



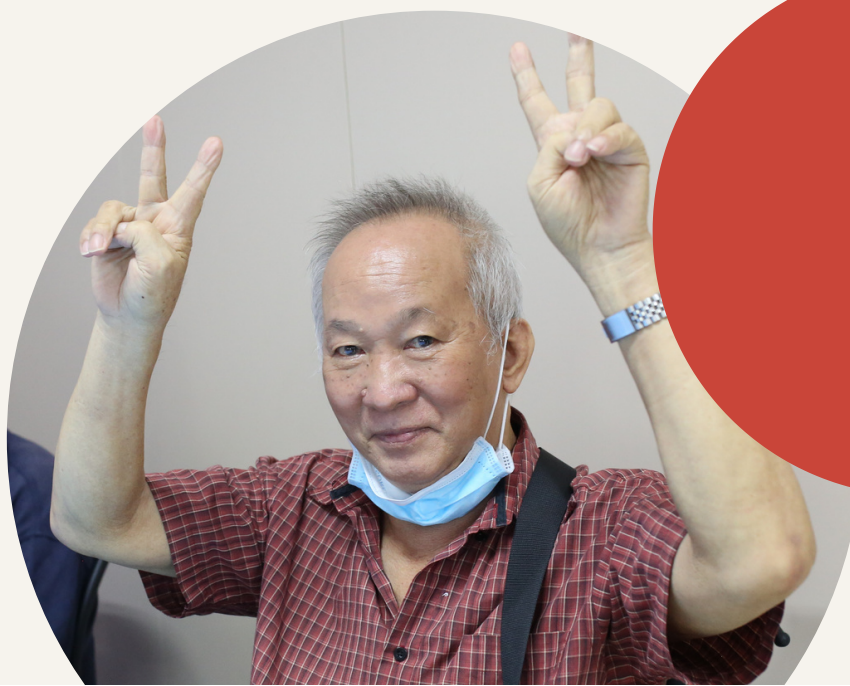
ANNUAL REPORT 2022



OUR CARE FOR THE ELDERLY NEVER FADES

TABLE OF CONTENTS

03	Chairman's Message	15	Impact on Community
04	Charity Profile	16	Whats New
06	Management Committee	18	Upcoming Plans
09	FY21 at a Glance	19	Charity Discosures
10	Summary Financial Performance	20	Conflict of Interest Policy and Declaration
12	Services and Programmes	25	Financial Statement
14	Outreach and Fundraising	27	Code of Governance





Chairman's Message

May Peace be upon everyone,

Covid-19 is still around and it has taken a huge toll on every country, organization and individuals including MHCC. Many of our beneficiaries and staff had contracted it and some of them had passed on due to this virus.

Nevertheless, we are grateful and thankful, to all our staff, beneficiaries, and all stakeholders for the continuous support for us to go through these tough times. AS we are approach the endemic phase, we will continue to be extra vigilant on the uncertain future of the local and global situation.

As for MHCC, we will be crafting out our strategic planning where we will be discussing our directions for the years ahead. This will be one of our major focuses next year. It is very critical for us to have this planned out carefully in order for us to grow strategically and carefully at the same time.

Together we hope for a better future where we can continue to touch more lives by providing more enriching services for our beneficiaries.

MUHAMMAD AZRI
CHAIRMAN



CHARITY PROFILE

Overview

Muhammadiyah Health and Day Care Centre ("MHCC") was registered as a society in 15/11/1997. It was registered as a charity under the Charities Act (Chapter 37) since 30/04/1997. MHCC is an IPC Status (Institution of a Public Character) Charity.

In 2019, MHCC was awarded by MOH, a Senior Activity Centre. It currently serves the 169 studio apartment units located above the centre.

VISION

To provide holistic eldercare services through innovative solutions towards better health & wellbeing.

To enrich lives within our community by serving with care & compassion through affordable, professional & personalised services for the sick and aged in Singapore

MISSION

CONTACT INFORMATION



OUR CENTRES

UEN: T13CC0002A

Muhammadiyah Health and Day Care Centre

Muhammadiyah Senior Activity Centre



10 Eunos Crescent
#01-2711
Singapore 400010

701B Yishun Ave 5
#02-612
Singapore 762701



Tel: 6741 4779

Tel: 6259 0968



mhcc@muhammadiyah.org.sg



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mhcc.muhammadiyah.org.sg

MANAGEMENT COMMITTEE



ROSZANAH ABDUL SALIM
HONORARY SECRETARY



MUHAMMAD AZRI
CHAIRMAN



NURJANNAH JUMAHAT
HONORARY TREASURER



DR MUHAMMAD RAHIZAN
COMMITTEE MEMBER



HAMZAH BIN ABAS
COMMITTEE MEMBER



**HASSANUDIN BIN
MOHAMED**
COMMITTEE MEMBER



MOHAMAMAD HELMY
COMMITTEE MEMBER



DR MOHD IQBAL
COMMITTEE MEMBER

PROFILE OF BOARD MEMBER

Name	Current Board Appointment	Meeting Attendance	Occupation
Muhammad Azri Bin Azman	Chairman 1/5/2019	3/3	President of Muhammadiyah Association
Roszanah Binte Abdul Salim	Honorary Secretary 1/5/2019	3/3	Technical Admin Executive at Takasago Singapore Pte Ltd
Nurjannah Binte Jumahat	Honorary Treasurer 1/5/2020	3/3	Self Employed
Hassanuddin Bin Mohamed	Committee Member 1/5/2014	2/3	Financial Adviser Director at Singcapital Pte Ltd
Dr Muhammad Rahizan Bin Zainuldin	Committee Member 1/5/2019	3/3	Associate Professor at Singapore Institute of Technology
Hamzah Bin Abas	Committee Member 1/5/2014	3/3	Operation Manager at Ministry of Education
Dr Mohamed Iqbal Bin Abdullah	Committee Member 1/5/2019	0/3	General Physician at The Cliniq
Mohamad Helmy Bin Mohd Isa	Committee Member 1/9/2021	2/2	Senior Director Strategy & Transformation at Majlis Ugama Islam Singapura

KEY PERSONEL



SIDDIQ RAHIM
Centre Manager



SARAH SAMSUDIN
Assistant Manager



ZAINAL ABIDIN
Senior Physiotherapist



NURAINI AHMAD
Senior Staff Nurse

DAY CARE TEAM



NORJANAH
Program Coordinator



SAWAL
Program Assistant



SAPEH
Program Assistant



AMBARIYAH
KITCHEN HELPER

ANXILLIARY TEAM



IRMA
Admin Exec



RAHIMAH
Corporate Comms &
Resource Unit

OUR TEAM

DAY REHAB TEAM



ROZITAH
Therapy Assistant



MARHAMAH
Therapy Assistant



ARYANI
Therapy Assistant



HASLINDA
Healthcare Assistant



SUDANIS
Healthcare Assistant

MSAC TEAM



IMRAN
Centre Supervisor



ZAIBON
Therapy Assistant



JOYCE
Healthcare Assistant



SULASTRI
General Worker

MUHAMMADIYAH HEALTH AND DAY CARE CENTRE

FY21 at a Glance

1468

Total Clients Served

\$252,295.15

Charity Discount in FY21

850

Average Visit/ Month

40

Average Clients/ Day



SENIOR ACTIVITY CENTRE

169

Residential Units
under MSAC

164

Average visit/ Month

26

Average Active Residents/
Month

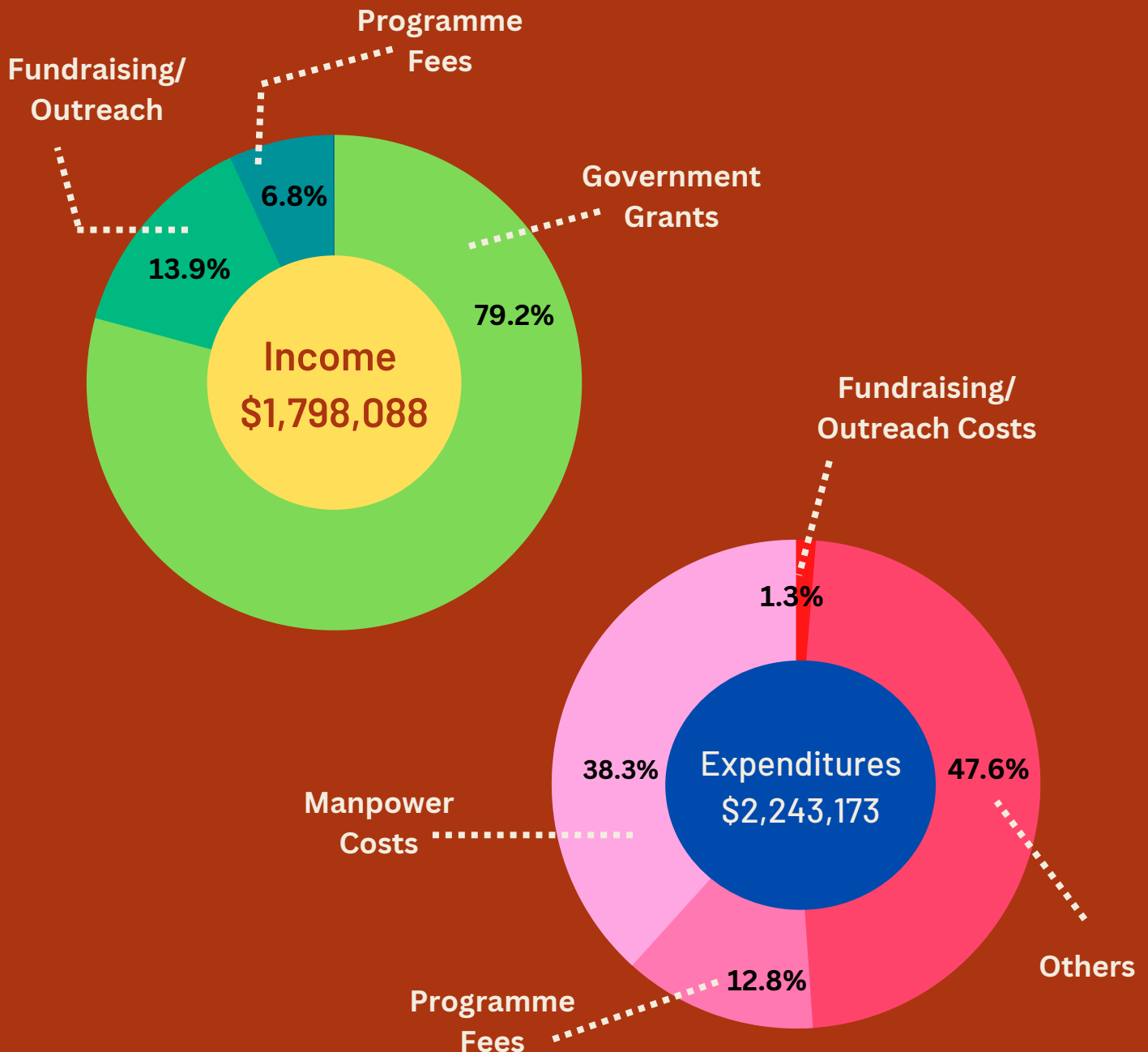
HIGHLIGHT OF THE YEAR

Summary Financial Performance

- Total Income: \$1,798,088
- Total Expenditure: \$2,243,713

Major Financial Transactions

- Renovation works for Muhammadiyah Health and Day Care Centre costs \$241,235.20



OUR SERVICES



Day Rehab

- Active Rehab
- Maintenance Exercise
- Group Exercise



Day Care

- Active Ageing Programmes
- Arts & Crafts
- Simple Gardening
- Handicrafts
- Simple Cooking/ Baking
- Advanced Care Planning



Health Education/ Monitoring

- Chronic Diseases Management
- Dementia Awareness
- Fall Precaution
- Caregiver Training
- Blood Pressure/ Blood Sugar Level monitoring



Senior Activity Centre (Yishun)

- Befriending Service
- Community Screener
- Alert Alarm System
- Information and Referral

PROGRAMMES & ACTIVITIES

COVID 19 Vaccination Service

- MHCC provided the vaccination service for Covid 19 vaccines to all our clients.
- The vaccination was done on the 5th Apr for Dose 1 and 26th Apr for Dose 2.
- 38 clients took the vaccination in our centre
- 1st booster for Covid 19 was also done in our Centre on the 14th October for 37 clients.



Dementia Awareness Health Talk

- MHCC collaborated with Goodlife! Marine Parade to carry out an awareness talk on Dementia for our clients.
- The talk was done on the 19th August 2021.
- It was carried out via zoom and in Malay Language



National Day Celebration

- MHCC celebrated National Day in the Centre with our clients on 20th August 2021.
- Clients and staff were encouraged to put on red and white outfit to symbolize the celebrations.
- Clients were given a small red velvet cake packed in a small bottle as a token for the celebrations.
- The cake was baked in consideration with the general chronic diseases of the clients.
- Staff also received 1 bottle of the red velvet cake.



FUNDRAISING & OUTREACH



Charity Meals Distribution

- MHCC collaborated with Bukit Batok MAEC on the 21st August 2021 to distribute Charity Meals to the underprivileged residents at Bukit Batok.
- It was a commemoration for the National Day Celebration.
- A total of 2000 packet of Nasi Lemak was distributed.

CNY Campaign

- A total of 300 prosperity bags were distributed to our MHCC clients & the residents at Blk 701B Yishun.
- Some items were sponsored by FoodbankSG.
- A donation campaign was uploaded over at the GivingSG page and our social media accounts.
- Total Income: \$8757.29
- Total Expenses: \$2080.08



CNY Bento Distribution

- We joined our friends from Bukit Batok to distribute food and festive hampers to 800 families as part of this year's Season of Sharing and Giving.
- MHCC sponsored 2,000 sets of bento Chicken Rice and Vegetarian Rice, deliciously prepared by Hamidah's Kitchen to help bring a little joy to residents of Bukit Batok.

IMPACT ON COMMUNITY



"I feel a lot more energetic and stronger ever since I started doing rehab in MHCC. I am able to perform a lot of my daily activities on my own now. The staff also taught me a lot of exercises which I can do at home."

-Mdm B. 76 years old

"When I first joined MHCC, I was using wheelchair mostly as my lower limbs were very weak. After doing rehab for 6 months, I am able to walk using a walking stick. The staff never fails to motivate and encouraged me."

-Mr Y, 67 years old



"I enjoy doing my rehab here as the staff are very nice and always ready to assist me. The exercises helped to improve my movements and gain my confidence. "

-Mr T, 74 years old

WHAT'S

NEW

DEMENTIA FRIENDLY ENVIRONMENT

MHCC went through a major renovation in FY21. The whole centre was given a fresh new look to create a Dementia Friendly environment.

With this, we planned to undergo the audit and obtain accreditation for Dementia Day Care Centre.



Quiet Room

A room for the dementia clients to calm down when they get agitated or violent, without causing harm to themselves.

Mural Wallpaper

Mural wallpaper helps to elevate clients' moods with warm, natural hues or bring nature indoors with a panoramic landscape.



Invisible Grill

Window grills were changed to invisible grill for clients safety to prevent any climbing.



WHAT'S

NEW

DEMENTIA FRIENDLY ENVIRONMENT

Colored Equipments



Toilets

Big signage on the toilet door at the handle level



Colored switch



Colored grab bars

For dementia patients, lack of visual stimulation can make the world even more confusing as they struggle to find and interpret the visual cues they once used to make sense of their environment.

Clever use of colour and contrast within the centre design can give these elderly back some independence, improve their safety, and help them to feel less bewildered by their surroundings.

Experts have discovered that visual design elements, particularly those related to colour and contrast, can have a big impact on the safety and wellbeing of dementia clients.

Elderly people or those unsteady on their feet often look down when walking, therefore it would be good to position signage much lower down on the wall – perhaps even at door handle height.

UPCOMING PLANS

DEMENTIA DAY CARE



MHCC plans to provide Dementia Day Care service in our centre. Currently we are serving some dementia clients in the centre however it is mainly for Rehab and Social Day Care. We plan to provide a more comprehensive and holistic services for our existing dementia clients and welcome more dementia clients to join our centre. Providing cognitive stimulation activities can help to maintain their cognitive function, sense of security, and can calm anxious or aggressive behaviors. It also helps provide a sense of control over their day and their environment, especially for those in the early stages of the disease.

CENTRE BASED NURSING

Centre Based Nursing is another service that MHCC plans to provide. We plan to provide nursing care services to our clients and the nearby residents within our area. With this in place, clients and surrounding residents can drop by to the centre for nursing procedures or care needs required without having to travel to the hospitals or polyclinics. We hope this will reduce the burden of the elderly to travel for the nursing procedures and the caregivers who requires to take leave from work to bring their elderly family members for the procedures.



CHARITY

DICLOSURES

1. Disclosure of Remuneration and Benefits received by Board Member	No Board members are remunerated for their Board services in the financial year.
2. Disclosure of Remuneration of three highest paid staff	None of the charity's staff receives more than \$100,000 in annual remuneration each.
3. Disclosure of the number of paid staff who are close members of the family of the Executive Head or Board members, who each receives remuneration exceeding \$50,000 during the year, in bands of \$100,000:	The charity has no paid staff, who are close members of the family of the Executive Head or Board members, who each receives total remuneration of more than \$50,000 during the year.
4. Disclosure of Conflict of Interest	<ul style="list-style-type: none">• All Board members and staff complies with the charity's conflict of interest policy.• The Board has put in place documented procedures for Board members and staff to declare actual or potential conflicts of interests on a regular and need-to basis.• Board members also abstain and do not participate in decision-making on matters where they have a conflict of interest.

FINANCIAL STATEMENT

MUHAMMADIYAH HEALTH & DAY CARE CENTER STATEMENT OF FINANCIAL ACTIVITIES FOR THE FINANCIAL YEAR ENDED 31 MARCH 2022

Note	2022					2021				
	Unrestricted	Restricted				Unrestricted	Restricted			
	General fund S\$	Capital grant fund S\$	CST matching grant fund S\$	Senior activity centre S\$	Total S\$	General fund S\$	Capital grant fund S\$	CST matching grant fund S\$	Senior activity centre S\$	Total S\$
INCOME										
Income from generated funds										
Voluntary income	123,223	245,095	216,606	120,630	705,554	254,592	96,448	-	-	351,040
Activities for generating funds	250,027	-	-	-	250,027	74,261	-	-	-	74,261
Income from charitable activities	841,010	-	-	-	841,010	1,096,422	-	-	-	1,096,422
Other income	1,497	-	-	-	1,497	1,878	-	-	-	1,878
TOTAL INCOME	1,215,757	245,095	216,606	120,630	1,798,088	1,427,153	96,448	-	-	1,523,601
EXPENDITURE										
Cost of generating funds	(29,355)	-	-	-	(29,355)	(19,214)	-	-	-	(19,214)
Cost of charitable activities	(287,035)	-	-	-	(287,035)	(122,899)	-	-	-	(122,899)
Governance costs	(1,323,587)	(63,433)	(400,590)	(139,173)	(1,926,783)	(1,071,730)	(56,537)	(357,913)	-	(1,486,180)
TOTAL EXPENDITURE	(1,639,977)	(63,433)	(400,590)	(139,173)	(2,243,173)	(1,213,843)	(56,537)	(357,913)	-	(1,628,293)
SURPLUS/(DEFICIT) FOR THE FINANCIAL YEAR	(424,220)	181,662	(183,984)	(18,543)	(445,085)	213,310	39,911	(357,913)	-	(104,692)
RECONCILIATION OF FUNDS										
At beginning of the financial year	834,048	90,787	424,876	-	1,349,711	620,738	50,875	782,789	-	1,454,402
Surplus/(Deficit) for the financial year	(424,220)	181,662	(183,984)	(18,543)	(445,085)	213,310	39,912	(357,913)	-	(104,691)
Transfer between funds	(18,543)	-	-	18,543	-	-	-	-	-	-
At end of the financial year	391,285	272,449	240,892	-	904,626	834,048	90,787	424,876	-	1,349,711

FINANCIAL STATEMENT

MUHAMMADIYAH HEALTH & DAY CARE CENTER

STATEMENT OF CASH FLOWS

FOR THE FINANCIAL YEAR ENDED 31 MARCH 2022

	Note	2022 \$	2021 \$
Operating activities			
Surplus for the financial year			
- Unrestricted Funds		(442,763)	213,310
- Restricted Funds		(2,322)	(318,001)
<u>Adjustments for:</u>			
Depreciation of plant and equipment		77,799	67,467
Gain on disposal of plant and equipment		(1,000)	-
Interest income		(302)	(124)
		<u>(368,588)</u>	<u>(37,348)</u>
Operating deficit before working capital changes			
Changes in working capital:			
Other receivables		72,762	241,764
Other payables		2,869	(2,034)
Net changes in working capital		<u>75,631</u>	<u>239,730</u>
Cash flows from operating activities		<u>(292,957)</u>	<u>202,382</u>
Investing activities			
Purchase of plant and equipment		(239,082)	(139,833)
Interest received		302	124
Proceeds from disposal of plant and equipment		1,000	-
Fixed deposits pledged		(200)	-
Cash flows used in investing activities		<u>(237,980)</u>	<u>(139,709)</u>
Financing activities			
Amount owing to parent body		2,996	9,371
Cash flows generated in financing activities		<u>2,996</u>	<u>9,371</u>
Net increase in cash and cash equivalents		(527,941)	72,044
Cash and cash equivalents at the beginning of financial year		957,157	885,113
Cash and cash equivalents at the end of financial year	6	<u>429,216</u>	<u>957,157</u>

CODE OF GOVERNANCE

S/N	CODE GUIDELINES	CODE ID	RESPONSE
Board Governance			
1	Induction and orientation are provided to incoming governing board members upon joining the Board.	1.1.2	Complied
	Are there governing board members holding staff appointments? (skip items 2 and 3 if "No")		No
2	Staff does not chair the Board and does not comprise more than one third of the Board.	1.1.3	
3	There are written job descriptions for the staff's executive functions and operational duties, which are distinct from the staff's Board role.	1.1.5	
4	There is a maximum limit of four consecutive years for the Treasurer position (or equivalent, e.g Finance Committee Chairman or person on Board responsible for overseeing the finances of the charity). Should the charity not have an appointed Board member, it will be taken that the Chairman oversees the finances.	1.1.7	Complied
5	All Board members submit themselves for re-nomination and re-appointment, at least once every three years.	1.1.8	Complied
6	The Board conducts self evaluation to assess its performance and effectiveness once during its term or every 3 years, whichever is shorter.	1.1.12	Complied
	Are there Board member(s) who have served for more than 10 consecutive years?		No

CODE OF GOVERNANCE

S/N	CODE GUIDELINES	CODE ID	RESPONSE
Board Governance			
7	The charity discloses in its annual report the reasons for retaining Board member(s) who has served for more than 10 consecutive years.	1.1.13	
8	There are documented terms of reference for the Board and each of its Board committees.	1.2.1	Complied
Conflict of Interest			
9	There are documented procedures for Board members and staff to declare actual or potential conflicts of interest to the Board.	2.1	Complied
10	Board members do not vote or participate in decision-making on matters where they have a conflict of interest.	2.4	Complied
Strategic Planning			
11	The Board periodically reviews and approves the strategic plan for the charity to ensure that the activities are in line with its objectives.	3.2.2	Complied
Human Resource and Volunteer* Management			
12	The Board approves documented human resource policies for staff.	5.1	Complied
13	There is a documented Code of Conduct for Board members, staff* and volunteers* (where applicable) which is approved by the Board.	5.3	Complied

CODE OF GOVERNANCE

S/N	CODE GUIDELINES	CODE ID	RESPONSE
Human Resource and Volunteer* Management			
14	There are processes for regular supervision, appraisal and professional development of staff*.	5.5	Complied
	Are there volunteers* serving in the charity?		Yes
15	There are volunteers* management policies in place for volunteers*.	5.7	Complied
Financial Management and Internal Controls			
16	There is a documented policy to seek Board's approval for any loans, donations, grants or financial assistance provided by the charity which are not part of its core charitable programmes.	6.1.1	Complied
17	The Board ensures internal controls for financial matters in key areas are in place with documented procedures.	6.1.2	Complied
18	The Board ensures reviews on the charity's internal controls, processes, key programmes and events are regularly conducted.	6.1.3	Complied
19	The Board ensures that there is a process to identify, regularly monitor and review the charity's key risks.	6.1.4	Complied
20	The Board approves an annual budget for the charity's plans and regularly monitors its expenditure.	6.2.1	Complied

CODE OF GOVERNANCE

S/N	CODE GUIDELINES	CODE ID	RESPONSE
Financial Management and Internal Controls			
	Does the charity invest its reserves, including fixed deposits?		No
21	The charity has a documented investment policy approved by the Board.	6.4.3	
Fundraising Practices			
	Did the charity receive cash donations (solicited or unsolicited) during the year?		Yes
22	All collections received (solicited or unsolicited) are properly accounted for and promptly deposited by the charity.	7.2.2	Complied
	Did the charity receive donations-in-kind during the year?		No
23	All donations-in-kind received are properly recorded and accounted for by the charity.	7.2.3	
Disclosure and Transparency			
24	The charity discloses in its annual report: i. Number of Board meetings in the year; and ii. Individual Board member's attendance.	8.2	Complied
	Are Board members remunerated for their Board services?		No
25	No Board member is involved in setting his or her own remuneration.	2.2	

CODE OF GOVERNANCE

S/N	CODE GUIDELINES	CODE ID	RESPONSE
Disclosure and Transparency			
26	The charity discloses the exact remuneration and benefits received by each Board member in its annual report. OR The charity discloses that no Board members are remunerated	8.3	
	Does the charity employ paid staff?		Yes
27	No staff is involved in setting his or her own remuneration.	2.2	Complied
28	The charity discloses in its annual report: i) The total annual remuneration (including any remuneration received in its subsidiaries), for each of its three highest paid staff*, who each receives remuneration exceeding \$100,000, in bands of \$100,000; and ii) If any of the 3 highest paid staff* also serves on the Board of the charity. The information relating to the remuneration of the staff must be presented in bands of \$100,000. OR The charity discloses that none of its staff* receives more than \$100,000 in annual remuneration each	8.4	Complied
29	The charity discloses the number of paid staff* who are close members of the family* of the Executive Head or Board Members, who each receives remuneration exceeding \$50,000 during the year, in bands of \$100,000. OR The charity discloses that there is no paid staff* who are close members of the family* of the Executive Head or Board Member, who receives more than \$50,000 during the year.	8.5	Complied

CODE OF GOVERNANCE

S/N	CODE GUIDELINES	CODE ID	RESPONSE
Public Image			
30	The charity has a documented communication policy on the release of information about the charity and its activities across all media platforms.	9.2	Complied