

# Journeying

with



Annual Report | FY25/26



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# About Shan You

Shan You is a non-profit social service organisation set up in 1995 to provide professional counselling and social care services based on the guiding values of compassion, morality, mindfulness and wisdom. Our services are available to all in the community, regardless of race, religion and ability to pay.

Shan You is a registered society and a charity with the status of Institutions of a Public Character (IPC), and a full member of the National Council of Social Service (NCSS). Shan You is supported by Community Chest, corporate and individual donors.

## Supported by



## Member of



## Our Vision

To be a renowned hub of excellence for mental health and community wellness services for the well-being of all.

## Our Mission

To deliver accessible and effective services that enhance the mental and social well-being of individuals and families in the community.

## Our Values

### Our Guiding Values

that guide us in our work and services to the community.

#### *Compassion*

To Alleviate the suffering of all without distinction,

#### *Morality*

To act ethically and not cause harm.

#### *Mindfulness*

To be ware of our experiences in the present moment without judgement.

#### *Wisdom*

To understand things as they truly are.

### Our Service Values

our commitment to guide our decisions and actions to serve all.

#### *Purposiveness*

Acting with a conscious intention to render services for the well-being of all.

#### *Accountability*

Being responsible to our community, donors and stakeholders.

#### *Respect*

Having regard for the autonomy, dignity and rights of others.

#### *Togetherness*

Working together with a shared sense of purpose in fulfilling our vision and mission.

#### *Integrity*

Being truthful and fair in our words and actions.

# President's Message



Over the past year, Shan You has remained committed to promoting mental well-being across the community. We conducted several in-house and public mental wellness talks, including outreach events at MediaCorp's "Every Body Knows Fair" at Ngee Ann City and the Metta Charity Carnival. These initiatives allowed us to engage diverse segments of the community and raise greater awareness of mental health and emotional well-being.

In addition, we delivered two professional development programmes aimed at strengthening practice competencies within the healthcare and social service sectors—namely, the Motivational Interviewing (MI) Foundation Skills Course and the Motivational Interviewing and Cognitive Behavioural Therapy (CBT) Integration Course. Building on the positive feedback and growing demand, we plan to conduct more Mindfulness-Based Cognitive Therapy (MBCT) courses in the coming year.

Within the Shan You Wellness Community, beyond our regular Physical Wellness, meals and social care programmes, we were deeply blessed by meaningful partnerships that created heartfelt moments. Our partner, FyreFlyz, brought their youths together with our seniors to celebrate Christmas and also accompany them on our Mindfulness Walk @Bird Paradise, fostering genuine intergenerational connection and joy.

We are profoundly grateful to our unwavering corporate and individual donors as well as new sponsors — such as UPGroup Asia, Holistic Way, Food Empire, the People's Association, and many others—whose passionate support made our programmes possible. We look forward to deepening our collaboration with them in the year ahead. We would also like to express our heartfelt appreciation to our dedicated staff and selfless volunteers. Their immeasurable commitment of time and skills continues to inspire us.

As we begin the year amid global uncertainties and evolving circumstances, Shan You remains steadfast in our mission to deliver affordable, effective services that enhance the community's psychosocial well-being. We will strive to provide professional counselling and community wellness services for those who need support during these challenging times by expanding our outreach and strengthening our partnerships to roll out more programmes that reinforce social resilience and community bonding.

Moving into our fourth decade of mental health services to the community, Shan You seeks to forge collaborations with strategic partners to provide more evidence-based therapies and achieve better client outcomes. We continue to enhance the quality of our mental health and community wellness services for the well-being of individuals and families, contributing to a more caring, stable, engaged, and resilient society,

Sincerely,

**Dr Jenny Quek**  
President  
Shan You



# Board of Directors



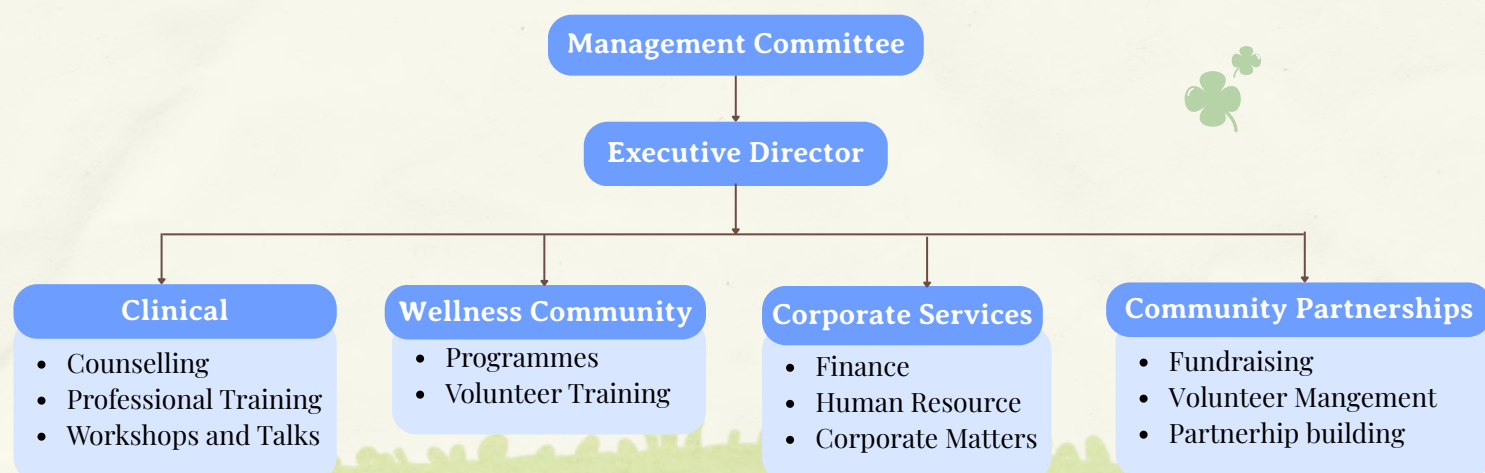
| Name                         | Appointment         | Date of Appointment |
|------------------------------|---------------------|---------------------|
| Dr. Jenny Quek Hwee Huang    | President           | 11 September 2024   |
| Mr. Wilson Tan Chee Wee      | Vice-President      | 11 September 2024   |
| Mr. Patrick Peck Wee Boon    | Secretary           | 10 December 2025    |
| Mr. Rick Goh Soon Lip        | Assistant Secretary | 10 December 2025    |
| Mr. Puah Kok Chang           | Treasurer           | 11 September 2024   |
| Mr. Wilkinson Tan Kuan Hiang | Assistant Treasurer | 10 December 2025    |
| Ms. Wang Shiow Mei           | Committee Member    | 11 September 2024   |
| Mr. Eddy Lim Seok Boon       | Committee Member    | 11 September 2024   |
| Mr. Lee Hian Hui             | Committee Member    | 11 September 2024   |

## Changes to the Management Committee

During the year, the MC composition changed with the resignation of Mr Mike Leo Chin Toon as Secretary on 24 September 2025.

The MC members co-opted Mr Patrick Peck Wee Boon as Secretary with effect from 10 December 2025. Mr Rick Goh Soon Lip accepted the appointment as Assistant Secretary, and Mr Wilkinson Tan Kuang Hiang was co-opted as Assistant Treasurer.

## Organisation Chart



# Overview of FY2025/2026 ✨

## Counselling and Casework



*\* All counselling sessions at SYCC are subsidised to support public access to services.*

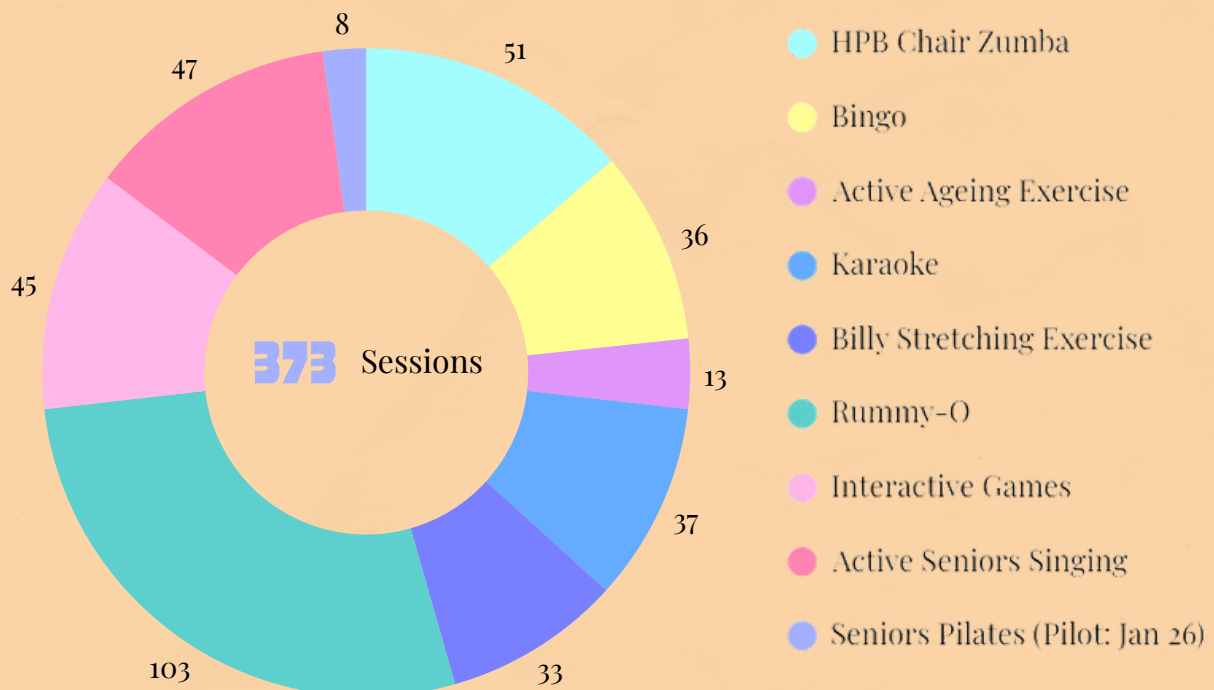
**338** Counselling Cases  
**281** New Cases  
**1,552** Counselling Sessions

## Mental Health Awareness



**640** attended mental health talks ✨

## Community Wellness Activities



## Our Beneficiaries



**1,135**  
Average Monthly Participants

## Food Ration Distribution / Community Meals



**25,820**  
Free Meals



**5,985**  
Free Fruits



**1,836**  
Food Ration Packs

# Financial Highlights

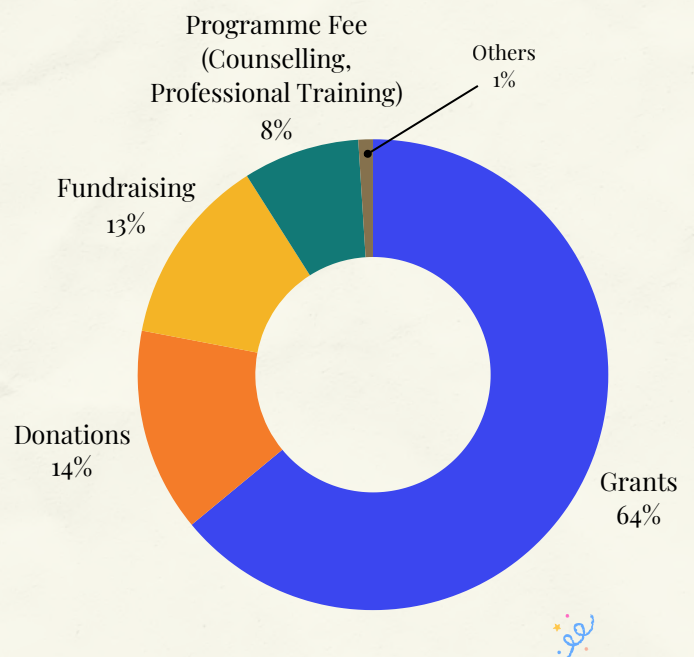
Shan You remains committed to delivering essential mental and social well-being services to our community. In this financial year, income from grants made up to more than half of the income.

## Income:

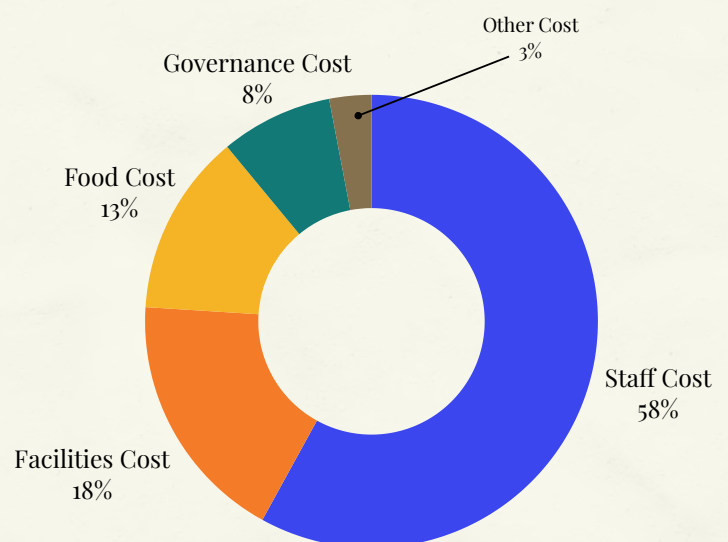
- Community Chest: Their support for our Counselling & Casework programme has been vital in sustaining these essential services.
- National Council of Social Services (NCSS): NCSS funding has been key in driving our capability and capacity building, enabling us to innovate and improve service quality.
- Tote Board: The Tote Board's matching of our fundraising efforts has significantly boosted our impact, helping us reach more individuals in need.
- Corporate and Individual Donors: The ongoing generosity of our donors has been instrumental in sustaining and expanding our services, empowering us to overcome challenges.

While this year brought challenges, it also showcased the resilience of our organisation and the strength of our community. With continued support, we remain optimistic about the future and committed to making a lasting impact.

## Total Income \$1,309,542.29



## Total Expenditure \$1,300,329.12



# Counselling Department

The Counselling Department at Shan You Counselling Centre (SYCC) continued to provide accessible and professional mental health support to the community in FY2025/2026. Counselling services at the Centre are offered at affordable rates, ensuring that individuals and families from diverse backgrounds can access timely and professional support. This remains significantly lower compared to private counselling services, reflecting the Centre's commitment to accessibility and community care.

## Service Utilisation

In FY2025/2026, the Counselling Department supported a growing number of clients:

- 281 new cases were registered
- 338 active counselling cases were managed
- 1,552 counselling sessions were conducted

These figures reflect sustained demand for counselling services and the Centre's capacity to provide consistent therapeutic support across a wide range of client needs.

## Client Demographics

### Age Profile

The majority of clients were adults in their working years:

- 31–40 years: 141 clients
- 21–30 years: 117 clients
- 41–50 years: 46 clients

Clients across older age groups were also served, demonstrating the Centre's ability to support individuals across the lifespan.

### Case Types

- Individual counselling: 288 cases
- Couple counselling: 44 cases
- Family counselling: 6 cases

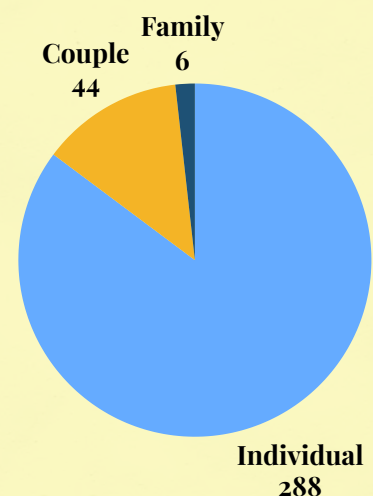
Individual counselling remains the primary service modality, while couple and family work highlights the importance of relational dynamics in mental health.

### Gender Distribution

- Female clients: 252
- Male clients: 138

This reflects a higher utilisation of counselling services among female clients.

### Counselling Case Types



## Presenting Issues

Clients sought support for a wide range of concerns:

### Intrapersonal Challenges

- Coping with stress
- Grief and loss, caregiving stress, and other personal challenges

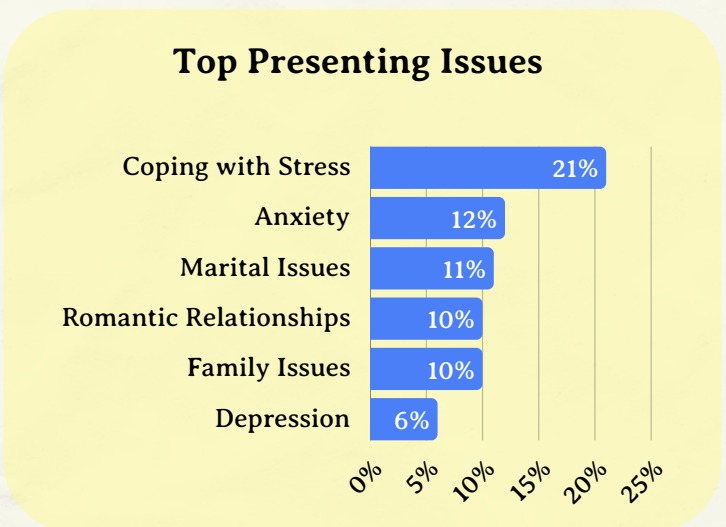
### Interpersonal Issues

- Marital issues
- Romantic relationships
- Family-related concerns

### Mental Health Conditions

- Anxiety
- Depression
- Trauma-related concerns

These trends underscore the complex interplay between personal stressors, relationships, and mental health conditions.



## Subsidised Counselling Support

Beyond service delivery, the Centre remains committed to ensuring affordability and access to care.

In line with our mission to enhance access to mental health services, the Centre provides subsidised counselling to individuals facing financial constraints. Through this support, clients can receive ongoing care at reduced fees, ensuring that financial barriers do not hinder access to necessary intervention. In FY2025/2026, a total of 81 cases and 197 counselling sessions were supported under subsidy schemes.

## Wellness Services (Senior Outreach Initiative)

As part of its outreach efforts, the Clinical Team initiated a counselling programme at the Shan You Wellness Centre (SYWC) in Eunus in February 2026. This initiative was designed to extend mental health support to seniors who regularly participate in activities at the Centre, providing them with greater access to counselling in a familiar and community-based environment.

To support this programme, a dedicated room within the Wellness Centre was converted into a private counselling space, ensuring confidentiality and a safe setting for therapeutic engagement.

From February to March 2026, the programme reached a total of:

### Impact Made at SYWC

**29**

Cases



**59**

Counselling  
Sessions



Newly set up counselling room at SY Wellness Centre, providing a private and safe space for seniors to receive support

This initiative reflects the Department's commitment to early intervention and proactive outreach, particularly in engaging seniors who may face barriers to accessing formal mental health services. By embedding counselling within a trusted community setting, the programme promotes timely support, reduces stigma, and enhances emotional well-being among older adults.

## Community Outreach & Mental Health Education

In addition to clinical services, the Counselling Department actively engaged the community through mental health talks and outreach efforts to raise awareness, reduce stigma, and promote early help-seeking.

Key outreach initiatives in FY2025/2026 included:



17 July 2025 – Talk on Self-Care by Lead Counsellor Ms Tan Soo Yui at Shan You Wellness Centre



8 December 2025 – Understanding Depression by Counsellor Mr Jack Li at Shan You Wellness Centre



8 March 2026 – Conversation: "Is it OK Not to be OK" by Senior Counsellor & Mindfulness Lead Lily Gan at Mediacorp's The Every Body Knows Health Fair 2026



22 March 2026 – Talk on "Is it OK to be Not OK" at Metta Carnival 2026

Self-Care talk conducted by Counsellor Lead Ms Tan Soo Yui at SY Wellness Centre, promoting mental well-being among community participants.

These engagements provided accessible platforms for the public to understand mental health better, learn practical coping strategies, and normalise conversations about emotional well-being.

## Clients' Voices

"Counselling helped me see parts of my life I had never noticed before. With the counsellor's patience, I began to understand why certain things happened and realised that not everything was my fault. I've grown more confident in handling daily challenges and making decisions, and I don't get discouraged as easily anymore. Life still isn't perfect, but I now face it with a more positive outlook and a stronger sense of self."



**M, Female, Age 50s**



"When I first came, I felt overwhelmed and alone, carrying anxiety from my past that affected my sleep, my thoughts, and how I saw the world. I didn't have anyone I could truly talk to. Counselling became a turning point for me — a place where I was met with patience, empathy, and no judgement. For the first time, I felt understood. With that support, I slowly began to make sense of my experiences and manage my emotions. Today, I'm sleeping better, thinking more clearly, and finding the strength and courage to rebuild my life."

**MV, Male, Age 60s**

"I've been doing well and recently started a new job which I am very contented in. I haven't had any breakdowns over these months and have no problem sleeping. Thank you for being there for me during my darkest period. I greatly appreciate the listening ear and the insights."



**SK, Female, Age 40s**

"The counsellor listened to my experiences and understood my situation. Through the sessions, I became more self-aware — understanding where my anxiety came from and learning how to manage my emotions."



I found it especially helpful to process my experiences more deeply and gain a broader perspective. Over time, I learned to recognise my fears, reassure myself that it was not a crisis, and calm myself. The emotions would come, but they would also pass.

I began to regain confidence, felt calmer, and became less overwhelmed by anxiety. I am now more mindful and able to stay present. I would recommend counselling to anyone who needs support."

**YS, Female, Age 30s**

# Professional Training

With a strong focus on strengthening capabilities within the social service and healthcare sectors, we curate training programmes shaped by the evolving needs of practising counsellors, psychiatrists, psychologists, social workers, and mental health professionals.

Leading the way in professional development, we deliver evidence-based training in approaches such as Acceptance and Commitment Therapy (ACT), Mindfulness-Based Cognitive Therapy (MBCT), and Motivational Interviewing (MI)—equipping practitioners with the skills to create deeper, more impactful change in the lives they serve.

## Motivational Interviewing

In March 2026, Shan You conducted two professional development programmes to strengthen practice competencies within the healthcare and social service sectors. The Motivational Interviewing (MI) Foundation Skills Course was delivered online on 3 and 6 March 2026, followed by the Motivational Interviewing and Cognitive Behavioural Therapy (CBT) Integration Course on 10 March 2026. Each online course was attended by approximately 15 working professionals from the healthcare and social service industries.



**Dr Joel Porter**

BA, MS, PsyD, Motivational Interviewing  
Network of Trainers (MINT) Member

Professional Programme  
Trainer, Dr Joel Porter

Aligned with Shan You's commitment to capability building and sector development, these training programmes were designed to address the professional learning needs identified by practitioners. Participants included counsellors, psychiatrists, psychologists, social workers, and other mental health professionals, reflecting the organisation's continued focus on supporting practice excellence and evidence informed interventions across the mental health and social care ecosystem.

# Shan You Wellness Community

Shan You Wellness Community (SYWC) was established to expand Shan You's social service outreach and respond more effectively to the evolving needs of the community. It serves as a dedicated platform to promote personal wellness while providing essential support services for low-income individuals, and families.

## Overview for FY2025/2026

**12,889**

Attendance  
Recorded

**373**

Total Programmes  
Conducted



**268**

Cognitive Games & Social  
Sessions Conducted



**105**

Active Lifestyle  
Activities Conducted

At its core, SYWC adopts a holistic approach to well-being, supporting individuals in leading healthier, more meaningful lives. Through a diverse range of programmes, the centre creates opportunities for individuals to remain physically active, socially connected, and mentally engaged. Emphasis is placed on cultivating positive lifestyle habits, such as regular physical activity, mindful living, and lifelong learning, in alignment with national efforts to promote an active and purposeful lifestyle.

On a typical day, the centre serves approximately 80 to 100 participants, offering structured programmes and meaningful opportunities for social interaction.

To promote personal wellness, emotional well-being, and social connectedness, SYWC offers holistic wellness programmes and community engagement initiatives that foster resilience, independence, and lifelong learning.

## Programmes

### Physical Wellness Programmes

Activities such as Chair Zumba (in partnership with the Health Promotion Board), Stretching sessions, Pilates, and dancing help improve cardiovascular health, flexibility, balance, and mobility, supporting independence and reducing fall risk.



Billy Stretching Exercise

## **Social & Emotional Wellness**

Activities such as singing, Bingo, Rummy-O, interactive games and outings foster joy, social bonding and emotional well-being.

Conduct monthly birthday celebrations to promote inclusion, appreciation, and community cohesion.



Bingo session

## **Mental Health & Emotional Support**

Conduct ad-hoc workshops on dementia, stress management, grief, and loneliness.

Establish a structured referral pathway to Shan You Counselling Centre for individuals who require professional support.

## **Volunteer & Community Engagement**

Train, and retain our volunteers to support programme delivery.

Collaborate with corporate partners on Corporate Social Responsibility (CSR) initiatives and festive events.

## **Lifelong Learning**

Offer ad-hoc interest-based workshops (e.g., arts and crafts, Zentangle workshop and creative activities) to promote continuous learning.

Collaborate with schools and institutions to facilitate intergenerational programmes, fostering mutual learning and understanding.

## **Food Support & Assistance**

For over a decade, SYWC has remained committed to supporting vulnerable and disadvantaged individuals and families by providing essential sustenance through free meals and food rations. This initiative not only addresses nutritional needs but also serves as a vital touchpoint for care, connection, and community support.



## Food Ration Distribution

Despite the evolving economic landscape, many individuals and families continue to face challenges in meeting their basic daily needs. SYWC's Food Ration Distribution Service provides essential monthly food packs to vulnerable and disadvantaged individuals and families across Singapore, helping to alleviate financial strain and enhance food security.

Individuals and families are referred from the Community Development Councils, Family Service Centre's, Social service office, hospitals and other voluntary welfare organisations.

Through the generosity of our donors and the dedication of our volunteers, SYWC distributed 1836 food kits to needy families in FY2025/26, offering timely relief and much-needed sustenance. This initiative not only supports daily living needs but also reflects the strong spirit of community care and compassion.



Volunteers packing for Food Ration Distribution

THANK  
YOU  
😊

Our heartfelt thanks to the volunteer organisations and individuals who dedicated their time and care to packing food rations, delivering them, and preparing goodie bags—bringing not just essentials, but warmth, dignity, and joy to those we serve.

- Candy Lim
- Hoe Kwok Foo
- Hua Siah Construction Pte Ltd
- Hypertherm
- Jones Day
- NCS Singapore
- PT-G Builders Pte Ltd
- Sales Force
- UPGroup Asia
- Urgen Dorjee Choling Buddhist Centre
- Wendy Toh and Family



## Community Meal Services

Shan You's Community Meal Service continues to reach out to vulnerable community members by providing regular access to meals in a safe, welcoming communal environment. Beyond meeting basic dietary needs, the service creates meaningful opportunities for social interaction and engagement.

These communal dining sessions promote emotional well-being, helping to reduce social isolation and foster a sense of belonging. Beneficiaries build connections with their peers, strengthening neighbourly bonds and enhancing community cohesion.



Community Meal





Our heartfelt appreciation goes to the volunteer organisations and individuals whose generous support made our Community Meal Services possible—their dedication and kindness continue to nourish both lives and community.

- Alvin Sin and Friends
- Garden Pastry
- Iren Kong
- Jenny Chua, Hoe Kwok Foo and Friends
- Lambert Ho Yew Ping
- Mahabodhi Monastery
- Merit Creation Group
- Moni Great Vows Lodge
- Ng Tee Kang
- Queenie Quek and Friends
- Rotary E-Club
- Sian Chay Medical Institution
- Soh Kian Kok
- Teo Siu Tin (Mrs Lim)
- Tong Heng Thai
- Wong Chai Sian



Above all, SYWC remains committed to providing a safe, inclusive, and supportive environment where individuals feel valued and respected. By nurturing both physical and emotional health, the centre plays a vital role in enabling individuals to live with dignity, resilience, and purpose.

### **Festive Joy for Beneficiaries**

During festive seasons, SYWC remains committed to bringing joy and warmth to our beneficiaries. In FY2025/26, we distributed a total of 3268 goodie bags and gift packs, brightening their celebrations and reminding them that they are valued and cherished members of our community. This initiative was made possible through the generous and unwavering support of our individual and corporate donors.

## **Volunteers' and Beneficiaries' Voices**



### **Volunteers' Voices**

“Shan You has been part of my life since its early days. I first came as a beneficiary, following my mother to the activities and programmes. Over time, I became a volunteer, giving back to the community that once supported me. As a cancer survivor, I cherish every opportunity to serve others. Volunteering at Shan You and other organisations brings me purpose, joy, and a deep sense of gratitude. Seeing smiles on others' faces reminds me that even small acts of kindness can make a meaningful difference.”



Ivy



“I’ve been with Shan You since its early days, and it has been rewarding to witness the community grow over the years. After retiring from my engineering career, I found a new purpose in contributing my IT skills and supporting various events and activities. Staying involved keeps me active, connected, and allows me to continue learning while giving back. It is meaningful to know that my experience can still make a positive difference in the lives of others.”

**Ah Tiang**



## Beneficiaries’ Voices

“I’ve been coming to Shan You for many years, and it has become a place I look forward to visiting. I especially enjoy the Bingo and Rummy-O sessions—they keep my mind active and bring plenty of fun and laughter. In my younger days, I worked as a photographer, so I’m always fascinated by how technology has advanced over the years. Being here gives me the chance to stay engaged, learn new things, and connect with friends.”

**Uncle Tan**



“I have been with Shan You for the past six to seven years. Although I am not able to attend as regularly as before, I always enjoy the programmes whenever I join. Shan You has given me the opportunity to meet new friends, stay connected, and feel a strong sense of belonging. It is a place where I feel welcomed, supported, valued, and part of a caring community.”

**Saran**





## Shan You Seniors Interest Groups

Born from the passion of our senior beneficiaries, the Shan You Seniors Interest Group brings together those who love singing and dancing. Through regular rehearsals and community performances, seniors stay active, build confidence, and form meaningful friendships—transforming shared interests into a vibrant expression of healthy, joyful living.



Dance Performance @  
Leong Hwa Temple



Shan You's beneficiaries were warmly invited to perform at Leong Hwa Temple in celebration of 重阳敬老节 (Double Nine Festival), honouring seniors through a heartfelt showcase of talent, joy, and community spirit.

Through vibrant singing and dance, our seniors took to the stage, radiating energy and confidence—bringing the spirit of active ageing to life before the audience.



Singing Performance @  
Leong Hwa Temple



During practice session

Months of dedicated rehearsals brought the performers together, shaping not just a performance, but a journey of commitment, growth, and shared passion.





## Future Plans



### 1-Year Projection Plan for Shan You Wellness Community Centre

Wellness centre will focus on strengthening programme relevance, improving resource targeting, and expanding community reach.

Current programmes will be reviewed and refined to improve outcomes and participation. At the same time, new initiatives will be introduced to engage younger adults and teenagers, ensuring the centre serves a broader and more diverse demographic.

The goal is to position the centre as an inclusive space that supports not only seniors but also younger community members facing stress, transition, and social isolation.

The Free Meals Programme fosters the spirit of “gotong royong” by bringing people together, reducing social isolation, and strengthening community bonds. Beyond meeting nutritional needs, it complements Shan You’s efforts to support the community's emotional, social, and psychosocial well-being.

In addition, efforts will be made to deepen partnerships and increase pro bono contributions to sustain programme growth, alongside improving data tracking and evaluation for better decision-making.

Overall, the goal is to build a more focused, inclusive community hub that delivers meaningful impact across all age groups.



Understanding Depression talk



Christmas Celebrations



# Community Partnerships

## *the Mindfulness Walk @ Bird Paradise*



With support from the People's Association, Holistic Way, and Food Empire, the programme expanded to reach more individuals through additional mindfulness walks, thereby strengthening family bonds and community resilience. Addressing stress and emotional well-being early fostered healthier coping and helped ease pressure on downstream mental health services, contributing meaningfully to national mental well-being efforts.

On 27 March 2026, Shan You brought 70 seniors and youth volunteers from FyreFlyz together for a meaningful mindfulness walk. Surrounded by nature, participants slowed down, practised mindfulness, and connected across generations. The day ended with a cheerful buffet lunch, leaving all refreshed and uplifted—a heartfelt celebration of connection and well-being.



Participants paused at mindful pit stops to practise present-moment awareness through simple art activities guided by facilitators. Along the journey, they explored practical techniques—breathing, grounding, and sensory awareness—while taking time to reflect, observe nature, and regulate emotions. Gentle movement further supported both mental and physical well-being, transforming each stop into a meaningful moment of connection, calm, and renewal.

## Secret garden: A Mindful Zentangle Art Workshop



On 17 March 2026, our beneficiaries stepped into a calming “secret garden” of creativity through a Zentangle art workshop.



Guided by the trainer, Ms Rachel Won, they slowed down, stayed present, and expressed themselves through mindful drawing—cultivating awareness and inner calm.



This meaningful session served as a gentle prelude to the Mindfulness Walk @ Bird Paradise, preparing participants to deepen their connection with both self and nature.



## the Nature Vision Board Workshop



On 31 March 2026, the Nature Vision Board Workshop offered a meaningful continuation of our Mindfulness Walk @ Bird Paradise.



Guided by nature, our beneficiaries transformed their reflections, emotions, and intentions into deeply personal vision boards. Through quiet introspection and creative expression, each artwork became a heartfelt reflection of mindfulness, gratitude, and inner landscapes.



With gentle guidance from trainer Ms Rachel Won, every piece told a unique story of connection and self-discovery.



# fyreflyz x shan you christmas celebration



On 16 December 2025, Shan You partnered with FyreFlyz for a heartwarming Christmas celebration.

Youths from diverse backgrounds facilitated engaging workshops that sparked joy, laughter, and connection.



Intergenerational interactions fostered mutual learning, understanding, and heartfelt bonds beyond language barriers.



The collaboration supported our beneficiaries' cognitive and emotional well-being while nurturing empathy and a sense of purpose among youth.



Shan You looks forward to more impactful partnerships that strengthen connection and community across generations.



# Thank you

Our Partners, Volunteers and Supporters

Our deepest gratitude goes to all our partners, supporters, and volunteers whose generosity and dedication have made our work possible. Your contributions go beyond support—they bring hope, comfort, and opportunities for healing to our beneficiaries. Because of your kindness and commitment, Shan You continues to uplift lives, strengthen communities, and create meaningful impact. Together, we are building a more compassionate and mentally healthy community for all.



4S

Agency of Integrated Care

Beeh Low See Temple

Charity Group

Eunos Crescent Resident's Network

Food Empire

FyreFlyz

Guy Carpenter

Holistic Way

Jones Day

Kampong Kembangan CC

Kampong Ubi CC

Khiang Khoo Tian Dragon & Lion

Dance Association

Merit Creation Group

Moni Great Vows Lodge

My Little Gems Preschool

Nam Ho Travel

NTUC Health

One Punggol CC Women's

Executive Committee

People's Association

Sian Chay Medical Institutions

Singapore Buddhist Federation

South East Community

Development Council

SunLove

The Buddhist Library

UPGroup Asia

Wisma Geylang Serai

Thank  
you  
Unearthed Productions

## SHAN YOU BLESSING BUNDLE CNY CAMPAIGN 2026



We extend our heartfelt thanks to Unearthed Productions for their generous donations, dedicated volunteerism, and unwavering support of Shan You's campaigns. Your commitment has made a meaningful difference—uplifting lives and strengthening our shared mission to care for and empower the community.

Amid the gentle hum of Lunar New Year preparations, Shan You came alive with warmth and purpose. Sponsors and volunteers gathered in the spirit of giving, coming together to pack and bless our beneficiaries with 福袋 (Blessing Bundles) — each one a heartfelt gesture of care, hope, and connection for those in need.



UPGroup Asia's Volunteers and SY Staff  
after packing the Blessing Bundles



Beneficiaries receiving Blessing Bundles  
at Shan You Wellness Community

Amid festive cheer and shared moments of connection, the community came together—hands busy, hearts full. With the generous support of Unearthed Productions Group, which raised funds for this initiative, the effort extended its reach to 200 families across our community.

## Future Plans

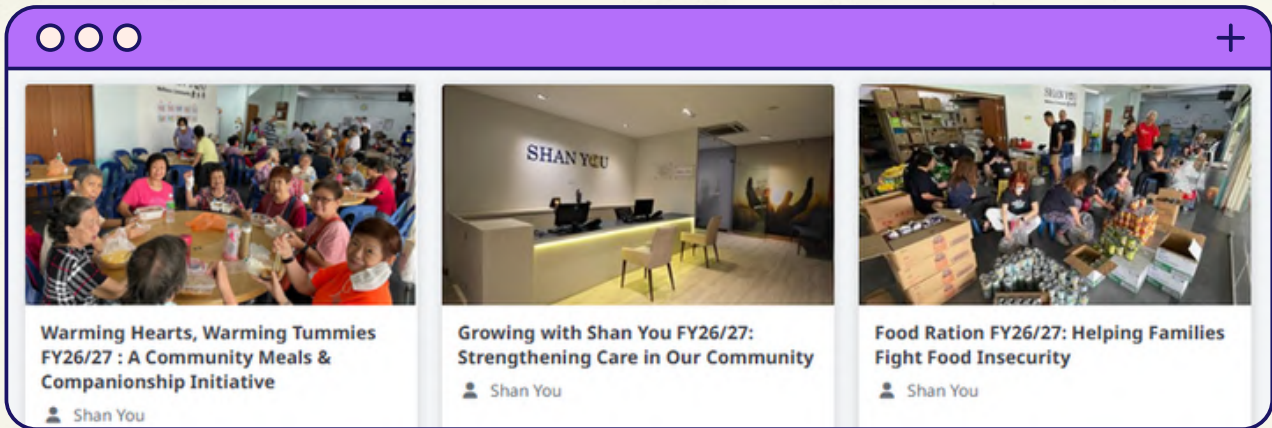
### **1-Year Projection Plan for Shan You Community Partnerships Team**

In the coming year, the Community Partnerships Team will strengthen its fundraising strategy by identifying and developing signature programmes that resonate with donors and the wider community. We will expand our reach by leveraging digital crowdfunding platforms to engage new supporters and diversify funding channels. At the same time, we will deepen donor stewardship by building stronger, more meaningful relationships with our supporters, while aligning our mission with their Corporate Social Responsibility (CSR) objectives. Through this shared purpose, we aim to foster long-term partnerships that create mutual value. With sustained, healthy funding, we will continue to deliver accessible and impactful mental wellness services to those in need.

In parallel, the Team will focus on co-developing relevant and timely programmes with partners and stakeholders to raise awareness of mental wellness and promote public education. By aligning current trends and community needs, these initiatives will foster greater understanding and reduce stigma around mental health. Strategic collaborations with government agencies, major industries, and educational institutions will be key to broadening our outreach and amplifying our impact across different sectors of society.

Ultimately, the Community Partnerships Team aspires to elevate the organisation's mission by building stronger and more diverse partnerships. Through collective effort and shared purpose, we aim to reinforce our role as a trusted leader in mental wellness, ensuring our initiatives remain sustainable, inclusive, and responsive to the community's evolving needs.

# Partnering Our Journey



In FY25/26, we appealed on Giving.sg, a digital fundraising platform. We received tremendous support through five fundraising campaigns that were eligible for the dollar-for-dollar matching grant from the Tote Board and the Singapore Government. All donations to Shan You through our fundraising campaigns are eligible for a tax deduction equal to 2.5 times the amount of the qualifying donation.

## Online Fundraising Campaigns via Giving.sg

- 🌟 Food Ration Distribution Service: Help Us Fight Food Insecurity
- 🌟 Warming Hearts. Warming Tummies - A Shan You Community Meals Initiative
- 🌟 Building with Shan You - Together, We Build a Better Community
- 🌟 Mental Wellness for All: Support My Community Counselling Fund

# Our Heartfelt Appreciation to Donors



Our deepest gratitude goes to all donors mentioned and anonymous donors whose generosity has made our work possible. Your support brings hope, comfort, and healing to our beneficiaries, enabling Shan You to continue uplifting lives, strengthening communities, and creating meaningful impact. Together, we are building a more compassionate and mentally healthy community for all.



Aishwarya Prabhat  
Allalloy Dynaweld Pte Ltd  
Andreas Sutarman  
Ang Beng Siong  
Ang Hwee  
Ang Lee  
Ang Siew Lay  
Angel See  
Atima Joshi  
Boey Pui Yi  
Boey Pui Yunn  
Buddha Tooth Relic Temple (Singapore)  
Buddhist Fellowship  
Burmese Buddhist Temple  
Chan Jenny  
Chan Kam Choy  
Chan Yong Guang  
Che Hian Khor Moral Uplifting Society  
(Singapore)  
Cheng Wai Fung  
Cheryl Neo  
Cheung Yu Kay  
Cheung Yu Li  
Chew Soo Chuah  
Chinese Eating House Owners Association  
Chionh Siok Bee  
Choa Wee Keong  
Chong Shiau Chen  
Chong Soo Yuen  
Chong Suet Ying  
Chua Bee Ling  
Chua Peck Yuen  
Chua Sok Ngoh  
Clare Ann Kim

Claudia Lee Xue Ting  
Connie Teo Ping Ling  
(Late) Eu Ah Tee  
Dharma Cakra Society  
Dot Connections Growth Centre  
Duan Kok  
Ee Chin Seng  
Emerges-Lite Pte Ltd  
Emerges-Plus Pte Ltd  
Evergreen Buddhist Culture Service Pte Ltd  
Foo Kum Chee  
Foong Chun Chee  
Francesca Ivie Ng Hui Ling  
Goh Lay Hoon  
Guan Ai Le Lin Zu  
Guan Zi Zhai  
Harris Ho Jun Rong  
Heng Mok Kwee Derrick  
Ho Meng Yee  
Imaduddin Bin Nur Yasly  
Jasmine Wong Yan Ling  
Jeslyn  
Jones Day  
Joy Yan Jing Yu  
Jr Life Sciences Pte Ltd  
Kam Hwee Kuan  
Kan Siew Lian Margaret  
Kee Hwee Kheng  
Kerh Haun Keey (Lau Sau Lai)  
Khang Khoon Tian Dragon & Dance  
Association  
Koh Kian Geok  
Kong Meng San Phor Kark See Monastery  
Kwok Lee Kuen

Kwok Lih  
 Lai Howe Ling  
 Lambert Ho Yew Ping  
 Lau Kin Harn  
 Lee Boon Ping  
 Lee Buck Guan  
 Lee Shean Wei  
 Lee Siew Ping  
 Lee Swee Nam  
 Lee Yok Cheng  
 Li Tze Jiun  
 Liew Wen Hwee  
 Lim Boon Li Agnes  
 Lim Hua Min, Joanne  
 Lim Khoon Cheow  
 Lim Mei Ling  
 Lim Po Po Pauline  
 Lim Soon Kiat  
 Lim Teck Chai, Danny  
 Lim Xuan Han, Kory  
 Lim Zi Yong  
 Lin Kok Cheong  
 Lin Yuquan  
 Liow Sick Hoon  
 Loh Seet Yoong  
 Low Kah Meng  
 Low Weng Cheong  
 Mah Yoke Sim  
 Marilyn Lee Pei Ling  
 Mok Wing Tak  
 Mrs Ling Yuen Chyao  
 Mynet Technologies Pte Ltd  
 Narayanan Ramaswamy  
 Neo Tee Kiat Melvin  
 Ng Chee Keong  
 Ng Jua Him  
 Ng Kim Yong  
 Ng Li Nah  
 Ng Woo Hong  
 Ong Ching Yong Gabriel  
 Ong Hui Ming Charles  
 Ow Ken Loon  
 Pang Poh Cheng  
 Peoples Buddhism Study Society  
 Phang Seng Chuan  
 Phua Yihui  
 Pisit Tuchinda  
 Poh Hwee Fang

Puat Jit Buddhist Temple  
 Rian  
 Samantha Chua Pei Qi  
 Seah Chee Hua  
 Seah Wan Lin  
 Siah Lay Kwang  
 Sim Choon  
 Sim Weisen, Wilson  
 Sim Ye Lin, Deborah  
 Sin Lai Ching  
 SK  
 Soh Kian Kok  
 Sung Sio Ma  
 Sunil Sudheesan  
 Tampines Chinese Temple  
 Tan Bee Bee  
 Tan Chung Pheng  
 Tan Fei Say  
 Tan Keng Leng  
 Tan Sai Kiang  
 Tan Soo Yui  
 Tan Wang Cheow  
 Tan Yew Seng  
 Tang Poh Ing  
 Tang Yang Liang, Gerald  
 Tay Boon Hau  
 Tay Chui Guek  
 Tay Foong Ling  
 Tee Geok Lian  
 Teo Alice  
 Teo Bee Ngoh  
 Teo Siu Tin  
 Teo Xin Yu  
 The Hokkien Foundation  
 The Singapore Chinese Buddhist Association  
 Thong Kim Foong  
 Tung Ann District Guild  
 Uk Online Giving Foundation  
 Unearthed Productions Pte Ltd  
 V R Soorya  
 Wang Mun Heng  
 Wellness Centre  
 Wong Si Hui Jacqueline  
 Wong Ying Lei  
 Yeh Chien Ee  
 Yeo Chiat Wei

# Our Heartfelt Appreciation to Volunteers



Our heartfelt gratitude goes to our volunteers whose compassion, dedication, and selfless service continue to uplift Shan You's causes. Through every act of kindness and every hour given, you have brought hope, comfort, and meaningful change to the lives of those we serve. Your unwavering support reminds us of the power of community and the profound difference that caring hearts can make.



Alfred Quek  
Ang Seng Leong  
Angela Ng  
Angie Loi Boon Fui  
Bernard Lim  
Boey Yeong Kit  
Boon Wee  
Candy & Mr Lee  
Carrie Tan  
Cecilia Yeo  
Chan Kuan Thai  
Charlene Chong  
Chia Chin Yein  
Chia Mui Choon Kelvin  
Chia Ser Hung Jeff  
Chris Pang And Co.  
Chng Hwee Hong  
Chua Hong Liang  
Chua Lay See  
Chua Peck Kee  
Chua Peck Yuen  
Chua Poh Mui  
Chye Mui Yen  
Colin Koh Chun Xiang  
Craig Chin & Friends  
Ee Chin Seng  
Edmer Toh  
Esther Ang  
Fun Siew Huen, Ray & Son  
Ganga  
Gibson Lee  
Gng Koon Tiang  
Helence Lim  
Ho Cheng Leng, Merlvin

Ho Kwong Sing  
Huang Choon Zhu  
Irene Lee  
Ivy Gan  
Jan Teoh Ying Shia  
Janet Ng  
Jean Lau  
Jean Toh  
Jeremy Yeo  
Jin  
Joe Kadir  
Joanne Chan  
Kam Hwee Kuan  
Kelvin Koh Kim Teck  
Koh Khee Meng  
Koh Kian Geok  
Lawrence Koh Chee Boon  
Lee Kim Hock  
Lee Kim Yiang  
Lee Lay Har Phyllis  
Lee Siew Cheng  
Lee Swee Sian Jane  
Lee Yin Wah  
Lesley  
Liew Kwee Yuet  
Lim Boon Kiang  
Lim Boon Lian  
Lim Chuan Boey, Sindy  
Lim Kwee Hua Sandy  
Lim May Poh Mabel  
Lim Poh Choo  
Lim Siew Eng  
Lim Yu Wui  
Lo Yew Soon

Loh Aaron  
Loh Han Sheng  
Loh Ren Yao  
Low Ah Sai  
Michelle Cheng  
Merlvin Ho  
Moe Moe Thaeoo  
Ng Soon Kuan  
Ong Ann Ngee, Sally  
Ong Ming Yi  
Ow Daniel  
Pay Ah Yan  
Peter Teo  
Philip Foh Yong Poo  
Poh Ryan  
Pua Lea Kien  
Quek Chieh Ren  
S Pritam Singh  
Sandy Lye Chin Mui  
Serene Wong  
Sim Teck Choon Patrick  
Soh Kian Kok  
Stacey Tucker & Husband  
Stephanie K  
Suo SivCheng (Ah Zhen)

Sylvester Wong  
Tan Bee Po  
Tan Ee Huang  
Tan Hock Hai Johnson  
Tan Hui Yang  
Tan Khim Huan  
Tan Kok Hoe  
Tan See Suan  
Tan Swee Eng  
Tan Twee Kong Simon  
Tan Wang Lam  
Tan Wang Nam  
Tan Yew Chuan  
Tang Tin Chuan  
Tang Ying Xiang  
Teh Phoay San  
Teng Kah Noi  
Terrence Tan De Jun  
Vivien Chia  
Yeh Chien Ee  
Yeo Jeremy  
Yeow Hui Leng  
Yip Tip Yee  
Zhi Yao



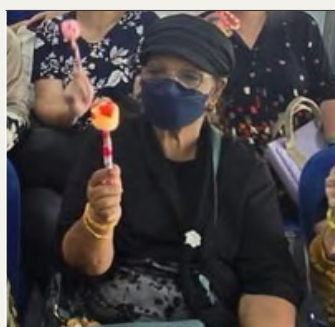
# Heartfelt Thanks from Our Beneficiaries



From:  
**Joseph &  
Maggie**

“We moved from Woodlands to Eunos about two years ago and joined Shan You Wellness Community. Since then, we have experienced firsthand the staff's dedication to organising activities suitable for seniors. The instructors are well qualified, and thoughtful arrangements—such as providing chairs during exercise sessions—ensure our comfort and safety. We are also grateful for the daily lunches and dinners provided several times a week, which are nutritious and well-suited for seniors. It is truly a blessing to have an organisation that supports seniors in the Eunos community. We would especially like to thank the staff, particularly Lydia, whose kindness and care mean so much to us.”

“I am very happy to be part of Shan You Wellness Community. I truly enjoy participating in all the activities, especially games, exercises, Bingo, Rummy-O, singing, and birthday celebrations. These activities keep me active and joyful, and I especially enjoy the moments we share over food, fruit, and cake. Being here makes me feel understood, included, and happy. I sincerely thank Shan You for creating such a positive and enjoyable environment for everyone.”



From:  
**Rokiah**



From:  
**Cecilia  
Chee**

“I would like to express my heartfelt gratitude to Shan You Wellness Community for the compassion, support, and generosity shown to all members. Your strong commitment to uplifting those in need and promoting emotional and mental wellness within the community is truly inspiring. I am deeply thankful for the positive impact you continue to make. Your care and kindness do not go unnoticed and are sincerely appreciated.”

# Support Us

## Donate and Support

At Shan You, every story begins with a quiet hope—an individual finding companionship again, a family rediscovering strength, a life gently finding its way forward. These moments are made possible by people who choose to care.

Your donation, your time, your partnership can turn small moments into lasting change. Walk alongside us—as a volunteer, a sponsor, a giver—and be part of stories that heal, uplift, and bring light to our community.

## Ways to Help

### Volunteer with Us

Volunteers and Organisations have supported our cause by spending their time volunteering with us. We are grateful for their continuous support. We seek more Volunteers as we journey together. Register your interest with us at [partnerus@shanyou.org.sg](mailto:partnerus@shanyou.org.sg)

### Donate to Shan You

Recurring monthly donations or once-off donations can be made via 4 channels. Shan You is a charity with Institution of a Public Character (IPC) status. Donations of \$10 or more are eligible for 250% tax deductions. Official tax-deductible receipts will be issued to individuals or corporations who provide their NRIC/FIN/UEN.

### Fundraise for Us

Organise a fundraiser for Shan You and turn compassion into action! Every effort supports vital care programmes, uplifting lives and bringing hope to our community. Register your interest with us at [partnerus@shanyou.org.sg](mailto:partnerus@shanyou.org.sg)

### Ellie the Elephant

Ellie the Elephant represents our shared mental health journey. With a donation of a minimum of S\$80, receive a limited-edition plushie while supporting Shan You's causes.

# Donation Channels

## PayNow



**Shan You UEN No:**  
**S95SS0103B**

Input **Name & NRIC No/Company Name & UEN No** under “Bill Reference” to be eligible for 2.5 times tax relief or leave it blank for non-tax (donations of \$10 or more are eligible for 250% tax deductions).

## GIRO/Cheque



Scan the QR Code, fill out the form and mail it to:  
**Finance Department**  
**Shan You**  
5 Upper Boon Keng Road,  
#02-15  
Singapore 380005

## Online Donation



Scan the QR Code to make a one-time or recurring donation securely with your credit/debit card via our online donation platform.

## Digital Fundraising Platforms



**Giving.sg**

Scan the QR Code to make a one-time or recurring donation securely with your credit/debit card via Giving.sg or Give.Asia

Discover more ways to make a difference by exploring our ongoing campaigns on our digital fundraising platforms—each one an opportunity to bring hope, uplift lives, and be part of meaningful change.



**Give.Asia**

For partnership, donations and volunteering related enquiries please email [partnerus@shanyou.org.sg](mailto:partnerus@shanyou.org.sg)



# Ellie the Elephant



Ellie the Elephant – The Voice of Our Community

Ellie is the official mascot of The Elephant in Our Community campaign, representing the lived experiences, struggles, strength, and hopes of persons affected by mental health conditions. She reminds us that mental health challenges are closer than we think –touching all of us, directly or indirectly. In many ways, Ellie represents each one of us, and all of us together. 😊

💖 Now, you can bring Ellie home.



With a donation of S\$80 and above, you will receive one limited-edition Ellie the Elephant collectable plushie while supporting Shan You's mission to provide affordable mental health support, professional counselling, and mindfulness programmes for those in need.

Each Ellie comes in six unique designs, available on a first-come, first-served basis. Only 50 pieces available, while stocks last. Choose your preferred design with a donation of \$80 or more.



Together, let's acknowledge the elephant in our community—and extend care, understanding, and hope to one another.



✨ Make your donation through the available channels indicated on the next page. Kindly indicate “My Ellie and chosen design” along with your contact details in the remarks column.



Scan here for more  
Ellie the Elephant  
Designs



# Governance

## Policy Statements and Practices

### DATA PROTECTION POLICY

Shan You recognises the importance of the personal data that our clients, donors and volunteers have entrusted to us and believe that it is our responsibility to properly manage, protect and process their personal data. Our policy is designed to assist them in understanding how we collect, use and/or disclose the personal data they have provided to us, as well as to assist them in making an informed decision before providing us with any of their personal data.

Shan You maintains measures to protect personal data from being exposed to unauthorised access through proper usage of IT systems and secured passwords. As email is the most convenient mode of communication, we will not request any confidential information using this mode of communication.

Under PDPA, our clients, donors and volunteers have a right of access to any information stored about them. They may withdraw consent they gave us to use their personal data at any time. In addition, they may send request for information on how their personal data may have been used or disclosed in the past year, and correct any errors or omission in their personal data.

Any consent that clients, donors or volunteers may have given for the collection and use of their personal data may be withdrawn any time but it will not cancel what was already done before their withdrawn consent notice. Upon receiving their withdraw consent notice, their personal data will be deleted immediately so as there are no financial and legal obligations to retain their personal data.

Shan You also does not use cookies on our web pages.

### WHISTLE BLOWING POLICY

Shan You is committed to strong corporate governance and promote an open and transparent culture, where employees, vendors, clients and other stakeholders are provided with an avenue to express concerns on any serious wrongdoing/malpractice in relation to fraud, controls and ethics.

**This Policy aims to achieve the following:**

- Establish a trusted avenue for employees, vendors, clients and external stakeholders to report serious wrongdoings or concerns without fear of reprisals when whistleblowing in good faith.
- Ensure arrangements are in place to facilitate independent investigation of the reported concern and appropriate follow-up actions will be taken.
- Encourage employees to raise concerns at an early stage to an internal authority so that actions could be taken immediately to resolve them.

**Wrongdoings may include, but are not limited to, the following:**

- General malpractice such as immoral, illegal or unethical conduct.
- Potential infractions of Code of Conduct.
- Impropriety, corruption, acts of fraud, theft and/or misuse of Shan You's properties.
- Any other serious improper matters which may cause financial or non-financial loss to Shan You or damage Shan You's reputation.

# Governance

## Policy Statements and Practices

| Name<br>Appointment                                 | Meeting<br>Attendance |
|-----------------------------------------------------|-----------------------|
| Dr. Jenny Quek Hwee Huang<br>President              | 16/17                 |
| Mr. Wilson Tan Chee Wee<br>Vice-President           | 13/17                 |
| Mr. Patrick Peck Wee Boon<br>Secretary              | 12/17                 |
| Mr. Rick Goh Soon Lip<br>Assistant Secretary        | 5/17                  |
| Mr. Puah Kok Chang<br>Treasurer                     | 12/17                 |
| Mr. Wilkinson Tan Kuan Hiang<br>Assistant Treasurer | 4/17                  |
| Ms. Wang Shiow Mei<br>Committee Member              | 9/17                  |
| Mr. Eddy Lim Seok Boon<br>Committee Member          | 10/17                 |
| Mr. Lee Hian Hui<br>Committee Member                | 14/17                 |

- No staff member at Shan You receives annual remuneration exceeding \$100,000.
- During the financial year, no close relatives of the Executive Head or Board Members received remuneration over \$500,000.
- Board Members who have served for over ten consecutive years. They are duly elected and approved at the general meeting to continue serving as Shan You's Board Member to provide continuity, mentorship for incoming members, institutional knowledge, and to sustain strategic networks that benefit the organisation.

### CONFLICT OF INTEREST

The Charity has set in place a Code of Conduct & Conflict of Interest Policy for board members and staff to declare actual or potential conflicts of interest to the Board at the earliest opportunity. Should there be any potential conflict of interest, the affected member of the Management Committee or staff may not vote or abstain from discussion and decision-making on the issue that was the subject matter of the disclosure.

### RESERVES POSITION AND POLICY

The reserves of Shan You provide financial stability and the means for the development of Shan You's programmes. Shan You reviews the level of reserves regularly and intends to maintain the reserves at a level sufficient for its operating needs. The maximum operating reserves for Shan You shall be five years of the amount of the annual operating expenditure.

### CORPORATE INFORMATION

#### Bankers

DBS Bank Limited  
May Bank

#### Auditor

Pinnally PAC

#### Governing Instrument

Society Constitution  
UEN No.: S95SS0103B  
IPC No.: IPC 000253

# SHAN Y 善友 U

## Shan You Counselling Centre

📍 Blk 5 Upper Boon Keng Road, #02-15  
Singapore 380005

## Shan You Wellness Community

📍 Blk 3 Eunos Crescent #01-2591/3/5  
Singapore 400003

🌐 [shanyou.org.sg](http://shanyou.org.sg)    ✉ [info@shanyou.org.sg](mailto:info@shanyou.org.sg)

☎ +65 6741 9293    📘 @shanyou.sg    📷 @shanyou.sg



The information in this annual report is accurate at the time of publication.