

JARDINES' CHARITY, MINDSET, RAISED S\$380,000 FOR MENTAL HEALTH JOB HUB AT ANNUAL VERTICAL RACE AND CARNIVAL

- The MINDSET Challenge & Carnival has raised over S\$1.6 million for mental health since 2012
- 2017 beneficiary MINDSET Learning Hub is Singapore's 1st WSQ job training and placement centre for mental health persons-in-recovery; trained 182 persons and placed 73 individuals in the workforce
- Large-scale event of over 300 mental health clients, 200 race participants, 2,000 carnival-goers
- Charity runners, *Mental Muscle*, participated in the vertical race for the second time
- A wide F&B showcase from well-known names such as *Garang Grill by New Ubin Seafood*, *Old Chang Kee* and *Liao Liao*

SINGAPORE, 29 OCTOBER 2017 – MINDSET Care Limited (“MINDSET”, 思健), the registered charity of the Jardine Matheson Group (“Jardines”, 怡和集团) in Singapore, successfully raised over S\$380,000 for mental health at The MINDSET Challenge & Carnival 2017 held on 29 October.

The beneficiary of the sixth edition of this annual fund raiser is MINDSET Learning Hub (“MLH”, 思健培训中心), Singapore's first and only Workforce Skills Qualifications (“WSQ”) training and job placement centre for mental health persons-in-recovery. Launched in October 2016 in partnership with the Singapore Association for Mental Health (“SAMH”, 新加坡心理健康协会), MLH has since trained 182 persons and successfully placed 73 individuals in the workforce.

Apart from supporting the social reintegration of mental health clients through employment, The MINDSET Challenge & Carnival 2017 also seeks to raise awareness and promote acceptance for a cause that is often neglected and confronted with social stigma. The event brings together Jardine employees, their families and friends, members of the voluntary welfare sector as well as mental health clients to build understanding of mental health on a common platform.

Reducing social stigma

Endorsing the anti-stigma message was Guest-of-Honour, Dr Amy Khor, Senior Minister of State, Ministry of Health & Ministry of the Environment and Water Resources, who graced the event and flagged off a mass walk-up of the 33-floor Marina Bay Financial Centre (“MBFC”) Tower 1. Speaking at the event, Dr Khor highlighted the importance of having difficult conversations on mental health to reduce social stigma surrounding it.

Mr Alex Newbigging, Chairman of MINDSET added, “Too often mental illness is stigmatised in society, and we want to change that by creating more opportunities to build greater understanding of mental health conditions. We hope that all participants of today’s event can also be ambassadors and spread this message by starting conversations on a sensitive topic such as mental health.”

Vertical race and carnival highlights

The MINDSET Challenge & Carnival 2017 attracted more than 200 participants who raced up MBFC Tower 1 in competitive individual or team segments. The format of a vertical race serves as a reminder of the uphill climb mental health clients face in their journey of recovery. The fastest race time clocked to date since the race started in 2012 is 5 minutes and 7 seconds. *Mental Muscle*, a group of seven charity runners raising funds for mental health, also took part in the vertical race for the second time. The popular Kids Dash segment saw 12 children under the age of 12 scale 10 floors of MBFC Tower 1. A new segment, the Fun Run, was introduced this year to encourage non-competitive participants to play a part in the event. A total of 39 participants participated in the Fun Run, which comprised a nine-metre inflatable challenge followed by an army-themed obstacle course before racing up 10 floors to the finishing line.

The festivities extended across MBFC Tower 1 to The Lawn @ Marina Bay, where the carnival was held. The event brought together more than 2,000 Jardine employees, their families and friends, as well as 300 mental health clients from five voluntary welfare organisations. The increased number of attendees this year compared to the turnout of 1,200 in 2016 is an encouraging testament of MINDSET’s continuing outreach and integration efforts.

The carnival offered F&B from three food trucks, nine food booths including MINDSET Learning Hub’s very own café, *MLH Café*. Well-known F&B names such as *Garang Grill by New Ubin Seafood*, *Old Chang Kee* and *Llao Llao* participated to lend their support to mental health and to satisfy carnival-goers with scrumptious food.

Attendees also had a chance to have some fun at nine different games booths and creative arts and crafts at three activity workshops, where they jointly made craft pieces with mental health clients. Other carnival highlights included virtual reality games, music performances, as well as a bouncy castle and a 'Candy Cannon' segment to delight the young ones.

The Jardine Matheson Group efforts

The Jardine Matheson Group has been paving the way for the under-served cause of mental health. In 2017, new initiatives were implemented to amplify the need for awareness and understanding. In July, Dairy Farm Singapore, a Jardine company, rolled out an island-wide donation box drive in 65 of its retail outlets such as Cold Storage supermarkets and 7-Eleven convenience stores to raise funds for MINDSET. Its Health & Beauty banner, Guardian, also retailed S\$5 toiletries sets at over 40 outlets, of which S\$1 from each set sold was donated to the Singapore Anglican Community Services.

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

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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 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; 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 that was launched in October 2016. 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 are 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.