

JARDINES' CHARITY, MINDSET, RAISES S\$375,000 TO SUPPORT INCLUSIVITY OF MENTAL HEALTH PERSONS-IN-RECOVERY IN THE WORKPLACE

- Vertical race raises over S\$2.1 million for mental health since 2012
- Beneficiary *MINDSET Learning Hub* trains 290 and places 134 persons-in-recovery in jobs since 2016
- For the first time, persons-in-recovery participates in the race in support of their uphill battle towards recovery
- *The Sam Willows'* Benjamin Kheng laces up to attempt the 33-floor vertical race
- Six-metre chalk mural designed by Singapore Institute of Technology students to express their thoughts on mental health

SINGAPORE, 28 OCTOBER 2018 – 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\$375,000 for mental health at *The MINDSET Challenge & Carnival 2018* held at the Marina Bay Financial Centre (“MBFC”) on 28 October. The annual vertical race and carnival is MINDSET’s signature event to raise funds and awareness for mental health.

Since 2012, the event has raised over S\$2.1 million for mental health. This year’s beneficiary 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 (“PIRs”). 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 290 persons and successfully placed 134 individuals in the workforce.

MINDSET’s Chairman, Mr Alex Newbigging said, “We believe that everyone should be given his or her opportunity in society. At Jardines, we have been providing job opportunities for mental health persons-in-recovery within our 19 businesses in Singapore. Since 2011, we have placed close to 150 mental health clients in jobs within the Group. We have also donated over S\$5 million towards various mental health programmes. We hope that more firms will support inclusivity and the integration of mental health persons-in-recovery in the workplace.”

Graced by Guest-of-Honour, Mr Amrin Amin, Senior Parliamentary Secretary, Ministry of Home Affairs & Ministry of Health, *The MINDSET Challenge & Carnival 2018* promotes inclusivity of PIRs in the community by creating interaction opportunities and among race participants and carnival-goers, as well as raises funds to support job training for PIRs.

A step up towards inclusivity

Some 280 race participants and 2,200 carnival-goers including 250 mental health clients and caregivers from various Voluntary Welfare Organisations (“VWOs”) attended.

The vertical race is the signature activity that serves as a reminder of the uphill battle and social stigma that PIRs face.

For the first time, about 30 mental health PIRs and caregivers from various VWOs walked up the top five floors of MBFC Tower 1, reaching the finishing line alongside competitive racers. MINDSET hopes to inspire PIRs to overcome obstacles as they feel a sense of accomplishment completing a physically demanding challenge.

280 individuals showed their support towards the mental health community by racing up 33 floors of MBFC Tower 1. The fastest time clocked in the individual men’s category clocked a new record at 5 minutes 12 seconds while the fastest individual women’s category timing was 8 minutes 3 seconds.

The ‘Kids Dash’ category also had children below the age of 12 run up 10 floors, while the ‘Fun Run’ category saw teams of three challenging themselves in an obstacle course.

Benjamin Kheng and Jonathan Chua from The Sam Willows lend a voice for the mental health community

Award-winning and home-grown band members of *The Sam Willows*, Benjamin Kheng and Jonathan Chua, made a special appearance at *The MINDSET Challenge & Carnival 2018* in support of the mental health community in Singapore.

Kheng said, “The work that MINDSET does is incredibly important, especially for such a time as this. Many people are being increasingly vocal about their mental or neurological disorders, and as someone who suffered from such conditions in the past, I’m very glad to be part of the conversation.”

Kheng also competed in the 33-floor vertical race to mark his support. He hopes to inspire more conversations on mental illness in hopes of normalising and not trivialising mental health issues. He is no stranger to the mental health community. He has participated in projects such as the 'Spoken Word Project' for Singapore Association for Mental Health in 2015 and 2016, and starred in a musical entitled 'Fun Home' which delved into mental health.

Chua shared his sentiments about mental health during the opening ceremony and encouraged all participants everyone to start opening up and have those difficult conversations on mental illness with their families and friends.

Starting conversations, engaging community

The carnival was held at The Lawn @ Marina Bay. This platform allowed carnival-goers, mental health clients and caregivers from VWOs to collaborate in activities and engage in conversations. Through this, MINDSET hopes to reduce stigma associated with mental illness and encourage an inclusive community.

Spanning six metres on the asphalt road in between MBFC Tower 1 and The Lawn @ Marina Bay is a chalk mural designed by students from the Singapore Institute of Technology. Carnival-goers were also given an opportunity to contribute to this chalk mural as they express their thoughts on mental health and wellness.

The MINDSET Learning Hub's very own café, MLH Café, was also at the carnival selling its signature drinks. MLH Café has been operational since June 2017 and employs mental health PIRs who are undergoing the food preparation course under Workforce Skills Qualifications. Their presence provides carnival-goers a better understanding of where funds raised are channelled.

Other carnival highlights include a vintage Mercedes-Benz car display, craft activities and games to encourage collaboration and interaction, as well as food stalls to satisfy all carnival-goers.

Jardines' efforts in mental health

The Jardine Matheson Group has been paving the way for the under-served cause of mental health since the inception of its charity, MINDSET in 2011. Jardines has since donated over S\$5 million to mental health. Its signature fund-raiser, *The MINDSET Challenge & Carnival*, has raised more than S\$2.1 million.

Focusing on employment initiatives for the mental health community, Jardines has provided some 150 job placements for PIRs within the Group.

To inspire more support from the private sector, MINDSET partnered the Singapore Association for Mental Health in 2016 to open *MINDSET Learning Hub*. This was supported by S\$2 million commitment by Jardines over a five-year period. The hub provides Workforce Skills Qualifications (WSQ) and non-WSQ trainings, as well as job placement opportunities to mental health PIRs. Since its establishment, MLH has trained 290 of PIRs and provided 134 of job placements. Situated within the heartland of Jurong East, the hub is also a platform to raise awareness on mental health and illness to the public in the area.

Inclusivity also extends to Jardine employees. Since 2011, MINDSET has contributed over 35,000 employee volunteer hours to mental health activities and efforts.

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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 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.

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.