



*Building  
Resilient  
And  
Happy  
Minds*

# ANNUAL REPORT

2024-5





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# ABOUT US

Brahm Centre is a registered charity dedicated to promoting healthier and happier lives since 2012. As a full member of the National Council of Social Service and an Institution of a Public Character, it empowers individuals to care for their physical and mental well-being through evidence-based mindfulness programs, public health talks, and wellness courses such as art and movement therapy. The Centre serves a wide range of communities including corporations, healthcare institutions, and schools.

Its dedicated care management team, supported by trained volunteers, works closely with partners like the Agency for Integrated Care (AIC) and Ministry of Health (MOH) to support both seniors and youths through initiatives such as public education, counselling, befriending, case management, and a youth internship program.

**Our Vision** - Empowering individuals to create their own happiness

**Our Mission** - To promote happier and healthier living

## Our Values - GEM ROCK

### Gratitude

To be grateful and appreciate even the little things in life

### Empathy

To show care and concern without judgement

### Mindfulness

To be authentic and mindful with our responses to every situation

### Respect

To value people's individual differences

### Openness

To listen deeply and explore new possibilities

### Compassion

To be understanding towards the challenges and constraint of others

### Kindness

To do no harm to others





## **PATRON'S MESSAGE**

### **Mr Choo Chiau Beng**

Since its establishment in 2012, Brahm Centre has grown steadily in both scale and impact, responding to the evolving needs of the community. From its early beginnings, the organisation has expanded into a network of 9 centres, each dedicated to serving individuals with care, inclusivity, and purpose.

The breadth of Brahm Centre's impact is clearly reflected in its database of over 45,000 individuals, plus an additional 23,000 migrant domestic workers. These figures represent not just reach with the support of Agency for Integrated Care and various partners, but meaningful engagement with people from diverse and even vulnerable background, each supported through programs designed to uplift and empower.

I am encouraged by Brahm Centre's continued evolution. The expansion into youth development program demonstrated a forward-looking commitment to nurturing future generations. In partnership with Bank of America, the Centre successfully supported over 70 internships in a single year, providing young people with valuable workplace exposure and opportunities to build confidence and skills for employment.

Equally significant is Brahm Centre's collaboration with the Ministry of Manpower to support migrant domestic workers from Myanmar and the Indian subcontinent, with plans underway to extend this support to include Indonesia. This partnership reflects a strong alignment with national efforts and a deep understanding of the needs of migrant communities.

As Patron, I commend the Board, management, staff, volunteers, and partners for their dedication and compassion. I am confident that Brahm Centre will continue to strengthen its impact, foster meaningful partnerships, and remain a trusted pillar of support for the communities it serves.





## CHAIRMAN'S MESSAGE

### Dr Tan Geok Leng

This past year has been one of meaningful progress and steady advancement in expanding our contributions in Singapore.

Throughout the year, our programs and initiatives were guided by a clear commitment to inclusivity, and impact. We focused not only on expanding our reach, but also on deepening the quality and relevance of our work, ensuring that what we offer truly serves the needs of the community. The team demonstrated resilience and adaptability with 3 additional centres opening in 2025, and expanded our programs for migrant domestic workers. We look forward to 2 more new centres in 2026.

Good governance and accountability remained central to our operations in 2024/2025. The Board worked closely with management to provide strategic guidance, strengthen internal systems, and ensure transparency and sustainability. These efforts have positioned the Brahm Centre well for continued growth and long-term impact.

I would like to express my sincere appreciation to our Board members for their leadership, to our management and staff for their dedication and professionalism, and to our donors and partners for their trust and continued collaboration.

As we look ahead, we remain optimistic that we will continue to serve as a meaningful force for positive change in the years to come.

On behalf of the Board, I thank you for your continued confidence in the Brahm Centre.





## **CEO'S MESSAGE** **A/Prof Angie Chew**

As CEO, I am deeply grateful for this affirmation and for the steadfast support from our Patron, Board, partners, and stakeholders who have walked alongside us since our establishment in 2012. At the heart of Brahm Centre's work is a simple but powerful purpose: to serve with compassion and inclusivity.

Having served more than 45,000 individuals and 23,000 migrant domestic workers, are significant milestones, of which more than 20,000 have attended our mindfulness programs. These are real lives touched, challenges eased, and opportunities created.

Our expansion to 9 centres in 2025 and the broadening of our program offerings reflect our responsiveness to emerging needs. The introduction of youth development initiatives with the support of Agency for Integrated Care and our collaboration with Bank of America to support more than 70 internships in a single year underscore our belief in early intervention and empowerment.

Our work with migrant domestic workers has become a core pillar of our mission. Partnering with the Ministry of Manpower strengthens our ability to provide targeted, culturally sensitive support to communities that are vital to Singapore's social fabric.

Looking ahead, Brahm Centre will continue to innovate, collaborate, and grow responsibly. We will deepen our impact by strengthening partnerships, harnessing data and insights, and investing in our people—staff and volunteers—who are the backbone of our organisation.

I extend my sincere appreciation to our Patron, Board members, funders, donors, partners, staff, and volunteers for their unwavering dedication. Together, we will continue to build a compassionate and resilient community.





# PATRON



**Prof Choo Chiau Beng**

# DISTINGUISHED ADVISORS



**Dr Christopher Cheok**



**Prof Chua Hong Choon**



**Prof Foo Keong Tatt**



**Dr Daniel Fung**



**Tina Hung**



**Tan Siak Hee**



# BOARD OF DIRECTORS

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**Dr Tan Geok Leng**  
Chairman and Chairperson of  
Audit & Risk Committee



**A/Prof Tan Tin Wee**  
Vice-Chairman and Chairperson of  
Innovation Committee



**Dileep Nair**  
Treasurer & Chairperson  
of Finance Committee



**Tan-Huang Shuo Mei**  
Chairperson of Human  
Resources Committee



**Adj. A/Prof Angie Chew**  
CEO & Mindfulness Principal



**Dr Jerome Goh**



**Dr Koh Li Wearn**



**Jesilynn Luar**



**Prof Phua Dong Hau**



**Dr Irene Tirtajana**



**Yap Su-Yin**



# SUB-COMMITTEES

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## Audit & Risk Committee



**Dr Tan Geok Leng**  
Chairperson



**Chong Nai Min**



**Fong Pui San**



**Loke Wai Yew**

## Finance Committee



**Dileep Nair**  
Chairperson



**Jesilynn Luar**



**Tan-Huang Shuo Mei**



**Yap Su-Yin**

## Human Resource Committee



**Tan-Huang Shuo Mei**  
Chairperson



**Chen Yew Nah**  
Former Chairperson



**Jesilynn Luar**



**Mr Dileep Nair**

## Innovation Committee



**Prof Tan Tin Wee**  
Chairperson



**Dr Koh Li Wearn**



**Yap Su-Yin**

# TRIBUTE

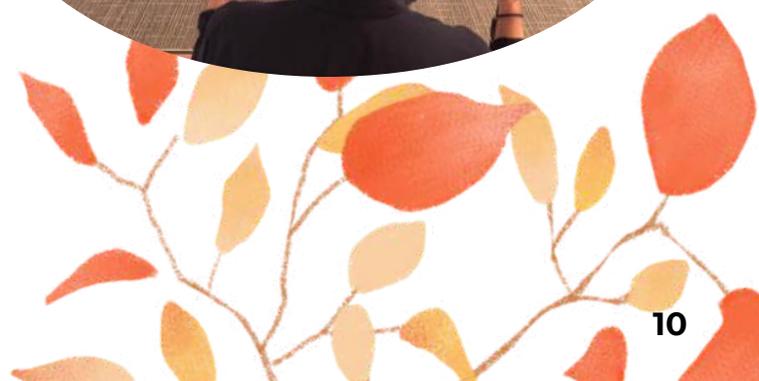
## Ms Chen Yew Nah A Decade Of Leadership



Ms Chen Yew Nah will have completed ten years of service on Brahm Centre’s Board during March 2025—reaching the term limit set by the Commissioner of Charities. She has served as Chairperson for the majority of her tenure, providing visionary leadership, steadfast commitment, and deep compassion throughout her time with us.

Although she has stepped down from her role as Chairperson, Ms Chen will continue contributing as a member of the HR Committee, demonstrating her continued support and care. In her characteristic humility, she declined any nomination for awards - yet her legacy remains deeply honoured and cherished by all at Brahm Centre.

To commemorate this feat, Brahm Centre hosted a celebration dinner. The evening was marked by warmth and gratitude over a hearty dinner. Guests including retired board members and distinguished advisors, where many shared memories, laughter, and enjoyed lively performances by our staff, interns, and guests. The celebration also featured a special one-hour workshop on “Trauma-Sensitive Mindfulness” conducted by Dr David Treleven, an internationally renowned expert on Trauma-Sensitive Mindfulness from Canada.



# MILESTONES

2025

Partnered with Bangor University UK. to offer Mindfulness Based Stress Reduction (MBSR) Teachers Training Program

2024

Partnered with Oxford Mindfulness Foundation to offer Mindfulness Based Cognitive Therapy (MBCT) Teachers Training Program

Inaugural Art Exhibition officiated by Senior Minister of State Tan Kiat How & Minister of State Dinesh Vasu Dash

2023

Brahm Centre @Simei148 officially opened by Deputy Prime Minister Heng Swee Keat

Launched the OMEGA Program for Migrant Domestic Workers

2022

Celebrated 10th Anniversary with Deputy Prime Minister Heng Swee Keat.

Brahm Centre @Newton officially opened by Dr Janil Puthuchery

2021

Brahm Centre @Tampines officially opened by Minister Masagos Zulkifli

2020

CEO Adj A/Prof Angie Chew awarded Straits Times Singaporean of the Year

2018

Brahm Centre @MacPherson officially opened by President Halimah Yacob

2017

Brahm Centre @Simei opened by Senior Minister of State Dr. Amy Khor & Jessica Tan

2015

Brahm Centre @Novena officially opened by former President S. R. Nathan

2012

Brahm Centre officially opened

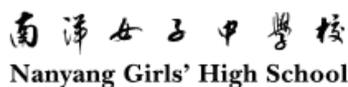


# SPONSORS

We are thankful for the support from our sponsors and partners, enabling Brahm Centre to contribute to the well-being of the seniors, adults and youths through a myriad of programs and services.

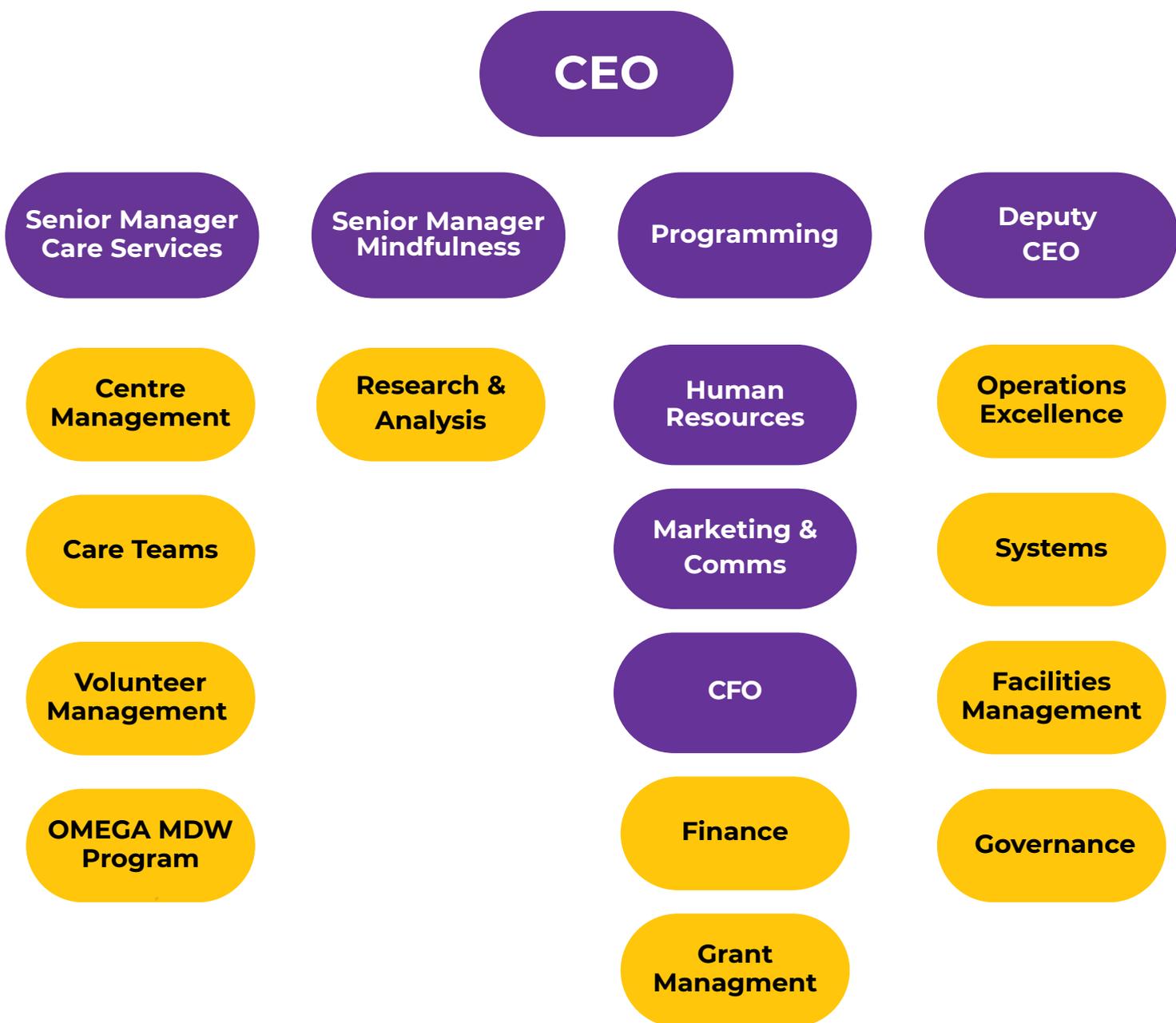


# PARTNERS





# ORGANISATION CHART



# OUR TEAM



Founded in 2012, Brahm Centre has been dedicated to healthier and happier living. We continue to empower individuals to improve their mental and physical health. Brahm Centre is beyond offering evidence-based mindfulness and wellness programs, we've evolved to offering the courses to corporations, healthcare institutions, and schools. Our centres are supported by trained volunteers. We also have close collaboration with partners like Agency for Integrated Care (AIC) and Ministry of Health (MOH) to provide essential community services, including public education, counselling, befriending, case management, and youth development.



The management team

# NEWTON CENTRES

## Mindfulness, Art and Counselling



We have two centres at Goldbell Towers next to the Newton MRT. This conducive facilities promotes happier and healthier living with the offering mindfulness courses and art courses on Level 4 and programs to support parents and youths including counselling on Level 5.

Our mindfulness offerings include the Mindfulness Foundation Course, Mindful Parenting, and Mindful Compassion to intensive eight-session programs such as Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy for Life (MBCT-L) - all aimed at reducing stress and enhancing focus.

Other than mindfulness courses, a diverse selection of adult art courses tailored to all experience levels such as watercolour painting, acrylic painting to coloured pencil drawing. With a faculty of qualified trainers and award-winning artists, our artistic programs serve as a vital pillar of the centre's holistic approach to wellness. These courses go beyond creative instruction. They are designed to enhance participants' quality of life through a combination of cognitive challenge, emotional release, and meaningful social interaction.



# MACPHERSON

## Active Ageing Centre + CREST Program



Brahm Centre @ MacPherson serves as a vital Active Ageing Centre (AAC), acting as a primary community touchpoint for senior social connection and early mental health intervention. The centre provides a holistic suite of wellness programs—including evidence-based mindfulness courses, cognitive-stimulating arts classes—designed to empower seniors and maintain their independence. This centre focuses on active ageing from integrating health workshops and collaborating with partner like Health Promotion Board (HPB) for activities to encourage seniors to get outside of their house, even with regular social excursions. There is a never dull moment in this centre as MacPherson is the environment where seniors are equipped with greater awareness to handle life's challenges of ageing.

Beyond general engagement, the MacPherson centre hosts a dedicated Community Outreach Team (CREST), specializing in mental health support and early identification of conditions such as Dementia. This specialized team provides a critical safety net, offering emotional support and referral services to ensure that seniors with mental health challenges are not isolated at home. Brahm Centre @ MacPherson remains committed to improving the quality of life for seniors and maintaining their independence through building a deeply connected, supportive neighbourhood network.



# SIMEI

## Active Ageing Centre + CREST & COMIT Programs



Brahm Centre @ Simei operates as a comprehensive Active Ageing Centre (AAC), serving as a primary wellness hub for seniors within the neighbourhood. The centre aims to help seniors live better and healthier lives through encouraging them to stay active, engaged, and well. As a vibrant community hub, seniors can stay physically and mentally fit through activities like yoga, music-based exercise, and brain-sharpening workshops. By organising group outings and social events, the centre ensures that older adults stay connected to their neighbours and avoid the health risks of loneliness. Beyond just fun activities, the centre teaches practical life skills—like digital technology and healthy eating—to help seniors live confidently and independently.

What makes the Simei centre unique is its complete mental health support system: the Simei centre can help seniors right in their own neighbourhood instead of a hospital. We have a dedicated outreach team Community Outreach Team (CREST) to help spot early signs of mental health struggles, and a professional intervention team, known as the Community Intervention (COMIT) to provide long-term counseling and structured care. This ensures that both seniors and their family caregivers have a local, professional support network to help them maintain a high quality of life at home.



# TAMPINES

## CREST & COMIT Programs



Brahm Centre @ Tampines has evolved into a vital community cornerstone since 2021. It has successfully transformed from a former badminton hall into a vibrant hub for local residents. As the centre is located near Tampines East MRT, the centre serves as an accessible sanctuary where seniors can also engage in specialised programs. These programs also include like Functional Movement for physical agility and CRAFT@TP for cognitive stimulation. These initiatives are not just for recreation, they serve as a critical preventive measure against mental health challenges such as depression and anxiety by fostering regular social interaction and a deep sense of belonging within the surrounding housing estates.

The Tampines centre provides a robust end-to-end mental health support system through its dedicated Community Outreach (CREST) and Community Intervention (COMIT) teams. With these teams, the centre is equipped to spot early signs of mental health struggles through community screening and provide long-term, structured counseling for those with diagnosed conditions. By offering these professional services in a familiar neighborhood setting, the centre ensures that both seniors and their family caregivers have a reliable, local support network to help them maintain a high quality of life at home.





# \*SCAPE

## Youth Services



In July 2025, Brahm Centre officially opened its seventh outlet at \*SCAPE (2 Orchard Link, #04-06), strategically located in the heart of Orchard to better serve the mental wellness needs of youth aged 13 to 25. This new outlet represents a significant milestone in Brahm Centre's efforts to provide accessible, stigma-free mental health support and holistic wellness program tailored specifically for young people and their caregivers.

The centre offers mental health screenings, early interventions, individual counselling, and mental wellness program, including art, yoga, journaling, music, mindfulness practices, and more. Youth can access these services via walk-in consultations or by appointment, ensuring flexibility and ease of access. Additionally, grove serves as a safe and welcoming space where youths can engage in meaningful activities that promote emotional regulation, resilience, and community connection.

As part of \*SCAPE's broader rejuvenation initiative, grove complements the youth hub's mission to foster creative expression and personal growth. This new outlet also supports the Ministry of Social and Family Development (MSF)'s and National Council of Social Service (NCSS)'s priorities in upstream mental health intervention and youth support.



# AWARDS

## Nurses' Merit Award

We're proud to share that Josephine Tham, our Head of Care Team, has been awarded the prestigious Nurses' Merit Award (NMA) 2024, presented by Minister for Health, Mr Ong Ye Kung. This national accolade honours nurses who have demonstrated exceptional performance, actively pursued professional development, and contributed significantly to elevating the nursing profession.

Our awardee embodies these qualities wholeheartedly. From leading innovative initiatives like the Zoomathon, to engaging actively with community partners, her passion for care is deeply felt across the organisation and beyond.



***Every recognition is a reminder of the impact we can make. We remain committed to improving lives, one person and one community at a time.***

## Community Care Excellence Award

The Community Care Excellence Awards (CCEA) is a national honours program that recognises outstanding healthcare professionals for their dedication to the community. Receiving this award is a prestigious mark of excellence, signaling that an individual has significantly improved the lives of the people they serve. We are incredibly proud to celebrate our three staff members pictured below, whose exemplary contributions have earned them this well-deserved recognition



Hannie Hay  
Centre Manager  
Simei



Navin Singam  
Centre Manager, Tampines



Sharine Boey Kwai Ying  
Centre Manager  
MacPherson

***We commend their unwavering dedication, compassion, and commitment to service excellence within the community.***



# MINDFULNESS

Brahm Centre is now the largest mindfulness provider in Singapore. The goal is to help individuals manage stress and improve emotional regulation. These secular programs empower participants with practical tools for mental clarity and long-term resilience. Some highlights are provided below.

## Retreat by Dr David Treleaven



A 3-day Mindfulness Retreat was organised by Dr David Treleaven and Adj A/Prof Angie Chew. We were honoured to host Dr. David Treleaven, a globally recognized pioneer in Trauma-Sensitive Mindfulness (TSM) and a visiting scholar at Brown University.

As the author of the definitive book on the subject, Dr. Treleaven is the leading voice on how to adapt mindfulness practices for individuals who have experienced trauma focused on the concepts of trauma-sensitive mindfulness as well as personal growth and healing.



Over a hundred participants got to experience first-hand the transformative effects of mindfulness practice, taking the time to get in touch with their own emotions and process past adverse experiences through grounding practices.

According to our attendees, the experience left them feeling refreshed, having the opportunity to forge meaningful social connections with others. The retreat provided a safe environment for them to face their own emotions, and learn helpful and accessible practices to do so. It was also a highly enriching retreat, allowing for self-exploration and healing in a supportive and compassionate space.



# MINDFULNESS

## Mindfulness Retreat by Dr Christopher Willard

Brahm Centre was honoured to host Dr Christopher Willard, a world-renowned clinical psychologist and faculty member at Harvard Medical School, for a specialized 3-day mindfulness intensive. Co-facilitated by our CEO, Adj A/Prof Angie Chew, this collaboration brought Ivy League-level psychological expertise to our local community.

Participants engaged in a curriculum that bridged cutting-edge clinical research with practical daily application. The retreat concluded with exceptional feedback, as attendees gained high-level tools to manage mental well-being and lead more purposeful, resilient lives.



*"I have explored mindfulness practices over the years, but this retreat brought everything together in a meaningful way. It offered profound insights that will stay with me for a long time."*

- Former Journalist

*"Another enriching learning journey. Grateful for the guidance on living a more meaningful life."*

- Pearly Lim

*"Letting go of responsibility can be a way of nurturing growth in ourselves and others."*

- Senior Executive

# Training Mindfulness Teachers

To ensure the long-term sustainability of mental health support, Brahm Centre goes beyond public workshops by developing a cohort of skilled mindfulness educators through our teacher-training initiatives.

## Mindfulness Facilitators

In 2025, we conducted the Mindfulness Advanced Course, an intensive two-day residency designed for those looking to master the complexities of the human mind. This program moved beyond basic relaxation, offering a deep dive into the psychological application of mindfulness to navigate high-pressure environments and complex life challenges.



The course was co-led by Dr Christopher Willard, a world-renowned clinical psychologist from Harvard Medical School, alongside our own Adj A/Prof Angie Chew. Participants benefited from a rare opportunity to refine their skills under global leadership, resulting in overwhelming praise for the course's depth and practical impact on their mental clarity.



## MBCT Teachers

Over a 12-month period, Brahm Centre co-facilitated the Oxford Mindfulness-Based Cognitive Therapy (MBCT) Teacher Training Program in Siem Reap, Cambodia. The training successfully produced over 24 MBCT teachers, expanding the pool of qualified professionals to support Singapore's growing demand for mindfulness-based interventions.



# Going Beyond . .

## University of Science and Technology

As interest in mindfulness continues to grow internationally, Adj A/Prof Angie Chew conducted a mindfulness workshop at the Hong Kong University of Science and Technology Guangzhou campus. The university offers courses taught in English and provides scholarships for international students, making it an attractive option for tertiary education beyond Singapore's shores.



During one of the workshops, Angie met Joshua Nijati, an Uyghur student, who shared this thoughtful reflection:

***“I’m grateful for my own presence and who I truly am. I’m also aware that my mind is imaginative and that my body is full of potential for exploration through mindfulness exercises.”***

## PAP Community Foundation

Many companies invited Brahm Centre to conduct mindfulness workshops at their events. One of them was the PAP Community Foundation held a Sparkletots PreSchool District Leaders and Educators event, attended by 1,200 Sparklecare teachers.



## National Sports Team

Adj A/Prof Angie Chew conducted a mindfulness workshop for members of a national sports team at OCBC Sports Arena. The session focused on enhancing mental resilience — a key component of athletic performance. Participants learned how staying present in the game, rather than fixating on outcomes. This helps them sustain focus and confidence. The workshop underscored the importance of managing thoughts and emotions to maintain peak performance, highlighting how inner distractions, rather than external opponents, can often be the greatest challenge.



## Yu Neng Primary School



Despite recovering from the flu, Adj A/Prof Angie Chew conducted a one-hour Mindfulness for Self-Care workshop for over 70 teachers at Yu Neng Primary School. She opened the session with the reflection, “Physical pain is inevitable; mental pain is optional,” highlighting the importance of maintaining inner calm even in the face of physical discomfort. The workshop focused on equipping educators with practical mindfulness tools to manage stress and cultivate a resilient, centred mind amidst their daily responsibilities.



# MBSR & MBCT Course Testimonials



*"In more ways than one, this year has been a series of deep challenges, but also deep growth, clarity and healing."*

*"I didn't know what to expect from attending this course initially- in part because in my limited understanding, I had equated mindfulness with meditation. Now I know that it's a very small part - it's truly been an eye opener and a life changing experience."*

*"Thank you so much for the work you do and for being a guide to me and so many of us through our individual and collective growth as human beings in these short 8 weeks."*

*"As a doctor, we do what we can to treat and look after the sick, but in your own ways, you're a true healer."*



# ART EXHIBITION

## An Uplifting Journey



Artworks displayed in the Goldbell Towers lobby

On 5-7 June 2025, Brahm Centre launched an art exhibition at Goldbell Towers, titled "An Uplifting Journey with Art". Mr Arthur Chua, the CEO of Goldbell Group, showcased his personal artworks in the lobby, together with the artworks by our seniors.

The opening ceremony was honoured by the presence of a Senior Minister of State, Mr Tan Kiat How, and Minister of State, Mr Dinesh Vasu Dash. Both of them reiterated the importance of fostering inclusive spaces for seniors to connect through the arts.

Over three days, our centres are Newton was transformed into a gallery showcasing more than 100 original pieces created by 40 of our seniors and community artists. The event attracted more than 500 visitors, including family members, community partners, and art enthusiasts.



This exhibition was the culmination of months of planning and creative workshops, proving that art is a powerful tool for self-expression and mental vitality in the golden years. By sharing their work with the public, our seniors gained a profound sense of pride and connection, demonstrating that it is never too late to discover a new passion.

Complementing the exhibition were artworks created from engaging workshops such as Chinese brush painting, Chinese calligraphy, acrylic painting, and Nagomi pastel art. These courses offering participants hands-on opportunities to explore different art forms and deepen their creative skills.



Beyond the beautiful displays, the exhibition fostered a warm and vibrant atmosphere that encouraged dialogue and connection across generations, leaving a lasting impact on both artists and attendees.

Building on this success, Brahm Centre plans to extend similar art exhibitions and workshops to its other centres, ensuring that more seniors across the community can experience the joy and empowerment of creativity. This inaugural exhibition has set a strong foundation for future artistic endeavours at Brahm Centre, reinforcing our commitment to nurturing creativity as a vital pillar of holistic well-being.



# MEDIA COVERAGE

Our Uplifting Journey Art Exhibition not only became a major national story, receiving extensive coverage in The Straits Times. It was covered on CNA Insider—Singapore’s leading national and regional news outlets. This visibility highlighted the success of our art-based wellness programs in building senior resilience.

## The Straits Times



**Art exhibition by mental health charity showcases over 100 works by older adults**

Called An Uplifting Journey, the exhibition runs till June 7 at Goldbell Towers in Scotts Road. Read more at [straitstimes.com](http://straitstimes.com). Read more at [straitstimes.com](http://straitstimes.com).

ST Jun 5

## Channel News Asia



**cna** [aid in Gaza to reopen two distribution sites](#) [Israeli military recovers bodies of two hosta](#)

Building on this momentum, we officially announced the January 2026 opening of Brahm Centre @ Telok Blangah. This strategic expansion into the Western region allows us to meet the rising demand for mental health support, providing local seniors with direct access to professional counselling, art therapy, and essential eldercare services

**Brahm Centre to open new outlet in Telok Blangah to meet rising demand for eldercare**

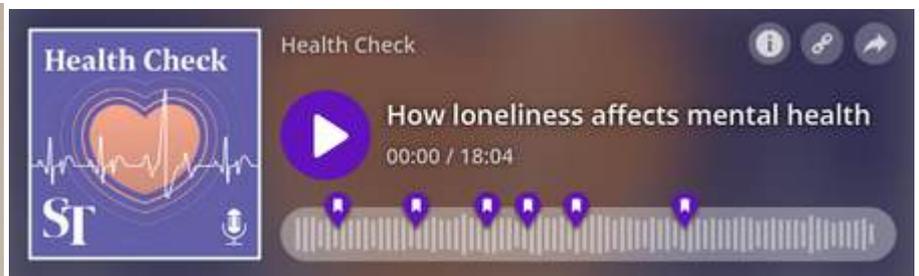
**cna** [be repaired: Russia](#) [China urges EU to stop provoking trouble in South China Sea disput](#)

05 Jun 2025 11:04am

Seniors living in the West can expect more wellness activities closer to home, with Brahm Centre opening up a new outlet in Telok Blangah. Set to open next January, the new centre aims to meet rising demand for eldercare services, from counselling to art therapy. The centre marked the occasion with its first-ever senior art exhibition. Natalie Ong with this report.

## Straits Times Podcasts

The Straits Times Podcast has Brahm Centre's CEO & Mindfulness Principal, Adj A/Prof Angie Chew on for two episodes. The host is the Straits Times' senior health correspondent Joyce Teo. One episode explores why we feel lonely and gets tips on combating loneliness. The other episode examines the importance of spirituality in fostering resilience and mental well-being.



# YOUTH CARE

Today's youth face unique challenges and uncertainty. Brahm Centre is not only promoting mindfulness to Singapore as a tool, but also to build Mindfulness as the foundation of resilience for our youths. Brahm Centre's Youth Care is committed to bridging the gap between uncertainty and resilience. Brahm Centre aims to guide young people to transform anxiety into strength and navigate life's challenges with mindfulness and resilience

Over the past year, Brahm Centre has had the privilege of working with six vibrant youth-led project groups from various educational institutions. These passionate and driven student volunteers brought fresh energy and ideas, playing a pivotal role in the conceptualisation, planning, and execution of meaningful activities for our youth clients.

From hands-on workshops and outreach initiatives to reflective experiential learning sessions—impacted a total of **5,995 youths** in Singapore, successfully cultivating safe, engaging, and empowering environments.



The projects with various groups include:

Project Alleviate 4.0 & 5.0 – Hwa Chong Institution

GenZen – Eunoia Junior College

Project Thankful Sprouts – Ngee Ann Polytechnic

Mental Health Project Group – Temasek Polytechnic

Sembawang Interact Club – Independent youth volunteers from various schools

Project Amica – Independent youth volunteers from various schools

These projects not only allowed the youth volunteers to serve meaningfully but also extended Brahm Centre's reach and impact in the community. Through their creativity and commitment, they fostered greater awareness of mental health and youth well-being while nurturing empathy and leadership in themselves and their peers. We look forward to growing these partnerships and co-creating even more impactful youth-centric initiatives in the years ahead.

## Expanding Our Reach in Schools

Beyond student-led projects, we actively engaged the wider student population through direct outreach program in primary, secondary, and post-secondary institutions. Key participating schools included Springfield Secondary, Dunman Secondary, Radin Mas Primary, Changkat Changi Secondary, St. Joseph's Institution (SJI), Nanyang Girls' High School, and Hwa Chong Institution.



### Key Impact Metrics:

20 Schools Reached: Comprehensive outreach conducted across all educational levels.

241 Parents & Youths Benefited: Direct support provided through professional counselling, mental well-being screenings, and Basic Emotional Screening (BES) sessions



## Youths' Testimonials

“The activities at Brahm Centre have benefitted me in various ways... [E]ach activity has given me an opportunity for growth, to make new friends, and to have fun. But the real magic happens when you find an activity that you do genuinely find enjoyable... [the] bouldering program at Boulder Planet... [made me] discovered a newfound hobby.”  
- Anonymous, Youth participant



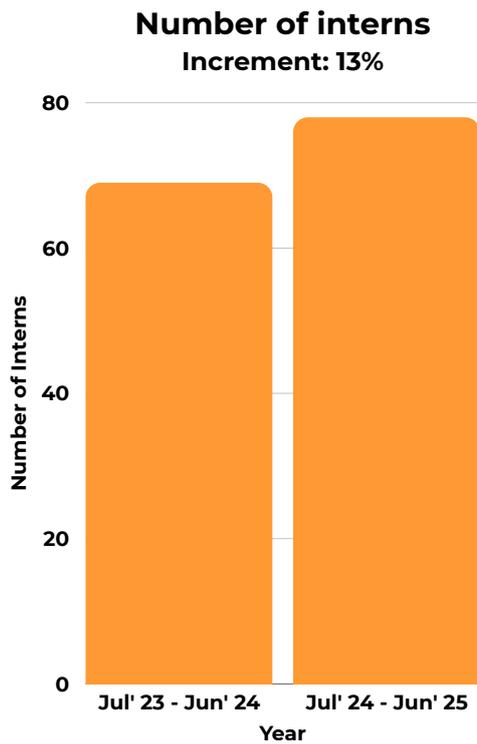
“My son, as well as myself, enjoys Brahm Youth Centre for its warm environment, engaging activities and the genuine care shown by the staff, especially Jessie and Sam! The sense of belonging and emotional support my son has received is such a positive influence on his growth and well-being. Thank you for being a safe, nurturing space in his journey.”  
- Yen Yen, mother of Youth participant



“Brahm Youth has provided me with meaningful opportunities to engage with the community through active volunteerism. These experiences have helped me strengthen a wide range of skills -- from interpersonal communication to strategic planning -- that are crucial in organising impactful events. Above all, the organisation's commitment to youth mental health is a cause that deeply resonates with me and continues to inspire my involvement.”

- Jerome Ng, Youth volunteer

# INTERNSHIP PROGRAM



Brahm Centre internship program., sponsored by Bank of America, has significantly expanded since its inception in 2022. In 2025, the program onboarded 75 interns from age of 15 upwards.

Interns gain workforce preparation and attachment experiences at five centres and our new satellite office at SCAPE.

New partnerships with Tan Tock Seng Hospital Integrate Care Hub (TTSH-ICH) and Ren Ci Community Hospital further enrich the internship program, providing an impactful initiative that develops practical skills, personal growth, and mental resilience. These partners enable the interns to have first hand healthcare experience.



## Journey of our interns

Our interns have been actively involved in a diverse range of initiatives, contributing significantly to our community outreach and client engagement efforts.



## Our interns serve in the community . .

At the MacPherson and Tampines centres, interns were on the front lines of our community outreach. They tirelessly supported roving campaigns, taking information about Brahm Centre programs directly to the public. To further engage residents, they organised lively community games, creating opportunities for connection and fun.

Additionally, interns conducted important home visits, ensuring our message reached those who might not otherwise access our services. These direct interactions were key to raising awareness of our offerings and encouraging widespread community involvement.



Our interns brought great energy and enthusiasm to our Active Ageing Centres (AACs), actively participating in day-to-day operations. From preparing and serving meals to cleaning up and supporting seniors during activities, they worked hands-on alongside staff and volunteers. Their presence added vibrancy to the centres, and their willingness to learn and contribute made a meaningful difference in creating a warm and welcoming environment for the seniors.



## Growing the confidence in the interns

A specially curated workshop on personal grooming and colour coordination was conducted by Ms Hannie Hay, an international image consultant. Participants learned valuable insights on how to present their best selves, including how to dress for their body type and which colours complement their individual features.



The session aimed to boost participants' self-confidence, enhance their self-awareness, and encourage them to take pride in their appearance—reflecting the importance of self-care as part of overall well-being.

## Expressing in art forms

Interns across our various centres are given a unique opportunity to apply and hone a wide range of practical skills.

Those with an aptitude for crafts might lead workshops, while individuals passionate about performance could coordinate community showcases. Those with cooking skills can ably assist in community programs where food are served.

Complex projects like designing an Escape Room challenge, allow interns to develop project management and problem-solving expertise. Internship experience truly empowers interns to contribute meaningfully, gaining invaluable, hands-on experience in real-world settings



## Testimonials of Interns



***"The internship has helped me create a motivation and incentive to take care of myself better, both for social and practical reasons. It has helped me feel better about myself and my chances of succeeding in work."***

**- Emil, Intern**



***"At Brahm Centre, Jovita's role leveraged her artistic talent, allowing her to fully express herself creatively through designing posters and social-media graphics that captured each event's spirit and boosted engagement.***

***As a safe workplace, colleagues regularly checked in on her emotional and physical well-being while providing constructive feedback, creating an environment that empowered her to ask questions, tackle new challenges, and grow in confidence.***

***We are sincerely grateful for Brahm Centre's support!"***  
**- Annie, Mother of Intern**



# MENTAL HEALTH SEMINARS

## Building towards a culture of inclusivity

We hosted regular seminars led by experts to educate about mental health literacy and spiritual wellness to the general public.



Our seminars address the growing challenges faced by young people today. Studies by Ministry of Health (MOH), National University of Singapore (NUS), and Institute of Mental Health (IMH) revealed that 25% of youths aged 15 to 29 experience mental health issues, including depression (15%), anxiety (27%), and severe stress (13%). Contributing factors include discontentment stemming from social comparison, excessive social media use (27%), body image concerns (20%), and cyberbullying (21%).

Dr. Christopher Cheok, Chief of Forensic Psychiatry at IMH, outlined key causes: rising competitiveness and self-centredness, unrealistic social media portrayals, early exposure to complex global issues, and misaligned parenting approaches for youths seeking validation or identifying as LGBTQ. This seminar highlighted the urgent need for targeted support and mental wellness education among youths.

Dr. Zhang from the Institute of Mental Health's National Addiction Management Services. He shared insights into the growing appeal of gaming. Key motivations include a sense of accomplishment, immersive virtual experiences, easier social connection, and the thrill of winning. For some, especially those struggling academically, gaming provides an alternative source of success and affirmation.

With this, Brahm Centre encourages parents to recognise and affirm their children's efforts in everyday life—big or small—as positive reinforcement enhances self-esteem and triggers dopamine, the brain's "feel-good" chemical, promoting emotional well-being.





# ACTIVE AGEING ACTIVITIES

With dedicated Active Ageing centres, Brahm Centre aims to enter and provide a vibrant hub for seniors. This is so they can have daily engagement from physical exercises to social interest groups. Social interest groups include like table games (Mah Jong, a popular Chinese tile game, is a huge hit) and Arts & Craft as well as providing digital literacy workshops. This is to ensure that the elderly are kept physically fit and socially connected within their neighbourhood.



Table Games and mahjong session

Arts and Craft

Of course, the active ageing activities are not limited just to the centre. Our seniors attended a culinary workshop at the Kovan branch of Udders Ice Cream, a local ice-cream brand. This initiative aimed to foster social cohesion and stimulate creativity among seniors through a novel and interactive activity. The Udder ice-cream workshop commenced with a design exercise: where participants conceptualised their ideal ice cream cones by selecting flavour combinations and themes using coloured pencils. Subsequently, seniors engaged in the hands-on preparation of ice cream, manually blending ingredients within sealed bags to create personalised frozen treats. This carefully curated session offered a refreshing respite from Singapore's tropical heat while promoting camaraderie, creative expression, and active participation within the senior community.



# EXCURSIONS

Besides the Active Ageing centres' daily activities, we organise monthly excursions. These are designed to reignite our seniors' sense of adventure and get them out of their houses to explore the world beyond the active ageing centres' four walls.

The MacPherson team unleashed that very adventurous spirits of our seniors by venturing across the borders to Johor Bahru, Malaysia. This feat offered a refreshing change of pace, as seniors enjoyed sightseeing, shopping, and delicious local cuisine in the company of friends and volunteers. Not only the bus rides were filled with laughter, meals and heartfelt conversations were shared, these experience fostered a strong sense of community and togetherness. This cross-border was not just a leisure trip—it was a meaningful reminder that age is no barrier to exploration, joy, and new memories.



## A Wall At Windsor Park



More than 20 seniors from Brahm Centre @ Simei journeyed from the East to Upper Thomson for a refreshing morning at Windsor Nature Park. The outing provided not only a scenic workout through the Treetop Walk but also a chance to explore unfamiliar parts of Singapore and forge new friendships. Participants returned fulfilled, having enjoyed nature, meaningful conversations, and a renewed sense of connection—capturing the essence of active ageing through exploration, movement, and community.





## Singapore Zoo

To spark a sense of wonder and curiosity, Brahm Centre @ MacPherson organised an excursion to the Singapore Zoo, giving almost 80 seniors a delightful opportunity to connect with nature and enjoy a day of wild discovery together. With 8 dedicated volunteers to the Singapore Zoo, this meaningful outing was a testament to our outreach efforts, especially for those who were joining us for the very first time.

For many of the seniors, the visit offered not just a glimpse of exotic animals but also a rare opportunity to step out of their daily routines, soak in the vibrant atmosphere, and reconnect with nature and one another. Laughter echoed through the park as participants shared stories and marvelled at the sights—creating new memories while rekindling old ones.

Among the group was Aunty Zainab, who last visited the zoo over two decades ago. Now wheelchair-bound and with grown children busy with their own families, she was deeply moved to return after so many years. This excursion allowed her to relive cherished moments in a way she never thought possible.



Another participant, Mr. Fong, who lives with a neurological condition that affects his mobility, was able to experience the zoo for the very first time, thanks to the specially arranged transportation provided by Brahm Centre. His joy was palpable as he engaged with the environment around him—an experience he previously could only imagine.

Mdm Lee, once a regular at Brahm Centre program, made a special return for the outing despite now being enrolled in full-day care. Her presence was a touching reminder of the enduring connections formed through our community initiatives.

# ART PROGRAMS

## Transforming Lives Through Art



At Brahm Centre, our art programs use creative expression as a therapeutic medium to enhance the participants' cognitive function and emotional well-being. With this, we help participants—especially seniors—combat isolation and discover new passions.

Mr Chong, aged 90, is a regular participant at Brahm Centre @ Simei. With a deep sense of compassion and dedication, he creates intricate mosaic crosses, which he donates to Assisi Hospice to support their fundraising efforts.



Mr Patrick Chew, a retired senior banker from OCBC, has found renewed joy through art at Brahm Centre @ Newton. In a heartwarming moment, he was reunited with our CEO and Mindfulness Principal, Adj A/Prof Angie Chew, whom he had previously met during his professional career.



Ms Jacqueline, a retired caregiver, found solace at Brahm Centre after the passing of her parent. Seeking a new beginning, she embarked on her art journey with us. The mosaic and decoupage courses have played a significant role in her recovery from depression. Despite living in Bishan, she makes the long journey to Simei regularly, driven by her passion for art and healing.

These inspiring individuals reflect the profound impact of creative expression on emotional well-being and community connection.

Kraft and Kopi sessions



# CORPORATE PARTNERSHIPS

We partner with corporates to develop impactful social initiatives and employee wellness programs. These collaborations allow corporations to contribute directly to community well-being while fulfilling their social mission.

## Bank of America

Bank of America has been partnering with Brahm Centre to bring joy and enrichment to seniors through a meaningful outings. Below is the group that went to the National Museum of Singapore. Such visits offered the seniors an opportunity to explore Singapore's rich history and culture, while fostering intergenerational connection and inclusion.



## CISCO Excursion to Peranakan Museum

CISCO staff hosted a special outing for seniors to the Peranakan Museum. Peranakan is an ethnic group who can trace their roots back to Chinese settlers in Southeast Asia since the 15th century. This excursion offered a refreshing change of scenery and a window into the unique customs and history of the Peranakan community. The seniors enjoyed a leisurely afternoon exploring the exhibits, engaging in lively conversations, and sharing personal reflections from the displays.



## DBS Bank

As part of our ongoing efforts to support active ageing, our seniors took part in DBS (a famous Singaporean bank) “Sailing at The Bay”—a unique and refreshing experience that offers a new perspective of Singapore’s iconic Marina Bay. Departing from Collyer Quay, participants enjoy leisurely sailboat rides along the Singapore River, taking in breathtaking views of Singapore’s iconic tourist destinations such as the

For many, it is their first time sailing, and each session presents a chance to connect with nature, capture memorable moments, and build friendships. These regular sailing trips exemplify how an outdoor activity can contribute to the physical, emotional, and social well-being of our senior community.



## Republic Polytechnic

Republic Polytechnic hosted an amazing Sports Day. It was filled with energy, smiles, and meaningful connections from 67 seniors and 8 youth volunteers from ITE (Institute of Technical Education, a post secondary education institute). The event was a fantastic success, bringing together different generations in a fun, safe, and vibrant environment.

In addition, our Simei and Tampines centres collaborated on an Xperiential Learning event for 27 seniors at Republic Polytechnic, featuring 10 adventure facilities. Participants tackled challenges like the Rollglider, High and Low Challenge courses, Abseil facilities, and the Skyscraper Walk. It was uplifting to see seniors confronting their fears and engage in high-element sports. This experience motivated them to step out of their comfort zones, boost their self-confidence, and rediscover their strengths.



# COLLABORATIONS

We work closely with national agencies, such as the police and healthcare groups, to create a comprehensive safety net for the community. These strategic partnerships allow us to scale our impact and ensure that help is always within reach for those in crisis.



Working with the cops to educate the domestic workers to help prevent scams. Coffee with a cop.



Hosted the SingHealth senior management team this morning at Brahm Centre @ Simei to explore closer collaboration to expand our support to the community.

We are heartened and grateful to have a group of healthcare leaders who are truly caring and open to training the community partners to complement their medical services.



# APPRECIATION

## Changi Hospital Community Partnership



We are proud to share that Brahm Centre @ Simei Active Ageing Centre has been recognised for its meaningful partnership with Changi General Hospital in supporting the well-being of residents in the Simei community. Brahm Centre is just not only promoting active ageing but also fostering happy ageing enriching the seniors' lives with joy and purpose in the neighbourhood of Simei.

It truly takes a whole community to care for our ageing seniors—keeping them active, engaged, and empowered to live well. While many seniors are fortunate to have strong family bonds or close friendships, opportunities to make new friends and discover new interests are just as vital.

## Police Force Appreciation

Brahm Centre @ Simei was honoured with an Award of Appreciation from the Singapore Police Force, presented by Commander Justin Wong. This award recognises our vital role as a community partner in supporting local residents and fostering a safer, more resilient neighbourhood. Our Simei centre manager accepted the award on behalf of the team, who remain dedicated to uplifting the well-being of residents—both young and old—with heart and excellence



# FESTIVE CELEBRATIONS

## Mid-Autumn Festival

Mid-Autumn Festival is a major intergenerational event. The Mid-Autumn Festival at Brahm Centre @ Simei 148 on 14th September was nothing short of spectacular. With over 100 attendees, our Family Fest brought together the community in a warm and joyous celebration, filled with both tradition and innovation. Seniors and families enjoyed nostalgic games like Carrom (an Indian tabletop game) and Mahjong (a Chinese tile game) alongside the trending local card game, Kopi King.

One of the biggest highlights of the event was our very first community escape room. It proved to be a massive hit across all age groups. Designed in-house, it received glowing praise, with youth volunteers comparing it favourably to professional escape rooms. This exciting feature not only entertained, but also encouraged teamwork and intergenerational bonding.



We were honoured to have Ms. Jessica Tan, Member of Parliament for Changi-Simei, join us for the festivities—her presence added a special sense of recognition and support to the event.

A heartfelt thanks goes to Besthada Youth Care Services for sending their dedicated youth volunteers. Their energetic contributions played a vital role in making the celebration vibrant, smooth-running, and inclusive. With such overwhelmingly positive feedback from seniors and youths alike, this Mid-Autumn Festival stands as one of our most memorable to date, showcasing the power of creative programming in fostering joy and community spirit.



# FESTIVE CELEBRATIONS

## National Day

On the 16th of August 2024, Brahm Centre held its National Day celebration for the seniors in the Tampines community. Our 75 participants, willing volunteers and staff were thoroughly entertained and satisfied with games, food, and performances. Unique highlights such as guessing the iconic characters of Singapore from the Merlion and Phua Chu Kang (a Singaporean iconic television character). There was even a Latin Dance performance led by our own staff member made for a truly showstopping afternoon. Seniors got to try their luck at a tikam-tikam (a traditional lucky draw game) stall, while getting to eat local nostalgic snacks.



Seniors, students and volunteers came together on a Saturday at MacPherson Community Club to celebrate our nation's 59th birthday. Basking in the spirit of unity and celebration, they also raised funds for the needy in the community. The event saw tremendous success, with fun-filled activities including student performances, charity sales, as well as a Lucky Draw bringing cheer and joy to the residents of MacPherson.

The fundraising event was attended by MP Ms Tin Pei Ling, who then awarded Brahm Centre a Certificate of Appreciation. We sold 100 handmade craft items created by seniors from our MacPherson, Simei and Tampines centres, and raised a total of \$570. These funds will be directed towards the MacPherson Community Club's Community Development & Welfare fund, to continue supporting community welfare initiatives. Through this event, we were reminded of the importance of caring for those who need it most, and strengthened the love we had for the little red dot we call home.



# FESTIVE CELEBRATIONS

## Deepavali



Deepavali, also known as the Festival of Lights, is a significant festival in the Hindu calendar. Brahm Centre Tampines held its annual Deepavali celebration, with participants aged 16 to 70 in attendance. Attendees got to experience a festive atmosphere of lights, bright colours and traditional wear, as they were treated to a prata (a type of flatbread in South Indian cuisine) luncheon by Casuarina Curry, one of our long-time sponsors.

Following that, our very own staff members and volunteers delighted everyone with a vibrant Bollywood dance performance, wowing the audience with graceful and energetic dance moves. The attendees also got the opportunity to participate in a freestyle dance, as well as a Rangoli (traditional Indian art form) arts and crafts session, creating beautiful designs to bring home.



Overall, the participants had an incredible time, getting to interact with our team members and others in the community. They gained a better understanding of what celebrating Deepavali is all about: community and the bonds we share with our loved ones.



# FESTIVE CELEBRATIONS

## Christmas

In the spirit of the festive season, Brahm Centre recently conducted a series of celebrations and activities in our Tampines, Simei, Newton, and MacPherson centres, including a Christmas Craft for Parent and Child workshop and community potluck, an excursion to Gardens by the Bay, and a Christmas celebration and Escape Room.



Seniors at Tampines partook in the festivities with cheer, taking photos of Christmas-themed decorations at the Gardens and admiring the flower displays on bloom for the month of December. On the other hand, seniors at Simei shared in a mouthwatering Christmas feast consisting of vegetarian food, halal dishes, as well as other delicacies.



At Newton, there were multiple workshops offered to parents to bond with their children with craft activities.



Parent and child crafted Christmas-themed terrariums, scented candles, as well as mini-Christmas trees made out of DIY materials. They worked together to create their own personal masterpieces.

Last but not least, seniors in MacPherson celebrated those with birthdays in December and also participated in a holiday-themed escape room, solving puzzles and exercising their brains to complete the challenges.



# FESTIVE CELEBRATIONS

## Hari Raya Puasa



With Hari Raya Puasa marking the end of Ramadan, a month of fasting, prayer, and self-reflection. We were honoured to have Mr Baey Yam Keng grace the occasion, joining over 70 seniors in this joyful and heartwarming celebration. During the event, we also took the opportunity to express our appreciation for several of our dedicated volunteers.



# FESTIVE CELEBRATIONS

## Chinese New Year



Brahm Centre ushered in the Lunar New Year (the most significant cultural event for the Chinese community) with vibrant celebrations held across MacPherson, Simei, and Tampines branches—each reflecting the heart of our mission to foster joy, connection, and cultural appreciation within the community.



Brahm Centre MacPherson celebrated the Lunar New Year with a festive "Lo Hei" lunch, co-hosted by BreadTalk Group and the National Council of Social Services (NCSS). Guest of Honour Ms. Tin Pei Ling joined 100 seniors for a vibrant afternoon featuring a dynamic lion dance and a visit from the God of Fortune. Beyond the delightful meal and thoughtful gifts, the event succeeded in spreading festive cheer and creating lasting, joyful memories for all our participants.



# OMEGA FOR DOMESTIC WORKERS



Migrant domestic workers (MDWs) play a vital role in supporting families and caregiving needs in Singapore, yet many face emotional isolation, prolonged stress, and limited access to mental health support. In response to these challenges, Brahm Centre established the Omega Program to provide culturally sensitive, community-based mental wellness support for migrant domestic workers. .



It offers a safe and supportive space where participants can tend to their emotional health, build resilience, and foster meaningful connections.



The Omega Program comprises psycho-education workshops, mindfulness and relaxation practices, exercise activities, excursions and festive celebrations.



It began as a pilot initiative funded by the Agency for Integrated Care (AIC) and Bank of America, enabling Brahm Centre to test and refine a targeted mental wellness model for migrant domestic workers. Following the success of the pilot, the programme is now supported by the Ministry of Manpower (MOM), reflecting growing recognition of the importance of mental well-being within the migrant workforce.



Brahm Centre is deeply grateful to Bank of America, a key sponsor and partner of the Omega Program, for its steadfast support in strengthening and sustaining this initiative.

It now has over 23,000 sign ups with weekly participation of over 70 every Sunday at our centre in Simei.



# VOLUNTEERING

With the mission of happier and healthier living, our core is a vibrant community of dedicated volunteers. We take careful consideration on matching unique talents with positions that create real impact. Here are some testimonials of our volunteers.

*“Interacting with seniors... has not only brightened their day, but mine as well. These experiences have deepened my understanding of ageing, showing me that joy and celebration don't have to fade with time... [I]t just means finding new ways to keep living fully. Fun looks different for everyone... and that's something truly beautiful”*

**Lenova**

*“[It] has been a refreshing experience... in my own neighbourhood. It's given me a chance to see my community in a new light... What I appreciated most was being involved in the actual execution of events... [f]rom festive occasions like the CNY celebration to birthday parties and even carnivals... These are memories I'll carry with me for a long time”*

**Isaac Lim**

*“Reconnecting with the elderly and catching up with familiar faces brings a comforting sense of continuity... There's a real pride in seeing events run smoothly, knowing everyone's efforts contributed... [I]t's always fulfilling to witness the joy on the seniors' faces. Moments like these remind me why I keep coming back”*

**Current Volunteer & former intern**



*“It naturally brings a sense of accomplishment and purpose. Not only has it strengthened my social connections, but ... uplifted my mental and emotional well-being... It's these small, heartfelt moments that make[s] it so rewarding”*

**Evelyn Chan**

*“Volunteering has not only allowed me to give back, but has also boosted my own well-being—bringing more happiness, reducing stress, and uplifting my mental health. I especially enjoy encouraging and connecting seniors... helping them stay engaged, active, and supported in their daily lives”*

**Eam Tan**

*“Each visit - whether long or short - has shown me that simply being present, listening, and holding space for the Seniors truly makes a difference. It's a privilege to hear their life stories, learn from their wisdom, and pay it forward through this shared human connection”*

**Johnson Moh, Volunteer on the Befriending & Dementia program**



# Summary of Financial Statement

Our expenses increased from \$5.6m to \$6.4m compared to previous FY. We managed to close the year with a surplus of \$690K which we will apply to future expansion.

	<b>FY24/25</b>	<b>FY23/24</b>
<b>Charitable Activities</b>		
Income from Courses	825,300	754,178
Income from Services & Merchandise	127,210	205,606
	<hr/> 952,510	<hr/> 959,784
<b>Less</b>		
Expenses related to Charitable Activities	(6,042,080)	(5,297,603)
Expenses related to Fundraising Activities	-	(17,580)
Expenses related to Governance Activities	(333,717)	(333,213)
	<hr/> (6,375,797)	<hr/> (5,648,396)
<b>Funded by</b>		
Donations	557,843	396,223
Other Income	25,516	87,130
	<hr/> 583,359	<hr/> 483,353
<b>Deficit from Operations</b>	(4,839,928)	(4,205,259)
<b>Income from Government &amp; Non-Government Grants</b>		
Grants	4,608,284	4,079,278
Matching Grants	616,079	1,039,953
	<hr/> 5,224,381	<hr/> 5,119,231
<b>Surplus from Operations before Investment</b>	384,453	913,972
Interest Income	308,628	324,699
<b>Surplus from Operations</b>	<hr/> 693,081	<hr/> 1,238,671

Auditor: Fiducia LLP  
Audit completed on 03 December 2025

# Declarations

## Remuneration

Remuneration bands	No. of staff	
	2025	2024
Between S\$100,000 and S\$200,000	7	5
Between S\$200,000 and S\$300,000	1	0

CEO's annual remuneration of S\$226,216 (inclusive of CPF & bonus).

No paid staff were close family members of the CEO or Board members.

Board members were not remunerated.

## Donations by the CEO & Board Directors

A/Prof Angie Chew	S\$23,480
A/Prof Phua Dong Haur	S\$2,400
Dr Jerome Goh	S\$1,200
Dr Tan Geok Leng	S\$1,000
A/Prof Tan Tin Wee	S\$1,000
Yap Su-Yin	S\$200
Dileep Nair	S\$100



# Board Meeting Attendance

Name of Board Member	Designation	6th December 2024	23rd June 2025
Chen Yew Nah	Chairperson (until 31 Dec 2024) HR Committee Advisor		Retired
Dr Tan Geok Leng	Chairperson (from 1 Jan 2025) Chairperson of Audit & Risk Committee		
Dr Jerome Goh	Vice -Chairperson HR Committee Member	Absent with apologies	
Dileep Nair	Treasurer		
Tan-Huang Shuo Mei	Chairperson of HR Committee Finance Committee Member	Absent with apologies	
Dr Irene Tirtajana			
Jesilynn Luar	Finance Committee Member HR Committee Member		
A/Prof Phua Dong Haur			
A/Prof Tan Tin Wee			
Yap Su-Yin	Finance Committee Member		

## Board Composition (as of end-June 2025)

Dr Tan Geok Leng	Chairperson from 1 Jan 2025 & Chairperson of Audit & Risk Committee	In Service
Chen Yew Nah	Chairperson until 31 Dec 2024	Retired in March 2025 upon completing 10 years of service
Dr Jerome Goh	Vice Chairperson until 23 June 2025	In Service
A/Prof Tan Tin Wee	Vice Chairperson from 23 June 2025 Chairperson of Innovation Committee	In Service
Dileep Nair	Treasurer & Chairperson of Finance Committee Member of HR Committee	In Service
Tan-Huang Shuo Mei	Chairperson of Human Resources Committee Member of Finance Committee	In Service
Chong Nai Min	Chairperson of Audit and Risk Committee until 5th July 2024	Retired in July 2024 upon completing 10 years of service
Dr Irene Tirtajana	Director	In Service
Jesilynn Luar	Member of HR Committee Member of Finance Committee	In Service
Dr Phua Dong Haur	Director	In Service
Yap Su-Yin	Member of Finance Committee Member of Innovation Committee	In Service



*Building  
Resilient  
And  
Happy  
Minds*



## Our Centres

ALJUNIED | Blk 108 Aljunied Crescent #01-36, S380108

LABRADOR | 2 Telok Blangah St 31, Yeo's Building Level 2, S108942

MACPHERSON | Blk 55 Pipit Road, #01-01, S 370055

NEWTON | 47 Scotts Road #04-02A, Goldbell Towers, S 228233

NEWTON YOUTH | 47 Scotts Road #05-02, Goldbell Towers, S228233

SIMEI 148 | Blk 148 Simei Street 1, #01-121, S 520148

SIMEI 227 | Blk 227 Simei Street 4, #01-50, S 520227

TAMPINES | Blk 473 Tampines Street 43, #01-94, S 520473

\*SCAPE | groove, 2 Orchard Link #04-06, S237978



Counselling Centre Hotline: 6655 0000 | 8823 0000  
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