

## COLOURS OF MINDSET: AN ART EXHIBITION SHARING STORIES OF MENTAL HEALTH & COLLABORATION

- Raising awareness for mental health through art
- Showcasing 20 paintings by mental health persons-in-recovery and 13 collaborative works
- 16-20 July, Marina Bay Link Mall; 21 July, Our Tampines Hub

**SINGAPORE, 18 JULY 2018** – ‘Colours of MINDSET’ is an art exhibition featuring 20 acrylic paintings by mental health persons-in-recovery (PIRs) as well as 13 artworks jointly created by PIRs and employees of the Jardine Matheson Group (“Jardines”, 怡和集团). The week-long display from 16 July to 21 July 2018 explores mental health through the lens of PIRs in the form of inspiring artwork and stories.

‘Colours of MINDSET’ is organised by MINDSET Care Limited (“MINDSET”, 思健), a registered charity initiated by the Jardine Matheson Group. Inspired by the positive effect of art therapy, MINDSET aims to raise awareness for mental health and in turn build acceptance and reduce the social stigma, by showcasing selected art pieces created by PIRs.

### Forging bonds, fighting stigma



MINDSET organised a series of art jamming sessions where mental health PIRs are paired with Jardine employees to paint an artwork together. The collaborative effort in the form of an inspiring painting serves as a memory of the bond forged by spending time and interacting with one another. These sessions served as a platform for positive collaboration between PIRs and Jardine employees to facilitate a better understanding of mental health and in turn, the participants can spread the message of acceptance and anti-stigma within their social circles.

A total of 136 PIRs and 110 Jardine employees came together and produced over 53 collaborative artworks in the theme of *Happiness, Harmony or Singapore*.

The art jamming also enabled MINDSET to share the benefits of using art as a form of therapy to enhance mental wellness amongst Jardine employees. All participants were given a first-hand experience on how art can be used as a form of respite amidst one's busy schedule and provide one with a safe avenue to express emotions and thoughts. The workshops were held at *Creative Mindset*, a facility that makes use of expressive art to enhance the emotional well-being. *Creative Mindset* is a Singapore Association for Mental Health (SAMH) centre that was set up with a S\$250,000 support from Jardines in 2015.

### **More than just a painting**

To encourage workshop participants to continue expression through art and to recognise hidden artistic talents in the mental health community, a concurrent competition was launched. A total of 33 paintings were shortlisted from the submissions will be displayed at two locations. 'Colours of MINDSET' runs from 16 to 20 July 2018 at the Marina Bay Link Mall, and on 21 July 2018 at One Tampines Hub.

Each painting submitted is accompanied with a brief sharing of the story and meaning behind the artwork as well as how it fits with the 'Colours of MINDSET' themes. MINDSET will be giving 'Best Artist', 'Best Collaborative Artwork' and 'Most Popular Artwork' awards, with encouraging cash prizes totalling S\$3,500. Judging is based on the creativity, overall aesthetics and story behind the artwork.

Alex Newbigging, MINDSET's Chairman and one of three 'Colours of MINDSET' judges said, "MINDSET is an active supporter of the mental health community. The paintings are a strong reminder that persons-in-recovery are capable of beautiful work. We hope that all visitors will be able to understand more about mental health through the lens of these artists."

Mavis Hee, local singer-songwriter and actress graced the exhibition as a judge of 'Colours of MINDSET'. Commenting on mental health, she said, "it's not mainly about stigma or on mental illness, it's about extending that crucial understanding from ourselves to others. This way, we will have less judgement and more grace as a society".

The final judge, Vera Chng, local artist at *Studio Feyre* as well as the trainer-facilitator of the art jamming sessions shared, “As a teacher and student of art, I have always felt that art provided me with solace and peace during the toughest moments of my life. Colours of MINDSET is an amazing event that taps on the creative of mental health persons-in-recovery as a place of expression.”

### **The Jardine Matheson Group efforts in mental health**

Since setting up its charity, MINDSET in 2011, the Jardine Matheson Group has been paving the way for the under-served cause of mental health in Singapore. In 2017, new initiatives were implemented to amplify the need for awareness and understanding. MINDSET was invited as a speaker of the Singapore Mental Health Conference 2017 where it shared its efforts in enabling reintegration into the workforce through job skills trainings at MINDSET’s flagship project, MINDSET Learning Hub (MLH).

The hub was established in October 2016 with a S\$2 million pledge from the Jardine Matheson Group, it is Singapore’s first and only job training and placement centre dedicated to providing mental health PIRs with essential Workforce Skills Qualifications (WSQ) and non-WSQ trainings. Since its opening, MLH has trained 249 PIRs and achieved 116 job placements.

Since 2011, MINDSET has disbursed over S\$3.8 million to mental health programmes and projects. The MINDSET Challenge & Carnival, being its signature fund-raiser, has raised more than S\$1.6 million. MINDSET has also sourced 106 work attachments within the Jardine Matheson Group, and contributed over 29,000 employee volunteer hours to mental health activities and efforts in the last six years.

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**About MINDSET Care Limited**

<http://mindset.com.sg/>  
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MINDSET Care Limited (MINDSET) is a registered charity established by the Jardine Matheson Group of companies to make a tangible difference in the area of mental health. Led by Jardine Ambassadors, MINDSET aims to raise awareness and understanding of mental health issues to change attitudes, while at the same time, provide practical support to individuals, families and charitable initiatives in the mental health sector. MINDSET is named a winner of the Charity Transparency Awards 2016 and 2017 by The Charity Council.

The Jardine Matheson Group companies in Singapore are: Jardine Matheson (Singapore), Jardine Cycle & Carriage; Cycle & Carriage Singapore, Jardine Engineering Corporation; Jardine Lloyd Thompson; JOS; Innovix Distribution; Schindler Lifts; Gammon Construction; Hongkong Land; MCL Land; Mandarin Oriental, Singapore; Dairy Farm Singapore (Cold Storage; Giant Hypermarket; 7-Eleven; and Guardian Health & Beauty); Maxim's Catering Limited, a company incorporated in Hong Kong; Genki Sushi Singapore; and Starbucks Singapore.