

ANNUAL REPORT

For the Year Ended 31 December 2015

VISION & MISSION

Singapore Planned Families Association (SPFA) (formerly Singapore Planned Parenthood Association) is an Institution of Public Character (IPC) and an independent volunteer welfare organization affiliated with the National Council of Social Service (NCSS) and National Volunteer & Philanthropy Centre (NVPC).

SPFA contributed to Singapore since 1949 as the Singapore Family Planning Association and continuing to do so from November 2015 as the **Singapore Planned Families Association** in line with its renewed and refocused vision and mission.

Our renewed and refocused **VISION** is:

Promotion of healthy family values, human sexuality and reproduction leading to the building of strong, happy families and society.

Our renewed **MISSION** is to:

- Promote healthy values on human sexuality and reproduction through advocacy and education.
- Provide support to individuals and families at risk.
- Prepare young people to develop strong families.

This mission can only be accomplished with the help and dedication of volunteer members and staff, and by working in close partnerships with expert resource personnel and the community.

SPFA is a member of the National Council of Social Service and the National Volunteer & Philanthropy Centre:





PRESIDENT'S MESSAGE

We are living in times of great change and potential turmoil. Singapore Planned Parenthood after being affiliated for 60 years with International Planned Parenthood Federation (IPPF), found an increasing divergence in the direction both organizations were moving towards. After much passionate discussion with board and other members, it was decided that we needed to forge ahead on our own.

So finally in 2015, we severed our relationships with much regret. Consequently at the 31 August 2015 Extraordinary General Meeting, approval from our members was obtained to change our name to reflect our revitalized approach to serve the families and future families of Singapore well. We are now known as Singapore Planned Families Association as explained in the next section on "OUR NEW NAME" and amended our Constitution accordingly.

Moving ahead, your Association will focus on promoting healthy family values and healthy values on human sexuality and reproduction. Singapore has thrived for the past 50 years without abundance of natural resources except for its hardworking and determined people to achieve a first world status; much to the admiration of other much larger and resource-rich countries in the world.

But our most precious resource, people, is shrinking alarmingly in population size! Our former role as Singapore Family Planning Association to control population growth had not been relevant for many years. To continue to thrive to SG100 and beyond, Singapore must grow its population beyond today's replacement rate. Yet in growing its population, we, especially our younger generation should be aware of the healthy family values that had brought happiness, progress, prosperity and peace to Singaporeans. Your Association is endeavoring to promote healthy family values.

Today, our younger people are maturing earlier and curious with their sexuality and reproduction functions through education and other modern media influences. There is a crucial necessity to guide and mentor our younger people in their understanding of healthy values in human sexuality and reproduction so as not to cause grieves to themselves, their spouse or sexual partners and their families. Your Association will help our younger generation in this understanding with expertise from our professional members who are in this field.

For members of our society who have unfortunately fallen between the cracks due to lack of planning or poor parenting or misfortune. To these families and individuals, your Association will endeavor to do its utmost to help.

Your Association is embarking on a new noble mission. But it will not be possible without the continued help and efforts of our members, volunteers, supporters and donors.

Last but not least, I wish to thank our hardworking EXCO members and Board of Directors without which SPFA could not be successful.

Dr Sundardas D. Annamalay President

OUR NEW NAME

WHY WE ARE CALLED SINGAPORE PLANNED FAMILIES ASSOCIATION NOW AND WHY IS SPFA NEEDED IN SINGAPORE?



"If you fail to plan, you are planning to fail!"

- Benjamin Franklin

Benjamin Franklin's words are so true with everything we do in our lives ... including our family. All of us love our family as we experience such joy and fulfilment with a very happy family. But it is increasingly sad to see or read about families that are broken and unhappy. That is because many failed to plan before they set up their families.

Planning is essential before and after setting up your family:

- Plan which man or woman to date and eventually married;
- Plan when to have children to whom we can give our best care and love as every one of them is important to our nation;
- Plan what values to inculcate to our children in bringing them up as responsible citizens; and
- Plan to spend quality time with our spouse and children.

SPFA's renewed and refocused vision is to help build strong, loving and happy families in Singapore so that every generation cares for the well-being of each other. The result will be a peaceful, caring and happy Singapore.

Thus, SPFA's mission is to promote those traditional Asian values that had enabled Singapore to build a democratic nation based on justice and equality in the last 50 years that has brought much happiness, prosperity and progress for its people. SPFA realizes that such healthy values must be passed on to our next generation through conscious mentoring and guidance of our youth.

Yet, SPFA is aware that there are many (families and individuals) in Singapore have fallen through the cracks due to lack of planning, sometimes because of poor parenting and sometime due to misfortune. To these families and individuals, SPFA, a welfare and charitable organization, will endeavor to do its utmost to help.

HONORARY SECRETARY'S REPORT

The Singapore Planned Parenthood Association was officially renamed Singapore Planned Families Association (SPFA) on 26 November 2015 when amendments to its constitution were approved by the Registry of Societies.

1) Amendments to Constitution

An Extraordinary General Meeting (EGM) was called on 31 August 2015 with a valid quorum of 27 members. Based on the number of life members (45) and ordinary members (34) on the SPPA's Register of Members before this EGM, a quorum of 20 members would be required to approve amendments to the Constitution.

The proposed amendments to the Constitution of SPPA were tabled for approval by the EGM. Each of the proposed amendments was explained and discussed before being voted upon individually by show of hand. All proposed amendments to the Constitution tabled were approved unanimously by the EGM.

2) Termination of membership in International Planned Parenthood Federation

The reasons for moving the resolution for SPPA to terminate its membership in the International Planned Parenthood Federation (IPPF) were explained by the Chairman and several members of the Board of Directors. Following active discussion, the EGM unanimously resolved and approved the resolution for SPPA to terminate its membership in IPPF.

3) Change Of Association's Name

The EGM resolved and approved unanimously the change of SPPA's name to Singapore Planned Families Association and authorized the Board of Directors to effect the name change.

The Board of Directors met on 11 occasions in FY 2015.

Dr. Chen Sze Hua Hon. Secretary

EXTRAORDINARY GENERAL MEETING held on 31st AUGUST 2015 AT 6.30PM

The Extraordinary General Meeting was called on 31 August 2015 with a quorum to:

- 1. Terminate the Association's affiliation with the International Planned Parenthood Federation (IPPF). Following explanation and an active discussion, the EGM unanimously resolved and approved the resolution for SPPA to terminate its membership with IPPF.
- 2. Propose amendments to the Constitution of SPPA which included requirements from the Registrar of Societies and other grammatical amendments. Each of the proposed amendments was explained and discussed before being voted upon individually by show of hand. All proposed amendments to the Constitution tabled were approved unanimously by the EGM.
- 3. Change SPPA's name to Singapore Planned Families Association. The EGM authorized the Board of Directors to effect the name change.



Picture shows some of the senior and junior members who were present at the EGM.

INFORMATION RELATING TO THE CHARITY

Singapore Planned Families Association was first set up as Singapore Family Planning Association on 22.07.1949 as a society. It was registered under the Charities Act on 19.08.1963.

Unique Entity Number (UEN): S63SS0018K

Registered Address: Block 3A Holland Close #01-55 Singapore 272003

BOARD OF DIRECTORS

Name	Designation	Date of Appointment
Dr Sundardas D Annamalay	President	24 Mar 2014
Mr Ong Keng Wan, Edward	Vice President	24 Mar 2014
Dr Chen Sze Hua	Hon. Secretary	24 Mar 2014
Mr Chong Hon Leong	Hon. Treasurer	25 May 2015
Ms Maria Boey Yuet Mei	Board Member	24 Mar 2014
Ms Audrey Low	Board Member	24 Mar 2014
Ms Katherine Tan	Board Member	24 Mar 2014
Mr John V Vasavan	Board Member	24 Mar 2014
Mr Cynric Wee	Board Member	24 Mar 2014

Banker: DBS Bank Ltd **Auditor:** K.K. Lim & Co.

POLICIES

Funding Sources

The Charity is financially supported by donations from its members and the public as well as grants from the Government of Singapore.

Memberships

The Charity is open to the public for participation in its charitable activities in helping the needy. Classes, talks, program and projects are also conducted for the public in pursuing the vision and mission of the Charity.

As of 31 December 2015, the total number of members was 79, comprising 46 Life Members and 38 Ordinary Members. 9 New Ordinary Members joined us in 2015.

Ensure Regulatory Relevance and Compliance

To enhance transparency and accountability SPFA's annual report and financial statements are available online for free viewing via the Charity Portal.

Conflict of Interest Disclosure

Pursuant to Article 5.8 Conflict of Interests in SPFA's Constitution all directors had declared in writing the nature and extent of any relationship, arrangement, contract or agreement, if any, which may result in a conflict of interest.

REVIEW OF YEAR 2015

STAFFING

As at 31.12.2015, there are 1 full-time and 2 part-time administrative staff employed by the Charity.

CALENDAR OF EVENTS

- o 28 April 2015 Annual General Meeting
- o 31 August 2015 Extraordinary General Meeting
- o Administrator Ms Stella Chan attended the following meetings, representing SPFA:
- o NCSS VWO Benefits, Funding & Corporate Functions Group
 - Q2/FY2015 VWO Dialogue on Common Services & Benefit Schemes on 17 Sep 2015
 - Q3/FY2015 VWO Dialogue on Common Services & Benefit Schemes on 24 Nov 2015 The above Dialogue sessions were part of an ongoing effort to enhance awareness of the Common Services and Benefit Schemes available to NCSS members. It also provided a platform for VWOs to share their experiences and feedback on new services and benefits that they needed.
- o 19 Oct 2015 NCSS VWO Briefing on Funding Requirements
- o 21 Oct 2015 Introducing Giving.sg and Invitation to Workshop. NVPC was also in the process of revamping and merging the two portals into one unified "giving" platform, Giving.sg (www.giving.sg). This new digital platform, was launched on 1st December 2015, allowing everyone to identify opportunities to volunteer, donate, and even initiate giving campaigns.
- o 28 Oct 2015 Townhall Meeting II, co-organised by Charity Council and CSDA.

SEXUALITY EDUCATION PROGRAMMES

As the Ministry of Education had a change of policy a few years ago, our sexuality education programmes for schools had been discontinued. This being the case, we had researched materials to be used for educational pamphlets on relationships in the family, couples, marriage and sexuality issues. Preparation for these pamphlets is now in progress with funding or sponsorship.

FUNDRAISING EVENT AND ACTIVITY

SPFA started to appeal for donations to help SPFA to carry out its new vision and mission at the end of 2015 after its Constitution was amended and the renewal of its Institution of Public Character (IPC) status was received from the Ministry of Social and Family Development.

REVIEW OF FINANCIAL STATE AND EXPLANATION OF MAJOR FINANCIAL TRANSACTIONS

Until FY2014, we were funded by International Planned Parenthood Federation (IPPF). From FY2015, as we were no longer funded by IPPF and depended on donations from our members and other fundraising activities such as contributions and sponsorships and Citi-YMCA Youth for Causes.

CHANGE IN THE ASSOCIATION'S NAME

With the approval from the Extraordinary Annual General Meeting on 31 August 2015, Commissioner of Charities in September 2015 and Registrar of Societies in 26 November 2015.

REVIEW AND CHANGES TO THE CONSTITUTION

The Constitution of the Association was reviewed and amended by the Board. The amendments were approved at the Extraordinary General Meeting on 31 August 2015, and subsequently approved by the Commissioner of Charities in September 2015 and Registrar of Societies on 26 November 2015.

EXPLANATION OF THE PURPOSES FOR WHICH THE CHARITY'S ASSETS ARE HELD

Land and Building at #03-04 Pek Chuan Building: Property purchased in 2000 by the Association to provide a place as office.

FUTURE PLANS AND COMMITMENTS

	Date	Event
1	3 Mar 2016	Yogatimacy, for married couples
2	Mar to Sep 2016	Fund raising project under Citi-YMCA YFC
3	21/28 May 2016	Yogatimacy, for married couples
4	3 Jul 2016 (Sun) (Youth Day)	Concert event involving family (e.g. Father & Daughter, Father & Son, Mother & Daughter, Mother & Son -The family that plays together stays together
5	27 Aug 2016 (Sat)	Planning in progress for Symposium 2 (Roles of Values Centred Organisations)

	Date	Programs
1	24-Apr-16	HIV/AIDS Awareness Programs for foreign workers (OWAAP) - Indian
2	Apr-16	HIV/AIDS Awareness Programs for foreign workers (OWAAP) - Thai
3	Jul-16	HIV/AIDS Awareness Programs for foreign workers (OWAAP) - Woodlands
4	26-Sep-16	World Contraceptive Day
5	18-Dec-16	HIV/AIDS Awareness Programs for foreign workers (OWAAP) - Filipinos

	Date	Seminar
1	On-going	Seminar - DISC (personality profiling)
2	March 2016	Seminar - Financial and Retirement Planning, Wills Planning
3	April 2016	Seminar - Ageing Healthily, Memory retention and improvement
4	8-Oct-16	Seminar - Marriage Preparation Program

SPPA COUNSELING SERVICE

The counseling service aims to meet the emotional and psychological needs of individuals, couples and families with relational, sexuality and sexual reproductive health issues. Presently, counseling is provided mainly through face-to-face sessions only.

SPPA seeks to provide information and counseling to build strong, happy families in a multi-racial and multi-religious society through the inculcation of healthy family values in human sexuality, reproductive health and counseling.

During the term, several such cases were attended to by volunteer counselors as a replacement full time counselor had not engaged.

VOLUNTEERS' CORNER

A truly heartfelt **THANK YOU** to all SPFA Volunteers, especially our Executive Committee Members, Board of Directors; and, not forgetting our Members and other volunteers for giving of their valuable time and effort throughout 2015. You have each made significant contributions to the lives of families and individuals. You are building stronger communities for Singapore.

Volunteerism is a key factor in the success of SPFA. You may wish to consider the following volunteering opportunities:

- **Professional Volunteers** such as family life educators, psychologists, social workers, counsellors, teachers, doctors, lawyers, parent educators who have a keen interest in contributing to the community by enriching family life, willing to give talks and/or conduct workshops in their respective areas of expertise and training.
- **Sexuality Education Facilitators** to administer workshops to educational institutions, establishments and other agencies. One must be comfortable with and knowledgeable on sexuality issues, preferably trained.
- Counselling (Sexuality and Relationship Matters) Volunteers who have undergone some form of counselling training, who are comfortable with and knowledgeable on sexuality issues, and who are able to volunteer their time on weekdays.
- Administrative Support in the form of the running of programs and events on weekends (usually Saturdays & Sundays)
- Contribution of ideas, time and energy on innovative fund-raising projects and programmes.

Contribute your skills, time and energy towards a meaningful and fulfilling cause.

'We make a living by what we get; we make a life by what we give.'

Be a Volunteer today and make a difference to the lives of others. Call us at 6775 8981

COMCHEST HEARTSTRINGS WALK 2015

Mr Edward Ong (Vice President), Mr Chong Hon Leong (Hon. Treasurer), Mr Cynric Wee and Ms Maria Boey (Board Members) and Ms Stella Chan and their families and friends attended this event at the Marina Bay on 7 Aug 2015. The walk started around 8.00 am with warming up and ended at 9.30 am.





Mr Cynric Wee with his family and friends, posing before the event start



Mr Chong doing the warm up exercise.



Mr Edward Ong and family members, after the walk still smiling ☺



End of the Walk, percussion players with the drums and kompangs.

HONORARY TREASURER'S REPORT

FY2015 was a transitional year for the Singapore Planned Families Association (SPFA), formerly known as Singapore Planned Parenthood Association (SPPA). Our members at its EGM on 31 August 2015 voted to leave the International Planned Parenthood Federation (IPPF) as we were no longer funded by IPPF since FY2014.

As such, in FY2015 SPFA renewed and refocused its Vision and Mission to meet the changing needs of Singapore on family values, human sexuality and reproduction to build strong, happy families in a multi-racial and multi-religious society that focuses on traditional values so that every generation demonstrates a culture of care and love.

SPFA's Constitution was amended and approved by the Registry of Societies to reflect its new role in Singapore. The Ministry of Social and Family Development extended its support to SPFA by renewing its status as an Institution of Public Character (IPC) on 1 November 2015. Thus, it is approved to continue to receive tax-deductible donations from 1 November 2015 to 31 July 2016.

SPFA started to appeal for donations to help SPFA to carry out its new vision and mission at the end of 2015 as its total income for FY2015 fell to \$49,051 (2014: \$94,568). The year ended with a deficit of \$33,258 (2014: -\$16,135). Without further donations, SPFA will not have enough cash to continue. As such, we humbly seek help from our Association members and compassionate public members to consider donating generously so that SPFA can focus on its new vision to promote healthy family values, human sexuality and reproduction leading to the building of strong, happy families and society. Any amount is welcome with our heartfelt gratitude.

Chong Hon Leong Hon. Treasurer

(Formerly known as The Singapore Planned Parenthood Association)

(Registered in the Republic of Singapore)

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2015

	<u>Note</u>	<u>2015</u> \$	<u>2014</u> \$
Non-current assets Plant and equipment Investment property	4 5	4,771 238,391 243,162	6,440 <u>242,299</u> <u>248,739</u>
Current assets			
Other receivables Cash and cash equivalents	6	1,247 _25,785	1,796 <u>53,046</u>
Total current assets		27,032	54,842
TOTAL ASSETS		270,194 =====	303,581 =====
Funds and liabilities			
General fund Designated fund	7	184,704 <u>72,984</u> 257,688	216,766 <u>74,180</u> 290,946
Current liabilities	0	237,088	230,340
Other payables	8	12,506	12,635
Total current liabilities		12,506	12,635
Total liabilities		_12,506	12,635
TOTAL FUNDS AND LIABILITIES		270,194 =====	303,581 =====

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STATEMENT OF COMPREHENSIVE INCOME

YEAR ENDED 31 DECEMBER 2015

		<u>2015</u> \$	<u>2014</u> \$
INCOME		7	Ψ
Charities Capability Fund (VCF) ICT grant		_	1,034
Contributions and sponsorships		1,200	8,056
Donations	9	4,270	9,332
Transfer from SPPA premises project fund		1,196	1,196
Citi-YMCA Youth for Causes		_	23,964
		<u>6,666</u>	43,582
OTHER INCOME			
IPPF strategy consultation		-	2,949
General Office for Population and Family Plan	ining		
GOPFP Vietnam		-	4,518
Subscription fee		370	360
Rental income from investment property		41,109	39,863
Wage credit scheme payout		831	3,152
Others		<u>75</u>	<u> 144</u>
		<u>42,385</u>	50,986
TOTAL INCOME		49,051	94,568
Less: Operating Expenses (Schedule 1)		<u>(81,113)</u>	(109,507)
Deficit before income tax		(32,062)	(14,939)
Income tax	10		
Alle deficie		(32,062)	(14,939)
Net deficit		(1,196)	(1,196)
Deficit in designated fund Deficit for the year representing total comprehensive loss for the year		(33,258) =====	(16,135) =====

For our full financial statements for FY2015, please visit https://www.charities.gov.sg.

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SCHEDULE OF OPERATING EXPENSES

YEAR ENDED 31 DECEMBER 2015

	<u>2015</u>	2014
	\$	\$
Accountancy fee	3,000	-
Audit fee	4,800	-
Bank charges	95	-
Cleaning expenses	1,575	-
CPF contributions	6,279	7,284
Depreciation of plant and equipment	1,669	1,507
Depreciation of investment property	3,908	3,908
Insurance	2,619	-
Internet charges	253	-
Occupancy costs	-	9,190
Office refreshment	367	-
Office rent	5,893	-
Office supplies	68	-
Office upkeep	334	-
Postage and courier charges	161	-
Printing and stationery	554	884
Professional fee	-	8,354
Programme activities	-	14,241
Rental of copier	1,766	-
Repairs and maintenance	6,414	5,520
Salaries	36,400	45,705
Transport and travelling expenses	94	3,026
Telephone charges	2,431	2,960
Utilities	2,433	-
Volunteer committee meetings	-	398
Others		6,530
Total operating expenses	81,113	109,507
	=====	=====

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STATEMENT OF CHANGES IN FUNDS

YEAR ENDED 31 DECEMBER 2015

	General <u>funds</u> \$	Designated <u>fund</u> \$	Total <u>fund</u> \$
Balance at 1 January 2014	231,705	75,376	307,081
Total comprehensive loss for the year	(14,939)	<u>(1,196)</u>	(16,135)
Balance at 31 December 2014	216,766	74,180	290,946
Total comprehensive loss for the year	(32,062)	(1,196)	(33,258)
Balance at 31 December 2015	184,704 =====	72,984 =====	257,688 =====

(Formerly known as The Singapore Planned Parenthood Association)

(Registered in the Republic of Singapore)

STATEMENT OF CASH FLOWS

YEAR ENDED 31 DECEMBER 2015

	<u>2015</u> \$	<u>2014</u> \$
Cash flows from operating activities		
Deficit for the year	(32,062)	
		(14,939)
Adjustment for:-		
Depreciation of plant and equipment	1,669	1,507
Depreciation of investment property	3,908	3,908
Transfer from SPPA premises project fund	<u>(1,196)</u>	(1,196)
Operating deficit before working capital changes	(27,681)	(10,720)
Changes in working capital		
Other receivables	549	(173)
Other payables	(129)	2,391
Net cash used in operating activities Cash flows from investing activities	(27,261)	(8,502)
Acquisition of plant and equipment	-	(4,458)
Net cash used in investing activities	-	(4,458)
Cash flows from financing activities		
Net decrease in cash and cash equivalents	(27,261)	(12,960)
Cash and cash equivalents at the beginning of the year	<u>53,046</u>	<u>66,006</u>
	25,785	53,046
Cash and cash equivalents at the end of the year	=====	=====

LIST OF DONORS

	Do	nation
Dr Sundardas D Annamalay	\$1	L,500
Maria Boey Yuet Mei	\$1	L,000
Irene Kwee	\$	500
Chang Mu Ying	\$	500
Chong Hui Min	\$	300
Ong Keng Wan	\$	200
Douglas OLoughin	\$	200
Cher Lim	\$	50
Chang Ee Lin	\$	10
Sarah Mei Ismail	\$	10

DONATIONS

As SPFA no longer receive direct funding and is not a member of the Community Chest, we depend to a very large extent on public support for the much needed funds to support our programs and services in order to impact family values, human sexuality and reproductive health education.

Donations can be made in a number of ways:

- Cash payments in person to the Administrator at the office of the Association.
- Cheque mailed to the Association: Singapore Planned Families Association, Blk 3A Holland Close #01-55, Singapore 272003
- Direct Deposit into the Association's DBS Bank Account No.: 008-013219-4

All donations will be eligible for tax deduction and a tax-exempt receipt will be issued.

SPFA also benefits from Giving.sg the online donation portal. Please

- visit the website https://www.giving.sg/singapore-planned-families-association
- donate using your credit card or direct debit (internet banking).

Your donation will go a long way to enable us to help the disadvantaged families and at risk individuals and youth. Thank you so much.

Donating to SPFA: Tax Deductions

SPFA is an *Institution of Public Character (IPC);* thus, your donations are tax-deductible. To continue building a stronger sense of community, the Government has also decided to

extend the 250% tax deduction for qualifying donations for another three years, i.e. from 1 January 2016 to 31 December 2018.

How do I claim tax deductions?

From 1 January 2011, all individuals and businesses are required to provide your identification number (e.g. NRIC/FIN/UEN) when you make donations to the IPCs in order to be given tax deductions on the donations. IRAS will no longer accept claims for tax deduction based on donation receipts. Tax deductions for the donations will be automatically reflected in your tax assessments based on the information from the IPC.

How is the 2.5 times tax deductions calculated?

The 2.5 times tax deduction is deducted against your statutory income (which includes your employment, trade income, etc) before arriving at your assessable income.

Total income/	>>	Assessable	>>	Chargeable
statutory	Less Expenses and	Income	Less Personal	Income
income	Donations		Reliefs	

Example

If your total statutory income for YA2012 is \$100,000 (i.e. you earned \$100,000 in year 2011) and you made donations of \$10,000 to IPC in year 2011, your assessable income would be calculated as below:

Total statutory income	\$100,000
Less: Approved donations	\$25,000 (\$10,000 x 2.5)
Assessable income	<u>\$75,000</u>

Source: https://www.charities.gov.sg



Blk 3A Holland Close #01-55 Singapore 272003



Tel: (65) 6775 8981 Fax: (65) 6776 8296 Email: admin@spfa.org.sg https://www.facebook.com/spfasg https://www.giving.sg/singapore-planned-families-association https://twitter.com/SPFA_SG