

MINDSET VERTICAL RACE RAISED S\$365,000 FOR MENTAL ILLNESS

- Fund raising for MINDSET Learning Hub, a job training and placement centre offering Workforce Skills Qualifications (“WSQ”) courses to persons-in-recovery
- Annual MINDSET Challenge raised over S\$1.2 million since 2012
- Over 250 participants including charity runners, *Mental Muscle*
- About 400 mental health clients attended the inaugural Jardines MINDSET Carnival

SINGAPORE, 11 NOVEMBER 2016 – MINDSET Care Limited (“MINDSET”), the registered charity of the Jardine Matheson Group in Singapore (“Jardines”), successfully raised S\$365,000 at its annual vertical race, The MINDSET Challenge. The charity event, held on 13 November 2016, sets out to raise funds for MINDSET Learning Hub, a job training and placement centre at the Jurong East area, dedicated to people recovering from mental health issues. MINDSET Learning Hub, a partnership between MINDSET and the Singapore Association for Mental Health (“SAMH”), was officially opened on 1 October 2016.

Guest-of-Honour Ms Sim Ann, Senior Minister of State, Ministry of Culture, Community and Youth, and Ministry of Trade and Industry, led a mass walk-up the 33-floor Marina Bay Financial Centre (“MBFC”) Tower 1. The MINDSET Challenge 2016 attracted more than 250 participants in individual and team segments. Close to 20 children under the age of 12 participated in the Kids Dash segment that required them to scale 10 floors. *Mental Muscle*, a group of six medical students with the same purpose of raising funds for mental health also participated in the event. They previously undertook a 250km challenge through the Namib Desert, Africa, and are headed to Nepal in December to complete 200km within five days.

About the MINDSET Challenge, Mr Alex Newbigging, Chairman of MINDSET said, “The fight against the social stigma associated with mental illness is like scaling the 33-floor MBFC Tower 1. It requires dedication, endurance and support. We are proud to raise funds and provide the necessary support that empowers people with mental health issues.”

To celebrate five years of MINDSET in Singapore, the first-ever Jardines MINDSET Carnival was also held on the same day. The event brings together over 1,200 employees from 11

Jardine Matheson group companies and their families and friends. More importantly, about 400 clients from mental health voluntary welfare organisations joined the carnival. The carnival serves as a platform to create greater awareness and de-stigmatise mental illness - encouraging guests and mental health clients to interact and engage with one another.

More than 30 F&B and games booths as well as music performances delighted carnival-goers of all age-groups and interests. Some carnival highlights included a drone-flying experience and a special five-second 'Candy Cannon' to mark MINDSET's fifth anniversary. Art pieces and handicrafts exclusively created by mental health clients were also put up for sale at the carnival.

Mr Newbigging added, "We are happy to organise our inaugural Jardines MINDSET Carnival, where employees of the Jardine Matheson group companies, their families and friends, as well as guests from mental health voluntary welfare organisations have come down to celebrate as one big MINDSET family."

In the last five years, we have disbursed over S\$3.5 million to mental health programmes and initiatives. The MINDSET Challenge being our signature fund-raiser, has raised more than S\$1.2 million. This year, MINDSET committed S\$2 million to establish its long-term flagship project, MINDSET Learning Hub. The hub has trained 57 persons recovering from mental health issues since its opening in October 2016 and expects to provide at least 300 training slots each year. Apart from financial contributions, MINDSET has also sourced more than 70 work attachments within the Jardine Matheson group, and provided over 16,400 employee volunteer hours to mental health activities and efforts.

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About MINDSET Care Limited

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 by The Charity Council. <http://mindset.com.sg/>

The Jardine Matheson Group companies in Singapore are: Jardine Matheson (Singapore), Jardine Cycle & Carriage; Jardine Engineering Corporation; Jardine Lloyd Thompson; JOS; Innovix Distribution; Schindler Lifts; Gammon Construction; Hongkong Land; MCL Land; Mandarin Oriental, Singapore; and Dairy Farm Singapore (Cold Storage; Giant Hypermarket; 7-Eleven; and Guardian Health & Beauty).

About MINDSET Learning Hub

MINDSET Learning Hub is MINDSET's flagship project. It aims to help people recovering from mental illness reintegrate into the workforce by empowering them with the relevant skills through both WSQ and non-WSQ training. The programmes will be conducted at MINDSET Learning Hub's 5,800 square feet premises, which is designed to include a variety of simulated work environments to provide hands-on training. The programme is also supported by a job matching scheme to help clients get back into the workforce. MINDSET Learning Hub is a collaboration between MINDSET and Singapore Association for Mental Health.