. It's heartening to see their enthusiasm to learn and the patience of the volunteers in taking them through the steps.



Community Care

HOLISTIC COMMUNITY CARE MANAGEMENT

Serving the vulnerable with person-centric care

We provide regular monitoring, casework management and counselling for vulnerable community members in MacPherson, Simei and Tampines.

We also conduct dementia and depression screening for early detection and intervention.

We get referrals from community partners on vulnerable members in the community.

Number screened in FY2020-2021



145

We will support with the following,

- provide education on management of mental health conditions such as anxiety, depression and dementia,
- offer them counselling and emotional support,
- encourage them to engage in physical and mind-stimulating exercises and social activities
- assist with the management of their medical appointments and medication compliance,
- link them up with social service agencies for financial assistance and provision of meals where required; and
- arrange for installation of safety aids in the house to prevent falls

Additionally, where required, we will link them to the mental health support and community care network.

Community Care

HOLISTIC COMMUNITY CARE MANAGEMENT

Testimonials

Mr Chua* is a CBP-turned-CREST client who has been engaged with our befriending services since 2019. He is 92 years old this year, has dementia and is currently staying alone. A few months ago, our befriender visited him and noticed that he has a blistering foot with wounds prone to infection. When we suggested a hospital check up, Mr Chua was strongly against it and adamantly treated them with off the shelf herbal medication.

Concerned about his infection risk, the befriender and Care Co-ordinator increased the frequency of their visits. We also created a poster with Brahm Centre's contact number and a picture of a leg to let him know that he can call us should he require help. We are glad to find that client eventually pasted the poster on the wall of his living room, and is able to associate us as personnel whom he can call to share about his pain.

Besides his feet condition, we noticed that there were many expired snacks and drinks at his home. To prevent him from consuming these products, we bring fresh biscuits and labelled them "New" during our home visits and encouraged him to take these biscuits instead of the ones he had. We are heartened to see that in the following visits, the supply of the new biscuits has depleted. We plan to continue with the practice and switch out the expired confectionary in his home. Although Mr Chua may not remember us every time we visit him, we are glad to know that he is doing well and in good spirits. We are happy to have played a part in looking out and sustaining his health and safety in the community.

****Names have been changed to protect privacy of our clients***

Community Care

HOLISTIC COMMUNITY CARE MANAGEMENT

Exercise and social interaction boosts senior's wellness

83 year old Mdm Lee* is diagnosed with mild dementia and lives alone. She attends our weekly wellness exercises at Brahm Centre MacPherson accompanied by her daughter, Wendy. However, due to family commitments, Wendy is unable to join her and Mdm Lee has to make the trip by herself.

Concerned for her safety, we have stepped in to fetch her to and from the centre. The sessions helped maintain her physical strength and the interaction with staff, volunteers and other seniors made her very happy. To keep Mdm Lee meaningfully engaged at home, we have also provided her with colouring worksheets. She is now a familiar face at our centre and waves with a smile to everyone before heading back home.

A senior supporting other seniors

Mdm Marion*, aged 75, is a retired teacher who has been actively participating in our various wellness and social activities for the past X yrs. As she is outgoing and sociable, Mdm Marion is well liked by other seniors. In fact, she was featured as one of Brahm Centre's supported seniors in the National Day Parade segment.

She learnt of the escort service we provide to seniors with dementia and decided to play a part in bring joy to them as an Eldersitter volunteer. To help her understand the condition better, we provided her with training and she even went on to obtain a certificate for an e-module on mental health by AIC! This has sparked interest among some of the seniors to learn more about mental health.

Mdm Marion has since started on home visits to engage and support other seniors in need within the community! A truly inspiring woman!

****Names have been changed to protect privacy of our clients***

Mental Health Support

COUNSELLING

Enhancing well-being with mental and emotional support

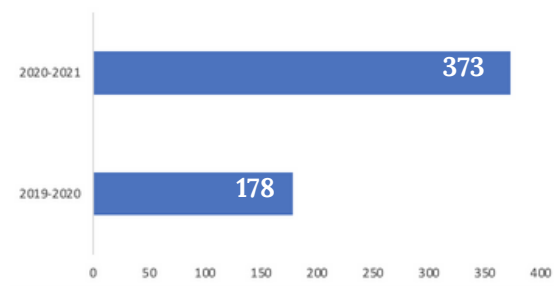
We provide a safe, confidential and comfortable space for support, healing and recovery of mental health and other life issues.

Email info@brahmcentre.com for counselling request

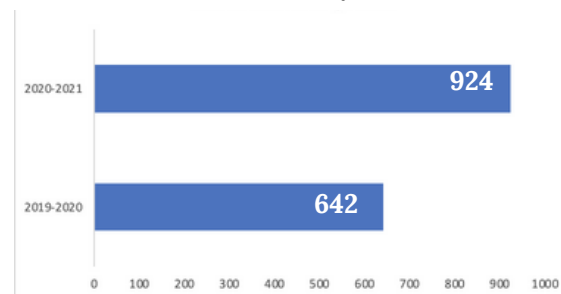
We offer individual, couple and group counselling on a wide array of mental health and other issues including, but not limited to the following:

- anxiety/stress
- behavioral/mood changes (depression)
- relationship and marital problems
- parenting challenges
- addiction management
- grief and loss

No. of clients grew by **110%**



No. of counselling hours increased by **44%**



*Mental Health Support***COUNSELLING**

Our experienced counsellors employ an eclectic approach in counselling, customising the therapeutic process for each client by using a combination of therapy methods and tools, including mindfulness.

In recent years, mindfulness-based interventions have become widely accepted in the mental health profession and integrated into the treatment of a wide range of symptoms due to stress, mental health concerns, and physical pain.

We seek to support our clients in improving their mental and emotional well-being, leading to happier and healthier lives.

**Our Counsellors**

Lily Gan
Senior Counsellor



Frank Singam
Senior Counsellor



Joyce Low
Counsellor & Art
Therapist

*Mental Health Support***COUNSELLING****Voices of Appreciation**

"Having Lily as my counselor and helpline has been one of the greatest blessings during my university years. She has never judged my feelings and helped me identify the various traumas in my life with great compassion and understanding. Most importantly, she has been a safe space where I can process difficult and complex emotions.

Lily helped me tide through dark periods and equipped me with ways to manage these tough moments through mindfulness and self-examination. It is essential for us, when we are young and vulnerable, to process our feelings with a mature and professional adult. I will always be thankful for a place I can run to whenever I need help."

Sam, Counselling Client*

"Growing up in a dysfunctional environment, I became disoriented and distorted from the baggage I carried from childhood to adulthood. As the multitude of challenges and problems threatened to overwhelm, sharing with friends and family didn't help. In fact, after I confided in them, I was left without much emotional support, resulting in trust issues.

Fortunately, I decided to seek professional help at Brahm Centre and was assigned to Lily. She was patient and kind despite my reluctance to open up initially. Lily made the effort to message and call, checking on me in between counselling sessions. During counselling, she listened and provided appropriate, careful and constructive advice.

Under her advice, I also attended mindfulness courses offered by Brahm Centre and it certainly bolstered by toolkit with additional coping strategies."

Belinda, Counselling Client*

"I would like to commend my counsellor Frank, who has been supportive of my journey towards understanding oneself and finding pathways towards self-discovery, freedom, joy and happiness.

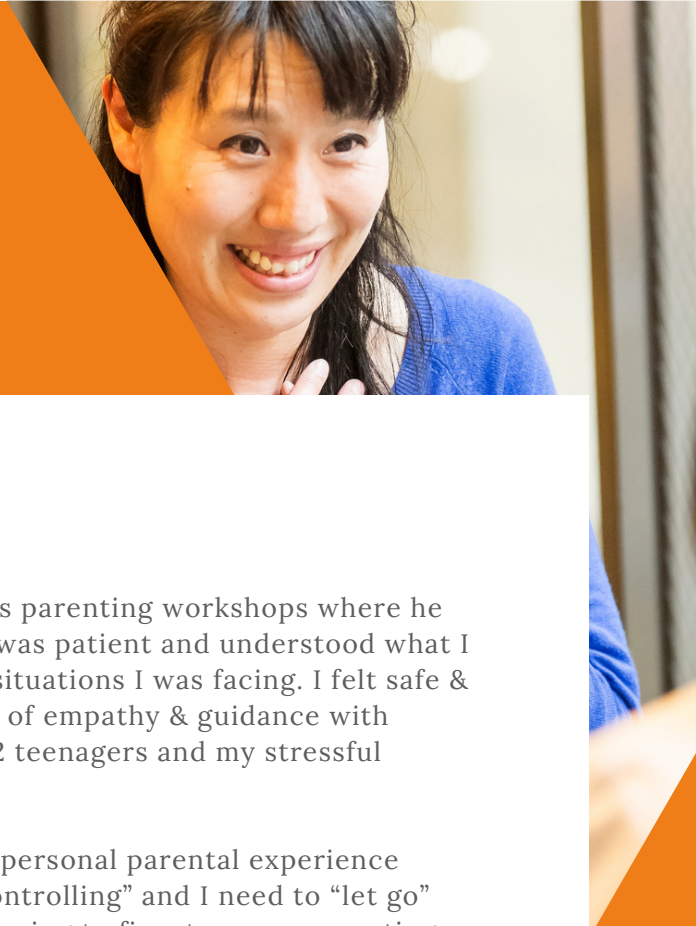
He brings forth his sincerity, knowledge and wisdom and I look upon him like a dear grandfather who cares for the younger generation :)

I wish Frank good health and happiness."

Damien, Counselling Client*

Mental Health Support

COUNSELLING



Voices of Appreciation

"I started working with Frank after attending his parenting workshops where he shared advice on effective parenting-skills. He was patient and understood what I was going through; all the current challenging situations I was facing. I felt safe & secure with his counsel as he always had words of empathy & guidance with regards to my marriage, relationships with my 2 teenagers and my stressful career.

Frank's words of wisdom & knowledge from his personal parental experience resonated with me. I learnt that I can't keep "controlling" and I need to "let go" just like flying a kite. Slowly but surely, I am learning to fine-tune my parenting habits so that I don't push my two teenagers away. I like to thank Frank for all the continuous encouragement and guidance thus far."

Raul, Counselling Client*

****Names have been changed to protect privacy of our clients***

Mental Health Support

ASSISTLINE

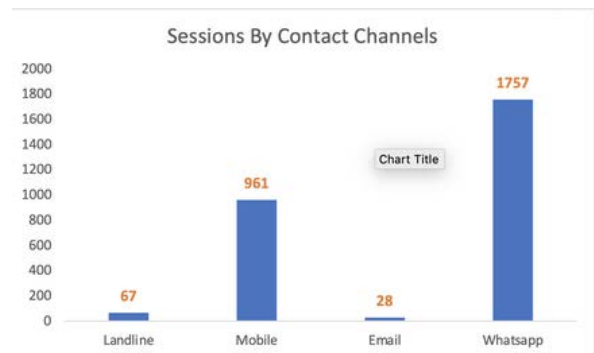
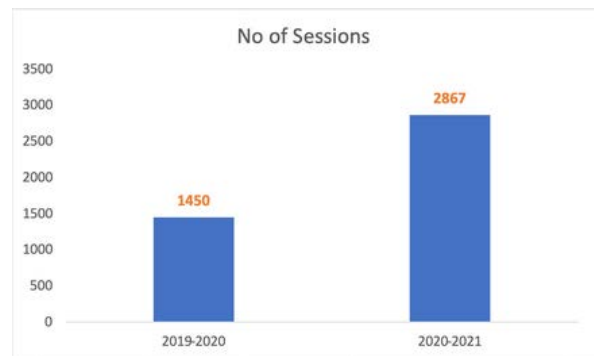
YOU ARE
NOT
ALONE

Offering A Confidential & Empathetic Listening Ear

We are here to listen if you want to talk through your feelings and experiences without fear of judgement.

**Call 6655 0000 or 8823 0000
(Whatsapp available)
9:00am to 10:30pm, Daily
Email: assistme@brahmcentre.com**

- Launched in 25 August 2019
- Provides emotional support to teens/young adults who are in distress or going through a mental health crisis.
- Supports parents/guardians who wish to adopt parenting strategies to better support the growth of their children.
- Number of sessions grew year on year by 98%
- Whatsapp messaging is the most popular means of contact at 61.5% of total.



Mental Health Support

ASSISTLINE

YOU ARE
NOT
ALONE

Voices of Appreciation

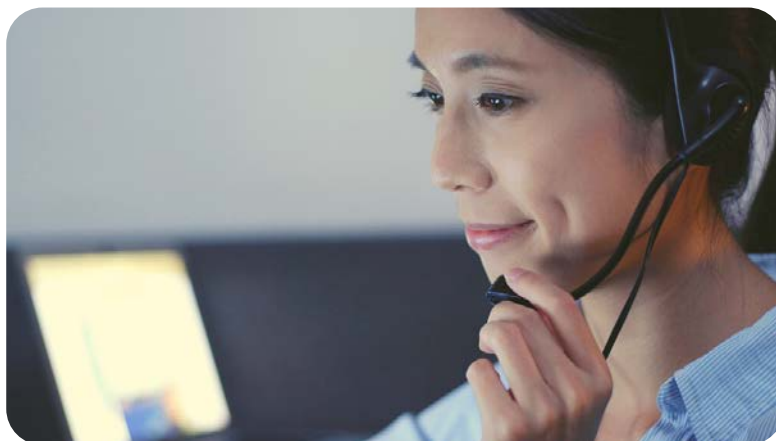
“Thank you very much for your time with my son. We really appreciate your help getting him to open up. This is something I failed for years... but you managed to do it.” **Mrs Wong***

“You have helped to lighten my mind and mood, lifting me from my strong emotions... I’ll follow all your tips... It is my wish that you can do the same for more people who feel hopeless and those who need help... Thank you so much.” **Felicia***

“Thank you for calming me down and giving me advice. Sorry, my emotions can be quite messy and sometimes I get lost on what I should do, so thank you for the advice, I really appreciate it.” **Marvin***

“Thanks for the session... At least there is one other person who understands me in this world. I can tell you are sincere in wanting to help me even though I’m so troublesome and difficult, and I appreciate that.” **Grace***

**Names have been changed to protect privacy of our clients*



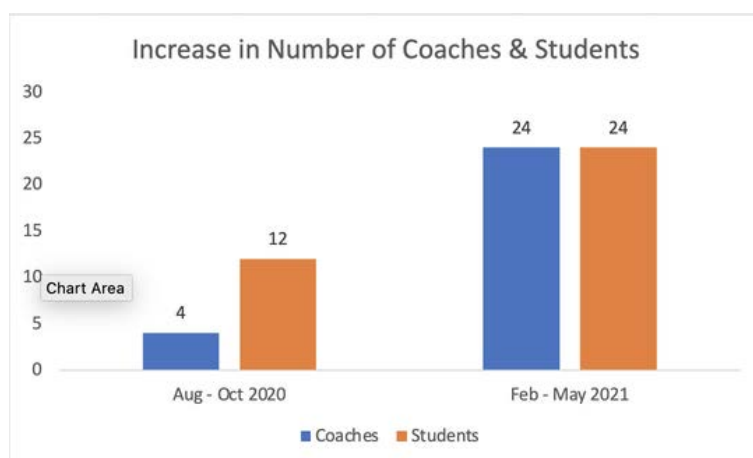
Youth Programs

MINDFUL ACADEMIC COACHING

Uplifting youths from underprivileged families

Provide free 1-1 coaching in academic subjects, communication skills and emotional regulation to secondary school students by matching them with students from institutes of higher learning.

- First launched in Aug 2020
- Completed two runs over the last year with each run spanning across a 4-month period.
- Matched 40 students with 28 coaches.
- Students recruited from neighbourhood schools received free one-to-one academic coaching in 2 subjects. Worked with NorthBrooks Secondary School for inaugural batch.
- Coaches recruited from Institutes of Higher Learning (i.e. Universities, Polytechnics, ITEs, JCs) with the support of Mental Health Collective Sg, Youth Corp, NUS Seed of Hope project and NUS Teach Sg.
- Coaches received training on coaching skills, mindfulness knowledge, communication and listening skills and supervision from the Brahm Centre Family Support Team.



Youth Programs

MINDFUL ACADEMIC COACHING



Voices of Appreciation



NorthBrooks
Secondary School

It has been a privilege and honour partnering with Brahm Centre for various programmes and activities since 2018. This is our second year collaborating on the Mindful Academic Coaching programme and we have completed four series, benefitting 26 students. Through the programme, our students benefited both academically and emotionally from the 1-1 mentorship by the coaches, becoming more self-regulated in the process. Over the weeks, they had also built positive relationships with the sincere and professional coaches, who went beyond their means to support our students. The infusion of Mindfulness practice into the coaching programme helped students better manage their emotions. We are thankful and grateful for this strong partnership in education with NorthBrooks."

Mr Sanjay

*In charge of Mindful Academic Coaching
Teacher, NorthBrooks Secondary School*

From the Youth Coaches

What the coaches reported learning from the experience: **patience, active listening, adopting a non-judgmental attitude, and empathy**

"teaching is not based on how I enforce pace onto my student, but to properly take time with his pace and be patient!"

"...accept my student and let him share his problems"

From the Students

"To my coach Andrea, I would like to say a BIG thank you for helping and supporting me. You always go the extra mile and make adjustments to accommodate me despite your busy schedule."

"To my coach Lynette, thank you for getting me thru' a tough semester. All the study tips and time management techniques you shared helped pull me up from D7 to B4!"

*Volunteer &
Community Engagement*

BEFRIENDING



Care and support for lonely seniors and caregivers

Through our Befriending program, support is provided to seniors, Persons Living with Dementia and caregivers with the help of a pool of dedicated and trained volunteers.

- For FY 2020, 2,197 clients were serviced by our care team and volunteers, and
- 12,603 home visits and phone calls were made

Our care management staff will analyze the client's needs and link them to trained volunteers after getting a recommendation from one of our network of partners, which includes hospitals, community partners, and social assistance centres.

How does Brahm Centre Befriending Program help?

- Engage befriendees in chats and lend them a listening ear.
- Encourage them to adopt a healthier living approach with mind stimulating activities and simple exercises to improve physical mobility.
- Provide emotional support and appropriate training to caregivers
- of persons living with mental health conditions.

If you would like make a difference by becoming a volunteer, email us at volunteer@brahmcentre.com

Volunteer & Community Engagement

SG CARES VOLUNTEER CENTRE TAMPINES

Promoting a caring society through volunteerism

Our success in helping individuals lead happier and healthier lives, is to a large extent due to a strong ecosystem of volunteers, donors and grant makers that support our work and initiatives. In recognition of this, Brahm Centre was appointed the SG Cares Volunteer Centre for Tampines and Simei by the Ministry of Culture, Community and Youth (MCCY), on 24 April 2021.

As the Volunteer Centre for Tampines and Simei, we work with Social Service Agencies (SSAs), educational institutions and corporates to:

- Enhance community inclusiveness and care among neighbours.
- Recruit, develop and deploy volunteers.
- Build volunteer capabilities and
- Create meaningful volunteering opportunities for volunteers



Training sessions for People's Association grassroots volunteers

Volunteer & Community Engagement

SG CARES VOLUNTEER CENTRE TAMPINES

Since the opening of Brahm Centre @ Tampines, we have collaborated with 35 Social Service Agencies (SSA's) and community groups, including:

Peoples Association, Lion Befrienders, CDAC Chinese Development Assistance Council, NUS Students Community Service Club, All Saints Home, Jamiyah Home for the Aged, Youthreach, PPIS As-Salam Group; and Kheng Chiu Loke Tin Kee Home

In addition, we have also worked with over 30 corporates and NGO's for volunteer recruitment and mindfulness programs including educators from 9 schools.

We will continue to build relationships with another 40 SSA's by July 2021 and work with government agencies and corporates to identify ground-up initiatives that will improve the well-being of the whole community.

2nd hand fan for
Mr Chua of BC@Mcperson



Reconditioned 55" smart TV for
Mr Tan Ah Bhah of BC@Macpherson



Made possible by through collaboration with John Le Tissier of Amazon with Gabby Yong Head of Volunteer Centre &

Volunteer & Community Engagement

SG CARES VOLUNTEER CENTRE TAMPINES

Since the opening of Brahm Centre @ Tampines, we have collaborated with 35 Social Service Agencies (SSA's) and community groups, including:

- Peoples Association
- Lion Befrienders
- CDAC Chinese Development Assistance Council
- NUS Students Community Service Club
- All Saints Home, Jamiyah Home for the Aged,
- Youthreach
- PPIS As-Salam Group; and
- Kheng Chiu Loke Tin Kee Home

In addition, we have also worked with over 30 corporates and NGO's for volunteer recruitment and mindfulness programs including educators from 9 schools. We expect to maintain this momentum and build relationships with another 40 SSA's by July 2021. We will also continue to work with government agencies and corporates to identify ground-up initiatives that will improve the well-being of the whole community.

We are also training and managing pools of Volunteers to support our work in the following areas:

Mindfulness Programs, Seniors' Excursions, Elder Befriending, Exercise, Yoga and Dance, Art and Craft classes, Office Admin and CSOs, Mindful Academic Coaching, Youth Mentors, Counselling and Mentoring, General Volunteering, Contractors and Transport and Logistics

Our Team

FRIENDLY FACES OF BRAHM CENTRE



Team from Brahm Centre @ Tampines



Team from Brahm Centre @ Macpherson

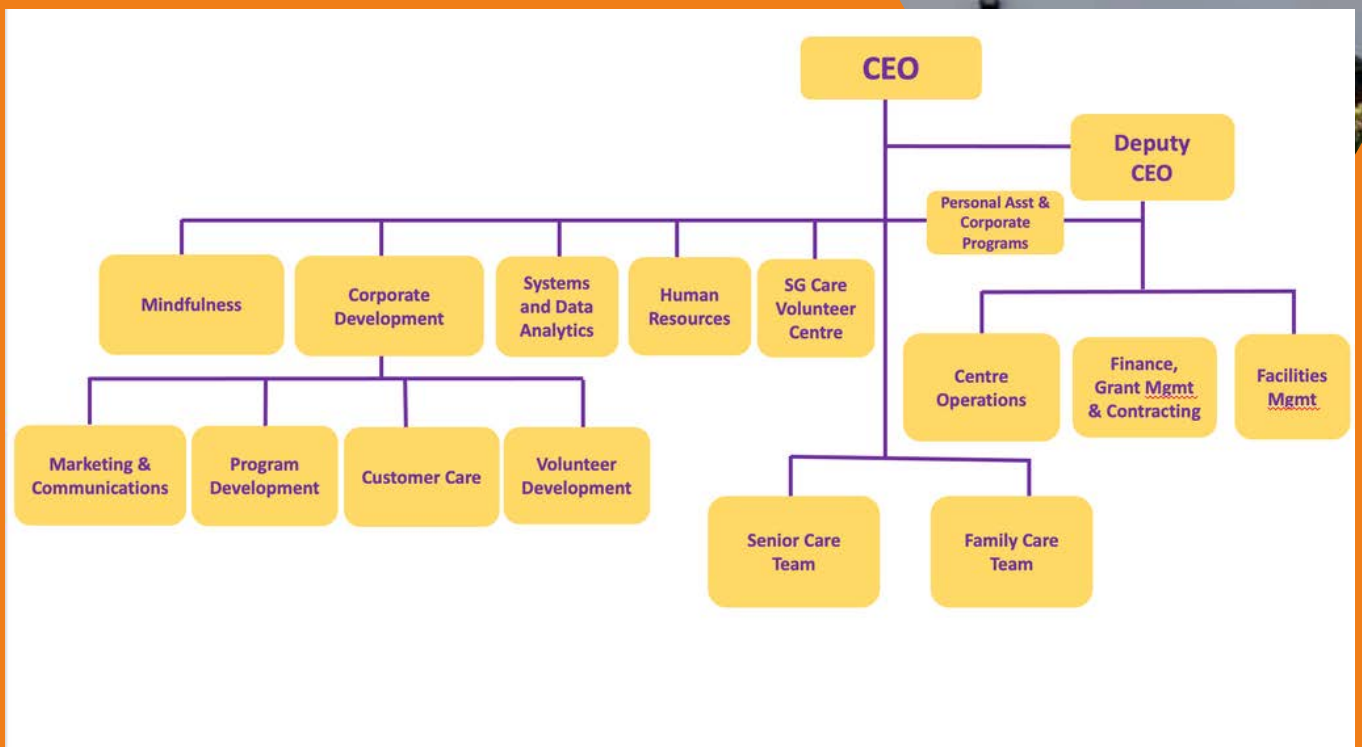


Team from Brahm Centre @ Simei



Our Team

ORGANIZATIONAL CHART



FY20/21

SUMMARY OF FINANCIAL STATEMENT

	2020/21 SGD	2019/20 SGD	Variance SGD
Charitable Activities			
Income from Courses	660,175	755,948	(95,773)
Income from Services and Merchandises	72,825	59,945	12,880
Less			
Expenses related to Charitable Activities	(3,251,600)	(2,185,991)	(1,065,609)
Expenses related to Governance Activities	(198,732)	(410,368)	211,636
	(2,717,332)	(1,780,466)	(936,866)
This is funded by:			
Donations	544,035	312,960	231,075
Fundraising	0	0	0
Other Income	373,766	420,992	(47,226)
Less Fundraising Expenses	0	0	0
Total Donations, Fundraising & Other Income	917,801	733,952	183,849
Deficit from Operations	(1,799,531)	(1,046,514)	(753,017)
Income from Government & Non-Government Grants	2,487,248	1,744,897	742,351
Matching Grant Contributions	66,229	130,457	(64,228)
Surplus from Operations before Investment Income	753,946	828,840	(74,894)
Net Investment and Interest Income	73,636	70,923	2,713
Surplus from Operations	827,582	899,763	(72,181)

The full audited financial statements for Brahm Centre can be downloaded separately at charities.gov.sg.

Staff Remuneration above \$100,000

CEO of Brahm Centre was paid a gross remuneration of \$169,321 inclusive of CPF & AWS for the FY2020/2021.

The surplus will be applied towards setting up the new Brahm Centre @ Newton and increasing our mental health support and corporate services team in the next FY.

Among the staff, only the CEO served on the governing board member of the charity. There is NO paid staff being a close member of the family belonging to the CEO or any Board Member.

BOARD MEETING ATTENDANCE

MEMBERS	DESIGNATION	27 JUL 2020	14 SEP 2020	29 NOV 2020	26 JUN 2021
Mrs Tan-Huang Shuo Mei	Chairperson	✓	✓	✓	✓
Ms Karen Kooi	Chairperson <i>Till 14 Sep 2020</i>	✓	✓	N.A.	N.A.
Dr Ho Eu Chin	Vice-Chairman	✓	✓	✓	✓
Ms Angie Chew	Director	✓	✓	✓	✓
Ms Chen Yew Nah	Director		✓		✓
Mr Chong Nai Min	Director	✓	✓	✓	✓
Ms Jesilynn Luar	Director	✓		✓	✓
Dr Jerome Goh	Director	✓	✓		✓
Dr Lee Cheng Chuan	Director	✓	✓		✓
Dr Tan Bhing Leet	Director	✓	✓	✓	✓
Dr Irene Tirtajana	Director		✓	✓	✓
Ms Joanne Chan	Director	N.A.	N.A.	✓	✓
Mr Henry Baey	Director <i>Till 14 Sep 2020</i>	✓	✓	N.A.	N.A.

Brahm Centre @ Newton

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tel: +65 6610 3870

Brahm Centre @ Tampines

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Singapore 520473
T: 6908 2122

Brahm Centre @ Simei

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Singapore 520227
T: 6786 0800

Brahm Centre @ MacPherson

Blk 55 Pipit Road, #01-01
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