

EMBARGOED UNTIL 20 OCTOBER 2019, 12.00PM

JARDINES' MENTAL HEALTH CHARITY, MINDSET RAISED S\$1.5 MILLION TO CHAMPION JOB SKILLS TRAINING AND INCLUSIVITY IN THE WORKPLACE

- *The MINDSET Learning Hub, Singapore's 1st Workforce Skills Qualifications job training and placement centre for mental health persons-in-recovery, has trained 350 persons-in-recovery and placed 180 in the workforce*
- *Signature fundraising event raises awareness of mental health at annual vertical race scaling almost 900 steps and promotes inclusivity among 2,000 carnival-goers*
- *Guest-of-Honour Mr Edwin Tong, Senior Minister of State, Ministry of Law & Ministry of Health lends his support for mental health*

SINGAPORE, 20 OCTOBER 2019 -- Jardine Matheson Group's ("Jardines", 怡和) registered charity, MINDSET Care Limited ("MINDSET", 思健), today tackled the steps of the Marina Bay Financial Centre ("MBFC") Tower 1, to raise funds for mental health at ***The MINDSET Challenge & Carnival*** ("TMCC") 2019. The annual vertical race and carnival is a longstanding fundraiser of MINDSET and has raised more than S\$2.5 million since its first edition in 2012, contributing to a variety of mental health programmes from rehabilitation facilities to art therapy programmes. Of which S\$1.5 million went towards beneficiary, MINDSET Learning Hub ("MLH", 思健培训中心), Singapore's first Workforce Skills Qualifications ("WSQ") job training and placement centre for mental health persons-in-recovery.

Over 200 participants scaled the 33 storeys of MBFC Tower 1, racing upwards in a symbolic representation of the uphill battle against the social stigma and challenges that persons-in-recovery have to overcome as they reintegrate into society. Nearby at The Lawn @ Marina Bay, a carnival served as a platform to promote social inclusion of people with mental health issues. It is also an opportunity for persons-in-recovery and caregivers from various Social Service Agencies ("SSAs") to enjoy a day out, together with Jardines employees, business partners, families and friends.

The Guest-of-Honour was Mr Edwin Tong, Senior Minister of State, Ministry of Law & Ministry of Health, who flagged off the mass walk-up. Also in attendance was Mr Benjamin Birks (白坚斯), Chairman of MINDSET, and Dr Francis Yeoh, President of the Singapore Association for Mental Health (“SAMH”, 新加坡心理健康协会).

In his speech, MINDSET’s new Chairman, Mr Benjamin Birks said, “Attending *The MINDSET Challenge & Carnival* for the first time has been a humbling and heartening experience for me. I am very encouraged that many of our employees, business partners, and families have joined us every year to give their support for mental health. Jardines is a private sector leader not just in business but also in championing mental health. We are committed to doing our part for persons-in-recovery by offering job placements within our group of companies. We will continue to leverage our networks to encourage our business associates to join us in supporting a more inclusive workplace.”

MLH, Singapore’s first and only WSQ training and job placement centre for mental health persons-in-recovery, was the beneficiary of The MINDSET Challenge & Carnival 2019. The hub, situated in Jurong East, provides both WSQ and non-WSQ trainings, as well as job placement opportunities for persons-in-recovery. It also functions as a platform to raise awareness of mental health issues and educate the public on such areas. Since its establishment in October 2016 as a partnership with SAMH, MLH has trained 350 persons and provided 180 with job placements.

Fighting Mental Health Stigma with a step towards inclusivity

The event brought together an estimated 2,000 carnival-goers, including Jardine employees, their families and friends, as well as 150 mental health persons-in-recovery and caregivers from four SSAs. The number of attendees continues to grow each year since the carnival started in 2016, an encouraging testament of MINDSET’s ongoing outreach and integration efforts.

At MBFC Tower 1, more than 200 people participated in the vertical race in competitive individual and team segments, racing up 33 levels. The Kids Dash segment saw children under the age of 12 show their grit and do their bit for charity by teaming up with their parents to scale 10 floors of MBFC Tower 1.

The festivities extended across MBFC to The Lawn @ Marina Bay, this year featuring a Monopoly-themed carnival. The stage performances comprised heartwarming performances

by SAMH, a magic show, games and lucky draws. Audiences were also treated to a 10-minute performance by persons-in-recovery from the Institute of Mental Health, who sang classic tunes such as *Country Road* and *I Don't Want To Talk About It*.

Life-sized board games, MONOPOLY-themed game booths and craft workshops also provided the opportunity for carnival-goers to interact with persons-in-recovery. In seeking to reinforce the importance of mental health and wellness through a fun-filled atmosphere, the event also helped to foster a spirit of inclusivity and encourage empathy towards these individuals.

Jardines' Ongoing Commitment to Support Singapore's Mental Health Community

The Jardine Matheson Group has been championing the underserved cause of mental health over the years through annual fundraising events, awareness programmes, work integration initiatives as well as community partnerships. To date, Jardines has raised and donated close to S\$6 million towards various mental health programmes.

In August 2019, MINDSET launched a new intervention programme in collaboration with TOUCH Community Services (“TOUCH” or “触爱社会服务”). Known as ‘DigitalMINDSET’, the programme is targeted at managing pathological gamers’ addictive behaviour, while keeping their mental health in check. The issue of ‘gaming disorder’ as a mental health condition is growing in prevalence amongst the youths in Singapore today and the timely introduction of ‘DigitalMINDSET’ supports this segment that has been gaining spotlight especially amongst youths, parents and schools.

In an upcoming initiative, Jardines and MINDSET will be sponsoring and supporting the inaugural edition of Singapore Mental Health Film Festival 2020's Youth Film Competition, which will be held at the National Gallery Singapore in February 2020. Through a series of inspiring and thought-provoking films, panel discussions, and workshops, the festival aims to break the stigma of mental illness and foster a spirit of compassion and acceptance.

MINDSET has set exemplary standards for charities, with its strong commitment and responsibility to the mental health community. MINDSET won the “Charity Transparency Award” for the third consecutive year for its exemplary disclosure standards in Singapore, and was awarded the “Charity Governance Award” in a pool of more than 1,000 small charities, as a recognition by the Charity Council for its highest standards of governance. Jardines and

MINDSET were also named “Champion of Good” by the National Volunteer & Philanthropy Centre.

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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 was awarded the Charity Governance Award 2018 and Charity Transparency Awards 2016, 2017 and 2018 by the Charity Council. Jardines and MINDSET are also named Champion of Good by the National Volunteer & Philanthropy Centre.

The Jardine Matheson Group companies in Singapore are: Jardine Matheson (Singapore), Jardine Cycle & Carriage; Cycle & Carriage Singapore, Jardine Engineering Corporation; JOS; Innovix Distribution; Schindler Lifts (Singapore); Gammon Construction; Hongkong Land; MCL Land; Mandarin Oriental, Singapore; Dairy Farm Singapore (Cold Storage; Giant; Guardian Health & Beauty; and 7-Eleven); Maxim’s Catering Limited, a company incorporated in Hong Kong; Genki Sushi Singapore; and Starbucks Coffee 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 persons-in-recovery get back into the workforce. MINDSET Learning Hub is a collaboration between MINDSET and Singapore Association for Mental Health.