

MIND THE GAP 200: 5 YEARS STRONG

Collective Report 2019 - 2024

COMMUNITY
FOUNDATION
OF SINGAPORE



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Singapore Unity Fund

Education

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THE MIND THE GAP 200

S T O R Y



Health

MtG 200 Mental Health
Fund, MtG 200 Caregiving
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Sustainability

MtG 200 Sustainable
Earth Fund & MtG 200
Sustainable Society Fund

Widening social inequality. A rapidly ageing population. The threat of climate change. These are some of the pressing issues that face our society. Yet, for 10 passionate individuals, these were not catastrophes - but challenges to be overcome.

In 2019, you, a Giving Circle of like-minded individuals, started Mind The Gap 200, Singapore's pioneering collective of 10 donor-advised funds.

Giving Circles serve as vital networks for advancing shared interests among friends, bolstering social support for causes that resonate deeply.

Fast forward five years, and these funds have made disbursements to the collective's remarkable achievements, focused on four strategic thrusts crucial to Singapore's ongoing progress.

AT A GLANCE

Since inception in 2019, Mind the Gap 200 has collectively disbursed **\$12.1 million** in grants to over **60 charities** (as of March 2024).

369,952

Beneficiaries impacted

94% overall client satisfaction

128

Programmes supported

32

Fundraising events supported

62

Charities supported



20,206

People Reached



24.5M

Online impressions

16

Media features for funded programmes

4,122

Community events or workshops organised

41,907

Participants attended community engagement activities

173,382

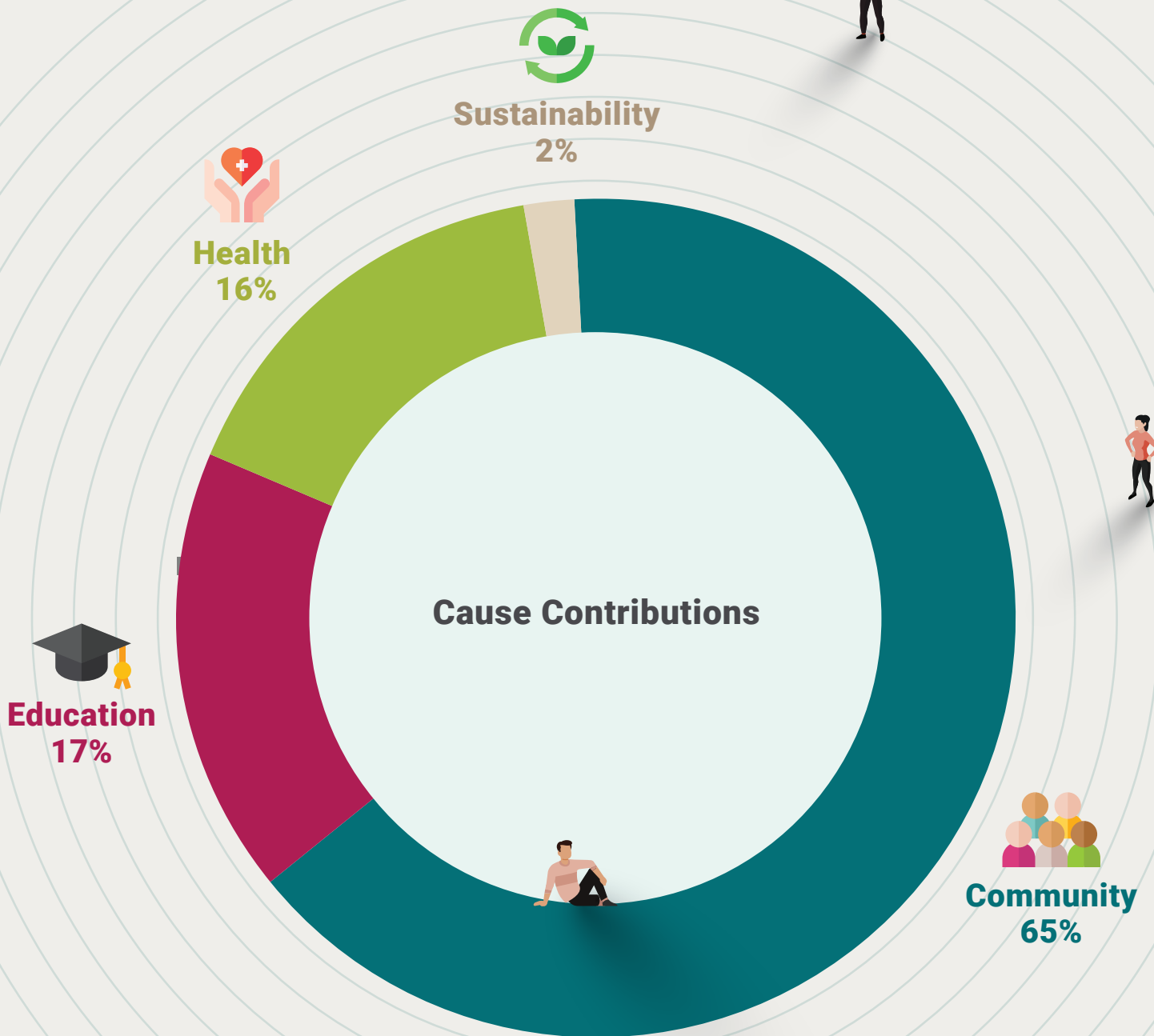
Online reach

4

Academic research & programmes on sustainability & environment support



AT A GLANCE



THE DIFFERENCE YOU MADE

Through the support of the Mind the Gap 200 Fund & MtG 200 Intergenerational Funds, a new dialysis centre was established. The centre began operations in September 2022 and provides vital care for kidney failure patients in the community.

MIND THE GAP 200 FUND The National Kidney Foundation (NKF)

For individuals grappling with kidney failure, the availability of high-quality dialysis treatment can be the difference between life and death. Through the support of the Mind the Gap 200 Fund and the MtG 200 Intergenerational Fund, a new dialysis centre, which began operations in September 2022, was established, providing vital care for kidney failure patients in the community.

Key Outcome:

- The new centre has **22** dialysis stations, facilitating the simultaneous treatment of up to **132** patients.
- This expansion has augmented patient capacity, leading to reduced waiting times and ensuring that patients receive timely and essential care.



MIND THE GAP 200 FUND **BRIGHT HORIZON FUND –** **INFANT NUTRITION PROGRAMME**

The Infant Nutrition Programme (INP) enables lower-income families to afford essential items for their children's health and development. Through INP, families with children enrolled at My First Skool have access to a variety of essential infant nutritional products. These items can be costly, and NTUC First Campus ensures that eligible families are able to purchase products suitable for each stage of their children's development.

Key Outcome:

- The fund provided 3 years' worth of funding support, helping close to **260** families.



MtG 200 – CAREGIVING FUND CAREGIVERS ALLIANCE

The sacrifices that caregivers make for their loved ones can lead to significant challenges, such as financial, mental, and emotional distress.

To lighten their burdens, Caregivers Alliance Limited's Engagement to Empowerment (E2E) Programme facilitates community-based peer-support caregiver networks to help them bond, share experiences, and better care for themselves and their loved ones.

Key Outcome:

- Grant funding contributed to E2E's working facilitated caregiver support groups across six constituencies.



THE TENG ENSEMBLE

The MtG 200 Caregiving Fund has expanded its scope to include support for the arts. Among its beneficiaries is the acclaimed Chinese fusion music group, The TENG Company. Under their social impact initiatives, the ensemble creates and performs music aimed at healing, providing comfort, and uplifting spirits among vulnerable communities.

"I think it's important for a country to not just be about dollars and cents. There's got to be a variety of things that make us human and have a soul. The arts represent that."

– Chew Sutat, Mind the Gap 200 Caregiving Fund



MtG 200 – HOPE FUND

BABY AARIZ

Changing A Young Life

The MtG 200 Hope Fund and MtG 200 Knowledge Fund contributed to Baby Aariz Izwan's Golzensma gene treatment to treat his Spinal Muscular Atrophy Type 2.

Since receiving the infusion, Aariz has been stable and well, and has shown significant improvement in muscle strength.

Key Outcome:

- Although he remains wheelchair-bound, Aariz is now able to raise his arms, manipulate the controls of his motorised wheelchair and use his iPad. These improvements will be crucial in enabling him to pick up the writing abilities which school will require.

SPECTRA SECONDARY SCHOOL

Spectra Secondary School offers a practical, skills-based curriculum for students who prefer hands-on learning.

Spectra Academy offers formal training in an ITE Skills Subject along with an industrial attachment to students who are not able to progress to further education. This comprehensive training enhances their readiness for the workforce and prepares them for potential enrolment in ITE, offering them a valuable opportunity to transform their lives.

Key Outcome:

- **10** students received bursaries to cover living expenses, enabling them to focus on training.





MtG 200 – INTERGENERATIONAL FUND

YONG-EN CARE CENTRE'S DEMENTIA DAY CARE

Dementia can be intensely distressing and isolating, and lonely seniors often experience rapid deterioration.

Yong-en Care Centre's Dementia Day Care provides seniors with dementia with a diverse range of cognitive activities and opportunities to socialise. This helps to preserve their mental state, while giving caregivers much-needed respite.

Key Outcome:

- **31** seniors engaged through **104** Dementia Day Care sessions.





MtG 200 – INTERGENERATIONAL FUND

VIRIYA MENTAL WELLNESS HUB

The fund was instrumental in the establishment of Viriya Mental Wellness Hub, an integrated mental wellness initiative by Viriya Community Services. The programme promotes mental wellness within the community, helping individuals and families to live fulfilling lives.

The Viriya Mental Wellness Hub brings professional mental health services into the community, enhancing accessibility and availability, ensuring that individuals grappling with mental health challenges can readily access the support they need.



Key Outcome:

- Viriya Mental Wellness Hub supported **1,695** beneficiaries through its **198** activities in 2023.

Participants in Viriya's programmes said they gained practical skills and reported feeling well-supported. One attendee, Mdm S, said she values the centre for connecting her family with the community and providing opportunities for intergenerational interaction, especially during the Covid-19 circuit breaker period.



MtG 200 – KNOWLEDGE FUND AWWA'S KINDLE GARDEN

In Singapore, 1 in 2 children with special educational needs do not have typically developing friends.

AWWA Limited's Kindle Garden is Singapore's first inclusive pre-school that takes an evidence-based and individualised approach to teaching. Pre-school children of all abilities are placed within the same classrooms, enabling them to grow and develop in an inclusive environment.

A majority of typically developing children who attend Kindle Garden (KG) come from low-income families.

Key Outcome:

- **76** pre-school children of all abilities were supported to receive an inclusive education.
- **100%** of children from low-income households were able to access continued education by having their school fees paid.



NANYANG GIRLS BURSARY

Every year, Nanyang Girls' High School (NYGH) receives about 400 Secondary 1 students from more than 80 different primary schools. These students come from very different backgrounds, but share similar qualities of being highly motivated and driven.

The fund committed to providing 10 years' worth of bursary support to students from Nanyang Girls' High School (NYGH).

Key Outcome:

- Among those who have benefited are children from families experiencing financial hardship, or who need a helping hand to get through a challenging time such as when a parent loses their source of income, or a death in the family occurs.

MtG 200 – MENTAL HEALTH FUND

AGE WELL EVERYDAY (AWE)

Ageing with Dignity

In Singapore, the prevalence of dementia among seniors aged 60 and above is significant, with 1 in 10 affected. As life expectancy rises and our population ages, projections suggest this number will triple by 2030. The fund supported Age Well Everyday (AWE), an effort to enhance seniors' quality of life and potentially delay the onset of dementia.

AWE is a structured community programme which encompasses Health Education, Exercise, Mindfulness Practice, Art & Music Reminiscence, and Horticultural Therapy. The programme encourages active ageing through instilling a resilient mind by increasing socialisation amongst seniors, and building a close knit community of support.



NUS COMMUNITY DANCE PROGRAMME FOR OLDER ADULTS

Passionate about the holistic well-being of seniors in the community, researchers at the National University of Singapore's Alice Lee Centre for Nursing Studies developed and evaluated an enjoyable Community Dance Programme for older adults.

After eight sessions of dance intervention led by student volunteers, the senior participants reported improvements in their health and well-being, and expressed appreciation for the programme.

Key Outcome:

- **29** seniors enthusiastically attended dance intervention sessions, and perceived physical and cognitive improvements after the programme.

UNFORGOTTEN

The MtG 200 Mental Health Fund has also provided support for "Unforgotten", a thought-provoking theatrical production hosted at the Drama Centre. An original Singaporean musical of survival and loss, of ageing and dignity, the performance shed light on mental illness and the experiences of our pioneer generation.



MtG 200 – PALLIATIVE CARE FUND ASSISI HOSPICE

An average of 56% of its patients require complex palliative care. Without appropriate hospice care, patients requiring complex palliative care are likely to spend their final days in hospital, in pain and distress. Supported by a grant from the Fund, Assisi Hospice developed the personnel and capabilities to meet these complex needs, enabling patients to leave with dignity, giving their families peace of mind.

Key Outcome:

- **42** nurses achieved full competency in complex palliative care.
- No. of patients served: **1,734**
- No. of training sessions conducted: **148**





MtG 200 – PALLIATIVE CARE FUND SINGAPORE HOSPICE COUNCIL Pilot film: “The Sketchbook”.

Singapore Hospice Council’s short film “The Sketchbook” was sponsored by the fund, to commemorate World Hospice and Palliative Care Day (WHPCD). A young boy dying from cancer dreams of seeing his art displayed in a gallery. He finds friendship in a palliative care nurse who makes his dream come true.

Through the film, which is inspired by a true story, the campaign sought to raise awareness about the importance of access to palliative care services.

Key Outcome:

- Ms Evelyn Leong, SHC's Chief Executive, talked about the World Hospice and Palliative Care Day and “The Sketchbook” in a radio feature by DJ Susan Ng of CNA 938FM.
- The content gained over **24.5 million** impressions on media platforms such as CNA, Mothership and 8 Days.

MtG 200 – SINGAPORE UNITY FUND SILENT MINORITY COMPASSIONATE BURSARY

Catastrophic, unexpected hardships like death, divorce, or accidents can derail the lives of promising young individuals.

The fund disbursed a total of **\$1.2 million** to various organisations to support the Silent Minority Compassionate Bursary programme, enabling students from minority races to complete their education despite these hardships.

In addition to administering the bursary for the Malay Muslim community, the Association of Muslim Professionals (AMP) also supported recipients through structured family interventions.

Key Outcome:

- **30** families comprising **161** beneficiaries received support via AMP.



MtG 200 – SUSTAINABLE EARTH FUND REFUSE

An interesting project supported by the fund was REFUSE, an inter-media exhibition about music, mushrooms, and decomposition, was the Singapore Art Museum's first exhibition at Tanjong Pagar Distripark.

The exhibition was a collaboration between experimental local band, The Observatory, and other like-minded contributors, including mycology designer Bewilder. It explored the twin ideas of decomposition and composition from biological and musical perspectives.

Key Outcome:

- **41,394** people visited the exhibition.
- **20,206** people engaged in activities.



WWF SINGAPORE

The fund contributed to the WWF-Singapore Conservation Fund, backing initiatives critical to our country's sustainable future. One such programme, Greening Singapore's Footprint, supports the Climate Action School Programme, which cultivates the conservation leaders of tomorrow. Through engagement activities, local partners and financial institutions are encouraged to adopt sustainability strategies and climate-friendly business practices.

Key Outcome:

- No. of people who visited the exhibition:
41,394
- No. of people reached:
20,206

MtG 200 – SUSTAINABLE SOCIETY FUND

ITE PROJECT X

Philanthropy Driving Innovation

Supported by the fund, a tailor-made programme named “Project X” was developed through a unique collaboration with CFS and ITE College Central under the Digital Animation Programme (School of Design and Media), in 2020.

The programme delves into the realm of Web3, touted as the ‘internet of the future’ and targets high-performing, financially-challenged ITE students. “Project X” includes a comprehensive six-month training stint, and an opportunity for an international convention and internship. The first batch of students attended the Siggraph Convention in Vancouver in 2022, and the next group looks set to venture to Japan.



Key Outcome:

- **19** talented students have graduated from Project X since its inception.



Scan Me!



THE YEARS AHEAD



Tow Heng Tan
CEO
Pavillion Capital

"Mind the Gap 200. You can describe the 200 as anything - 200 years of Singapore's founding, or 200 million target, or 200 months of charity work. Together, we continue to use this platform to accomplish the group's charitable goals and create meaningful impact."



Catherine Loh
CEO
The Community
Foundation of
Singapore

"Looking ahead, philanthropists such as yourselves will play an increasingly pivotal role in advancing Singapore's journey towards unity and inclusivity.

Addressing challenges like our super-ageing population, climate change, and mental well-being requires collective action and a commitment to social mobility and opportunity for all.

As Mind the Gap 200 enters its 5th year and CFS marks its 15th, we look forward to further strengthening our partnership. Let's continue our philanthropic efforts, expanding our impact and creating a lasting legacy of positive change. Together, we can contribute to build a stronger society filled with opportunities, ensuring Singapore's future for generations to come."



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