

Keeping families close





We believe that when a child is hospitalised, a family's love and support is as powerful as the strongest medicine prescribed.

Families are stronger when they are together, helping with the overall healing process.



RONALD McDONALD **HOUSE CHARITIES**

Ronald McDonald House Charities (RMHC) Singapore is a local chapter of the international Ronald McDonald House Charities. It was originally established in 1984 in memory of McDonald's founder, Ray Kroc, who was a strong advocate for children. RMHC Singapore was incepted in 1989.

OUR MISSION

RMHC Singapore is a registered society and charity on a simple mission to create, find and support programmes that directly improve the health and well-being of children.

OUR VISION

RMHC Singapore seeks to be a leader amongst private charities helping sick children and their families in the Singapore community.

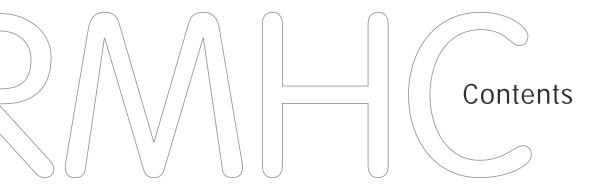
OUR CORE VALUES

- Focusing on the critical needs of children
- Celebrating the diversity of the programmes we offer, and the staff, volunteers, donors and supporters that make it possible
- Staying true to our heritage of responsible stewardship
- Operating with accountability and transparency

By providing a diversity of programmes with a family-centered approach, RMHC Singapore strives to be a part of the solution in improving the lives of children and their families, and strengthening families during difficult times.

NCSS MEMBERSHIP

RMHC Singapore has been a full member of the National Council of Social Services (NCSS) since 1 November 2013. Our partnership with NCSS has been fruitful in helping us foster new partnerships with other agencies in the social service sector in Singapore especially through our grant-making programme.



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Dear Friends of RMHC Singapore,

2018 saw the fruition of our Ronald McDonald Family Room at the Institute of Mental Health (IMH). This became our third "home away from home" facility in Singapore for families of children who are unwell. The many letters of gratitude we received from families who used the room reinforced how the decision to work with IMH to build this facility was indeed a strategic one.

The Ronald McDonald House and Family Room at NUH continued to enjoy full capacity and high utilisation rates respectively.

Financially, the Charity registered a healthy surplus, contributed by several key developments. We are thankful to McDonald's for facilitating cashless donation to RMHC on their self-ordering kiosks since November 2018. We also received a support of \$100,000 from the Singapore Tote Board for our annual gala fundraising event. While we had the added costs of operating the Family Room at IMH, the decision to temporarily stop the grant programme enabled us to manage our expenditure, thus reflecting only a moderate increase of 7% compared to the previous year.

Together with the Executive Director who was appointed in June 2018, the Board and the management team are working to map out the charity's strategic approach for the next 3 to 5 years. Broadly, in addition to strengthening and expanding RMHC's existing core services, we will be exploring programmes to support families that are scalable beyond the confines of a hospital.

In 2019, RMHC will pilot these initiatives that will look into mental health, hospitality service and family respite care.

The impact of RMHC programmes are made possible by our donors and volunteers. I am grateful for the strong support and the solidarity that you have shown through the giving of your time, money and voices to the RMHC cause. We look forward to make a difference to the families as we journey together to keep families close during the challenging period of looking after their sick children.

Sincerely,

Pamela Tor Das

President, RMHC Singapore



OUR GOVERNANCE & BOARD

- Ronald McDonald House Charities (RMHC) Singapore focuses on the critical needs of children and celebrates the development and implementation of diverse programmes that are made possible by our staff, volunteers and donors. For us, responsible stewardship, operating with accountability and transparency is paramount.
- RMHC Singapore is a registered charity under the Societies Act and not an Institution of a Public Character (IPC). We abide strictly to the corporate governance code set by RMHC Global and the local Singapore charity council. Our finances are independently audited every year in accordance with local regulations.
- RMHC Singapore maintains a Conflicts of Interest Policy applicable to all board and committee members as well as all staff members. The purpose of the policy is to protect the interest of RMHC Singapore when it is considering entering a transaction or arrangement that might benefit the private interest of an officer or board member of RMHC Singapore, or any other interested persons.
- In maintaining prudent oversight of our reserve funds, RMHC Singapore ensures that donated funds are used in areas that are in accordance with our mission i.e. to create, find and support programmes that directly improve the health and well-being of children whilst consistently building and maintaining adequate spendable reserves to keep the Charity's cause as a going concern, RMHC Singapore carries a surplus of funds no greater than three (3) times its previous year of Operating Expenses in unrestricted accounts. It also holds funds in a restricted account for specific purposes.

BOARD OF DIRECTORS



Ms Pamela Tor Das

President, RMHC Director Ninemer Public Relations Pte Ltd Date Appointed: 30 May 2013

Mr Timothy Koh

Vice President, RMHC Director Asia Pacific HR. Head of Policy Risk and Controls Head of Centers of Excellence Planning & Execution (Asia Pacific) Credit Suisse AG Date Appointed: 30 May 2013

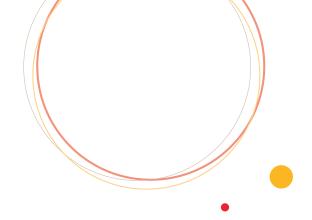
Mr Lim Tze Chern

Treasurer, RMHC **Executive Director** Nomura Singapore Limited Date Appointed: 8 June 2016

Mr Ang I-Ming

Secretary, RMHC Senior Counsel McD Global Franchising Ltd Date Appointed: 8 September 2017





BOARD **MEMBERS**

Mr Kenneth Chan

Managing Director McDonald's Singapore Date appointed: 14 May 2017

Ms Linda Ming

Director, Brand Communications McDonald's Singapore Date appointed: 17 February 2014

Ms Andrea Noel Friedman

Date appointed: 3 September 2014

Associate Professor Stacey Tay

Head and Senior Consultant, Paediatric National University Hospital Date appointed: 17 February 2014

Mr Keoy Soo Earn

Partner & Southeast Asia Leader, Mergers & Acquisitions Deloitte Southeast Asia Associate Date appointed: 9 June 2015

Ms Diana Ser

Freelance Journalist Date appointed: 8 June 2016

Dr Donovan Lim

Psychiatrist Institute of Mental Health Date appointed: 8 September 2017



OUR FAMILIES SHAPE US

Nothing means more to me than my family. When my second son experienced seizures and fever in February and was admitted into NUH PICU, I was overwhelmed with emotions.

-MS. VELAYUTHAM SHREE VALLII



"Amidst all my worries, my family and I were offered a room at the Ronald McDonald House. We couldn't be more thankful. As a mother, I couldn't imagine being away from my son during his stay in the PICU. I'm also grateful that the staff were very understanding as they allowed my father, who came from India, to use the space to help me take care of my other children.

From laundry area and kitchenette to an ensuite bedroom, the House provided some respite. It was our 'home away from home' during the difficult period, giving me some space to collect my thoughts and get some rest.

Through our experience with RMHC, we realise that such services are indeed helpful to families in need and we hope to also lend our helping hand in the future."



"Almost daily, I have to be with my son who is autistic at the wards. As a caregiver, it takes a toll on me watching over and caring for my son. I look forward to rest and refresh myself at the Ronald McDonald Family Room. Most of all, the staff and volunteers are very caring and supportive. They not only ensure I'm taken care of, but also come to my help when I have issues with my son while resting in the Family Room."

- MS. NANA LEE

OUR FAMILIES SHAPE US

"The code blue alarm went off one afternoon in May 2018 at Ward 46 of NUH Paediatric Intensive Care Unit/High Dependency (PICU/ HD) Ward. It was our 18 months old son, Zachary, who desaturated in his oxygen level and had to be intubated and pushed into the PICU ward. This was his 3rd ICU admission in 5 months.



- Parents of Zachary Wong

"We were offered a room at Ronald McDonald House (RMH) with PICU doctors' recommendation. With just steps away from Ward 46, it allowed us a place to rest and stay close to our critically ill son while we cope with his condition and diagnosis. RMH made it possible for us (daddy and mommy) to exchange shifts with each other from 2am-3am daily to be with Zachary. A lot of difficult and life-changing decisions were made in this roller coaster journey - tracheostomy to secure Zachary's airway, change from nasogastric to nasojejunal tube, severe degenerative disease diagnosis and short life expectancy - decisions that are important to keep our son alive.

Zachary was pushed into HD Ward during the 4th month of our stay in NUH. Homecare training begun for us. We moved out of RMH into Ronald McDonald Family Room (RMFR) for other families who need the room more critically than us. As we live in the east side of Singapore, commuting back and forth NUH takes 2 hours and was exhausting. RMH and RMFR facilities and the sofa bed in Ward 46 HD Ward made it possible for us to stay by our son's bedside in all his admissions, as well as managing our full-time jobs.

Due to Zachary's severe degenerative disease, we are still frequenting Ward 46 very often. We hope that there will be kind individuals who will support the expansion of RMH from its current four bedrooms to a bigger space, as it benefits parents like us who are fighting with our child every minute, every second.

Thank you, Ronald McDonald House Charities Singapore!"



RONALD McDONALD HOUSE @NUH



Ronald McDonald House @ NUH is a 'home away from home' that has been serving families of children receiving treatment at the National University Hospital (NUH) for the last 6 years.



Occupancy based on 4 bedrooms	2016	2017	2018
Number of Families Served	126	121	123
Nights of Accommodation	1,411	1,444	1453
Number of Families Turned Away	48	28	15
Waitlist Room Nights	420	197	95
Occupancy Rate	96%	98.9%	99.5%
Average Stay Per Family	11 days	12 days	12 days

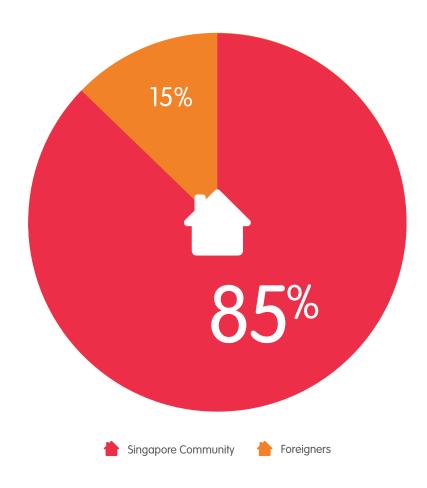
The House has provided a total of

nights' accommodation for



families over the last 6 years.

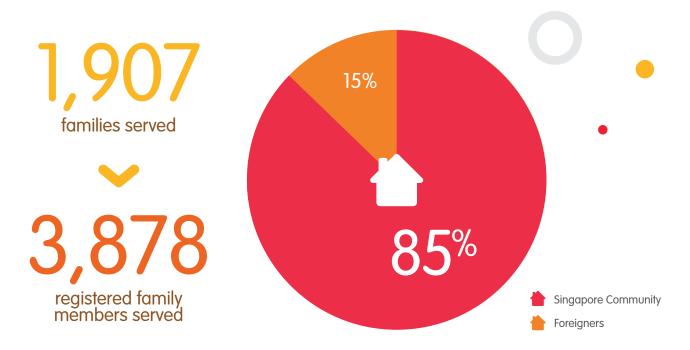
Nationalities of RMH Guests in 2018





RONALD McDONALD **FAMILY ROOM @NUH**

YEARLY IMPACT ON FAMILIES	2016	2017	2018
Number of Families Served	667	612	628
Number of Registered Guests Served	1278	1220	1380
Average Length of Usage Per Family Member	5 days	5 days	17 days



Facilities:



- Shower facilities with clean towels and basic toiletries provided
- Seating areas to dine, read or watch television
- Internet access

RONALD McDONALD FAMILY ROOM @IMH

Operational since December 2017

	2018
Number of Families Served	395
Number of Registered Guests Served	512
Total Usage for the Year	1964



The Ronald McDonald Family Room @ IMH is an oasis for young patients and their families. It provides a safe and calming space for inpatients, allowing them to interact and relax with their parents comfortably. Similarly, outpatients can wait in the peace and comfort of the Family Room for their medical appointments.









OUR COMMUNITY OUTREACH PROGRAMMES UNIFY US

COMMUNITY OUTREACH PROGRAMMES @NUH

Monthly Birthday Party @ Ward 47

Bringing happiness to every birthday child at the hospital is the key objective of this programme. Volunteer groups partner RMHC Singapore in organisng this celebrational event with games, story-telling, candy-floss making, colouring & crafts and birthday cake treats for the young patients and their families, as well as nurses and doctors tending to them.





Tubs of Love Programme

The birth of a child is always a cause for celebration, no matter what the circumstances may be. Together with NUH Medical Social Work team, our "Tubs of Love" programme started since September 2014 to celebrate the life of newborns. Baby bathtubs filled with essential newborn layette items are given out to needy mothers to help them get started on motherhood in the first few months of their child's life. To-date, we have distributed over 150 tubs.

Oncology Snack Packs

Snack packs are given out to young patients who are either undergoing day chemotherapy treatment or receiving other outpatient care at NUH's Viva-University Children's Cancer Centre. Each snack pack consists of a juice or a milk pack, individually wrapped biscuits and other goodies. The snack pack has become not just an energy booster but also a "carrot" that motivates these children as they look forward to receiving a treat from the nurses, after the completion of their treatment.





Special Visit at NUH Paediatric Wards in December

Who needs Santa when we have a convoy of more than 40 Harley Davidson bikers delivering presents to the children at the National University Hospital? Thank you, OUE Limited, for supporting RMHC Singapore as one of your beneficiaries for 2018's Stars of Christmas event.



COMMUNITY OUTREACH PROGRAMMES @IMH



Breakfast to Bond

The monthly Breakfast to Bond programme is held on the first Friday of every month. The programme supported by McDonald's Singapore facilitates interaction between the patients, therapists, doctors and nurses at Sunrise Ward outside the clinical settings. It also creates opportunities to build further rapport with the patients. In 2018, we served 307 McDonald's Breakfast meal at the Sunrise ward.



Children's Day

Children's Day was celebrated on 5 October 2018 with McDonald's breakfast and a cake-cutting event. The inpatient kids were presented with Coco Tree Chocolates for this special occasion.

The outpatient kids were gifted with an Animal Planet Bag with a Coco Tree chocolate goodie bag on this special day.



Tea Break

On 19 Sep 2018, the American Women's Association sponsored a McDonald's Tea Break for 20 Pax at the Sunrise ward.



The Gates Corporation organised a family bonding lunch program for the inpatient kids and their families on 3rd Nov 2018, much to the enjoyment of everyone.



Christmas Eve Celebration

On 24 Dec 2018, the American Women's Association organised a Christmas Eve Celebration with a McDonald's Tea Break for 24 pax at the Sunrise ward. In addition, a well-wisher generously sponsored Christmas goodie bags for the patients.



RMHC celebrates family caregivers and their resilience in looking after their children with special needs and mental wellness challenges. During the week of Mother's and Father's Day, parents were given a badge - 'World's Greatest Mum / Dad' because they truly deserved it.



CHAMPIONS AND VOICES OF OUR CAUSE

OUR VOLUNTEERS

My wife and I decided to join RMHC as volunteers. For us, the ultimate reward of volunteering here is seeing the children get well and go home to be with their loved ones.



GERARD LEE a former beneficiary turned volunteer, shares his journey with RMHC Singapore.

"About 3 years ago, my grand-daughter was admitted into the PICU for several weeks. Her parents were then offered a room at the Ronald McDonald House, just a few steps away from the PICU, allowing them to be close with their daughter and talk to the doctor when needed without the hassle of travelling to-and-fro.

While visiting my grand-daughter at the hospital, my wife and I also viewed the House. We were impressed from the get-go. The House is fully equipped with TV, newspapers, washing and bathing facilities and lots of snacks and beverages. All these are provided without any charges! The staff and volunteers at RMHC are also very caring and friendly."



LEXIE EDWARDS a former nurse, continues to give back through volunteering with RMHC Singapore.

Having been a nurse for the past 20 years, helping others has become second nature to me — which is also my impetus to start volunteering with RMHC after moving to Singapore.

Thus far, I've experienced nothing but compassion, commitment and dedication from both staff and other volunteers from RMHC Singapore. I am blessed to be part of an organisation that makes huge impact on families during trying times. RMHC aims to provide a space where families can feel supported while their child is hospitalised; it offers a place to refuel and recoup while still be near their child.

As a volunteer, it is vital for us be there for the families – to lend a helping hand, a listening ear and a shoulder to lean on. I've learnt that even doing the smallest things such as making a cup of tea or simply make conversations with them can make a difference to the families.



ALFRED CHUA shares his volunteering experience at Ronald McDonald Family Room at IMH.

"From the start, I was inspired by RMHC's mission – to directly improve the health and well-being of children in Singapore. I knew that RMHC is the place for me to explore volunteering.

Through this experience, I've had the opportunity to meet with patients of different needs and issues. I began to understand that caregivers face a myriad of challenges and require tailor-made solutions to their problems. I've also learnt that we can help to alleviate their worries, even if it's just a little, by giving them a listening ear."



In return, this volunteering experience has widened my horizons and outlook towards life, encouraging me to live life to the fullest by taking action now.

BEREAVEMENT AND GRIEF TRAINING

To equip our volunteers with better skill-sets in building rapport with parents, RMHC's inaugural Bereavement and Grief 101 training was conducted by NUH Medical Social Workers on 20 September and 22 October 2018.





VOLUNTEERS APPRECIATION DAY

On 12 November 2018, the Volunteers Appreciation Day was held at SAFRA @ Toa Payoh. The event was attended by volunteers from both NUH and IMH. The staff and volunteers had the opportunity to get to know one another better, and also learned about upcoming projects in 2019.



CHAMPIONS AND VOICES OF OUR CAUSE

OUR FUNDRAISERS

It is always a privilege to be the chosen beneficiary, and we are grateful for any form of organic support in our community.



Super Bean International Pte Ltd

We are very grateful for Mr Bean's support through the sponsorship of a weekly Afternoon Tea for our families in the Ronald McDonald House (RMH) and Ronald McDonald Family Room (RMFR) for the past years. It has helped us care for the physical needs of these families going through the medical crisis of their hospitalized children at NUH.

McD Global Franchising Limited (MGFL)

McD Global Franchising Limited raised \$8,427 through various fundraising initiatives in the year. We can't thank you enough for your annual support!



Sealy Asia (S) Pte Ltd

Apart from monetary and in-kind donations, our corporate sponsor Sealy Asia also do their part by volunteering at the Ronald McDonald House and Family Room at least once a year. Thank you, Sealy, we truly appreciate your unwavering commitment and support!



Stamford American International School (SAIS)

The SAIS 3rd graders and teachers once again adopted RMHC Singapore as their charity of choice, in a show of collective support. A big thumbs-up to our young ambassadors for contributing in their own special way and supporting our cause.

Liberty International Underwriters (LIU)

The wonderful people from LIU have once again committed to another year of support by sponsoring groceries worth \$7,086 for our facilities at the National University Hospital. Thank you, Liberty International Underwriters!

Women's Tennis Association (WTA)

RMHC was the adopted charities for the event and received a kind donation of USD5,000 in support of our Tubs of Love program. The first batch of 15 tubs was handed over to the team of Medical Social Workerson 1 November 2018.

Martin Brower Singapore Pte Ltd (MB)

The kind folks from Martin Brower committed themselves to clean our facilities at the National University Hospital on a quarterly basis. This is on top of their logistical support and in-kind donation of disposal wares for RMHC Singapore. Thank you, Martin Brower!

Tea-Towel Fundraising sale

Several organisations helped to raise funds through the sale of RMHC Tea Towels:

- McDonald's Singapore = \$3,525 a.
- b. Golin Singapore = \$2,500
- Chubb Insurance Singapore Limited = \$1,800 C.

RMHC GALA DINNER **FUNDRAISER 2018**



One of our most successful fundraisers each year is the RMHC Singapore Gala Dinner Fundraiser. In 2018, the Gala Dinner was held at the St Regis Hotel on 6th October. Thank you to all corporate/individual donors, sponsors, volunteers and RMHC staff for making this event a success. We would also like to thank the Singapore Tote Board for the grant of S\$100,000 to support the event.













"Keeping Families Close" raised a net total of S\$285,350







OUR INVALUABLE PARTNERSHIP WITH

McDonald's SINGAPORE

RMHC Singapore has been the charity of choice for McDonald's Singapore since its inception in 1989.



donation boxes are placed in 135 McDonald's restaurants across Singapore

was collected by way of loose change and donations from the general public

Since 1 November 2018, McDonald's Singapore launched a donation platform on all its Self-Ordering Kiosks (SOK) in the restaurants. Customers can either round up to the next dollar or donate a fixed amount of \$2, \$5 or \$10. Through this channel, a total of S\$106,357 was collected in the inaugural month from 1 November to 31 December 2018.

> Our deepest appreciation to the general public in Singapore for their generous contribution through McDonald's.

McDonald's Singapore McHappy Day

On November 2018, McDonald's restaurants across Singapore celebrated McHappy Day, the company's annual fundraising event, to help sick children and families supported by RMHC Singapore. McDonald's sold the signature red and white striped socks in its restaurants across Singapore to raise funds for RMHC Singapore.

Thank you, McDonald's Singapore, for your efforts in 2018!

- McDonald's donated 5 cents of every Happy Meal sold, bringing in S\$189,234
- McDonald's annual fundraiser, McHappy Day, collected over S\$31,000
- Donation boxes placed in 135 McDonald's restaurants and the SOK donation platform raised over \$\$390,000
- Together, the above efforts have helped us cover at least 72% of our overall expenditure in 2018.

RMHC SINGAPORE HAS BEEN THE CHARITY OF CHOICE FOR MCDONALD'S SINGAPORE SINCE ITS INCEPTION IN 1989. OUR RELATIONSHIPS CONNECT US

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Our grateful appreciation & thanks to our Sponsors & Supporters

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Yeo Eng Luan Christine Genevieve



OUR RELATIONSHIPS CONNECT US

EXECUTIVE DIRECTOR'S REPORT

Having been with RMHC Singapore for over a year now, I continue to be amazed by the cause that the Charity champions. It is a story that deserves greater empathy for the betterment of caregiver families in Singapore.



Driving an under-rated cause in Singapore

The RMHC programme meets an important gap in the paediatric ward in NUH and the Child Guidance Clinic at IMH. The impact of the RMHC programme has been well documented through various studies done by the Global RMHC Office. These studies have established the following:

- Accommodation needs are a significant stressor for families of critically ill children, particularly
 when they are travelling far distances. RMHC and the Ronald McDonald House programme help
 alleviate some of this stress.
- Families attribute their ability to stay together to the Ronald McDonald House programme and believe it significantly affects psychological well-being and their child's recovery.
- Caregivers who stay at a Ronald McDonald House report significantly higher levels of involvement in their child's care and more positive hospital experiences.
- Accommodations provided by the Ronald McDonald House programme enhance paediatric
 patients' quality of life. Parents who sleep at a Ronald McDonald House enjoy greater sleep quality
 than those who stay at the paediatric bedside.
- RMHC helps improve family coping and resiliency during paediatric hospitalisation.

In view of this, the RMHC management team has prioritised key initiatives that complement and promote these impacts by building greater depth of skill-sets among our staff and volunteers:

- An inaugural Grief and Bereavement 101 training for our volunteers was conducted by the NUH Medical Social Work departments in September and October 2018.
- The management and staff team attended the RMHC International Conference in August 2018 to connect with and learn from other chapters' best practices that may be relevant for the Singapore context.
- A volunteers engagement series was conducted to strengthen operations and volunteer training.

The saying, "It takes a village to raise a child', is an apt description of the work we do at RMHC. Many helping hands make it possible for the Charity to drive and sustain its cause:

RMHC Singapore has been enrolled as a participating employer for the professional conversion scheme to employ mid-career professionals as Social Work Associates. The scheme allows its staff to work and study for their social work degree at Singapore University of Social Sciences.

The Charity also linked up with NUS Social Work Faculty and City University (HK) School of Liberal Arts to accept student internship during the May to July period. The interns will help at a critical time when most of our expatriate volunteers return to their home country during summer holidays.

To the many volunteers and donors who give of your time and resources, YOU are the village that makes it possible for RMHC to make a difference in supporting the sick children and keeping their families close. Thank you, we are always grateful.

Sincerely,

Daniel Ang Executive Director

Ronald McDonald House Charities, Singapore



MAKE A DONATION

Help us bring a smile to the families caring for their sick children.

Please visit our website for the Audited Financial Statement for FY2018.

RMHC Singapore acknowledges the support of its key partner





Keeping families close

Ronald McDonald House Charities Singapore 5 Lower Kent Ridge Road

National University Hospital, Main Building Level 4 Sinagpore 119074

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