



**SINGAPORE PLANNED FAMILIES ASSOCIATION**

# **ANNUAL REPORT**

**For the Year Ended  
31 December 2020**

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## BOARD OF DIRECTORS



Dr Sundardas D Annamalay  
President



Ms Angelina Hing  
Vice President



Mr Cynric Alexander Wee  
Honorary Secretary



Mrs Winnie Cruz-Ding  
Honorary Treasurer



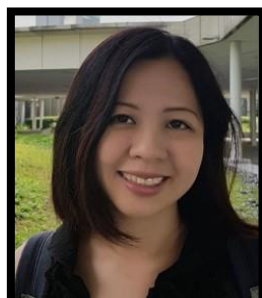
Ms Edwards Jacqueline Judy  
Board Member



Mr Andrew Tan Chee Leng  
Board Member



Ms Yeow Gaik Lien  
Board Member



Ms Lim Siew Fong  
Board Member



Ms Sim Yu Ting  
Board Member

Name	Designation	Elected/Co-opted	Attendance of Executive Committee & Board Members
Dr Sundardas D Annamalay	President	10 Apr 2017	4/4
Ms Angelina Hing	Vice President	21 May 2018	4/4
Mr Cynric Alexander Wee	Honorary Secretary	10 Apr 2017	4/4
Mrs Winnie Cruz-Ding	Honorary Treasurer	28 Aug 2017	3/4
Ms Edwards Jacqueline Judy	Board Member	24 Apr 2017	4/4
Mr Andrew Tan Chee Leng	Board Member	16 Mar 2020	4/4
Ms Yeow Gaik Lien	Board Member	16 Mar 2020	4/4
Lim Siew Fong	Board Member	16 Mar 2020	4/4
Sim Yu Ting	Board Member	16 Mar 2020	3/4

## VISION & MISSION

### About Us:

**Singapore Planned Families Association (SPFA)** is an independent Social Service Agency (SSA) affiliated with the National Council of Social Service (NCSS) and National Volunteer & Philanthropy Centre (NVPC).

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

### Our VISION:

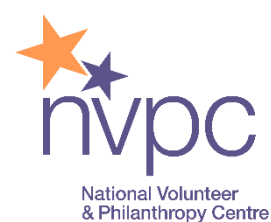
*We believe in the promotion of healthy family values, physical and emotional health for the family leading to the building of strong, happy families and society.*

### Our MISSION:

- **Promote** healthy family values, physical and emotional health for the family through advocacy and education.
- **Provide** support to individuals and families at risk.
- **Provide** programs and services on healthy family values, physical and emotional health for the family.

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. SPFA is also funded by the National Youth Council.



## PRESIDENT'S MESSAGE



The previous year was truly a challenging year on all accounts. Despite all the careful planning and extensive networking that the BOD and the executive team had engaged in, many of the intended programs could not proceed as planned.

A significant review of the constitution was made to make the society more current and relevant with the prevailing environment and social challenges.

The society's mission, vision and objectives were revised so that the focus on building physically, emotionally and mentally healthy families as well as strong family values through advocacy and education would become more explicitly outlined. The terms of engagement for board members were also revised.

All plans for Herit-Preneur were put on hold as both Hwa Chong International School and Anderson Secondary School have opted out of the program until further notice since the announcement of the further extension of the circuit breaker.

The National Youth Council has released the second trench of the funding for Herit-Preneur on 1<sup>st</sup> April 2020, amounting to SGD\$7500.

SPFA decided to champion a project called "Something New". This was a Text Counselling App that is an extension of Herit-Preneur, which works on the principles similar to the GRAB transport services.

The targeted group were youths, aged 13 to 35, who could anonymously log into the app and seek to text with a counsellor, who will be allocated to them after a short duration of waiting.

This way SPFA could rebrand itself, with the entailed following services to be established upon the successful initiation and sustenance of "Something New" as the ecosystem around it was envisioned to be a sustainable source of income and funding.

The aim was to start by doing list building along with an ecosystem with the app and build a community that we could effectively serve. Once we were able to track the number of people who were coming in, then as the platform developers, we could go to funders and tell them that these are the number of people we are serving. We could get more partners coming in and they in turn they could bring resources such as financial support or more partners.

Finally, the SomethingNew App was completed and launched towards the end of January 2021. I look forward to a fruitful year ahead.

I would like to thank the BOD and the executive team for outstanding efforts in this challenging period.

I am sure that together we can make a difference.

***Dr Sundardas D Annamalay***

President

## INFORMATION RELATING TO THE CHARITY

**Background:** Singapore Planned Families Association was established 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

**Banker:** DBS Bank Ltd  
Standard Chartered Bank (Singapore) Limited

**Auditor:** K.K. Lim & Co. Public Accountants and Chartered Accountants  
47B Tras Street. Singapore 078986

### POLICIES

**Funding Sources:** SPFA is financially supported by donations from its members and the public as well as grants from the Government affiliated institutions such as National Council of Social Service and the National Youth Council.

**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 2020, the total number of members was 35, comprising 24 Life Members and 11 Ordinary Members.

**Ensuring 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.

**Staffing:**

As at 31.12.2020, SPFA has 3 full-time staff employed and 1 part-time contract service.

## CALENDAR OF EVENTS

Dates	Events
January 2020	Herit-Preneur 2020 Cohort Briefing @ Hwa Chong International School
February 2020	Herit-Preneur 2020 Cohort Briefing @ Anderson Secondary School Hwa Chong International School Herit-Preneur Leadership Training
June 2020	Hwa Chong International School Herit-Preneur Students leaders Training Via Zoom
August 2020	Herit-Preneur 2020 / HCIS Gives Back@ Hwa Chong International School



## HONORARY SECRETARY'S REPORT



Year 2020, a very unexpected year where the whole world was pitch into survival mode in the midst of Covid-19 pandemic.

With all our planning in end of Year 2019 in place for 2020, we were very hopeful to have a new year of gaining grounds and achieving new heights for SPFA.

However, the pandemic took us by surprised pushing engagement and communication for businesses to an unprecedented level. SPFA was nevertheless not spared from these challenges.

We manage to continue the delivery of Herit-preneur for Hwa Chong International at a controlled procedure adhering to the regulation in place. It was a challenge for the delivery as the project team had to revisit the design and delivery.

I am very thankful for both Mr Keith Lee and Mr Jeremy Ho joining SPFA. Through their experiences, they brought with them a new initiative “Something New” which we hope to revolutionized counseling, engagement and contact points to youth and youth at risk.

Something New came in at the correct moment where Herit-preneur needs to re-engineered to the challenges faced under the new directions because of Covid-19 restrictions.

Another important thing of note is our Board members are very supportive and united giving ensuring our staff gets the very best support possible. Thank YOU.

I would also like to take this opportunity to welcome our new board members to add to the diversity and expertise which are already present. They are Ms Yeow Gaik Lien, Mr Andrew Tan, Ms Sim Yu Ting and Ms Karen Lim.

Let's look forward to the YEAR 2021, standing united – we will surely scale new heights.

Thank YOU

***Mr Cynric Alexander Wee***

Honorary Secretary

## PROGRAMMES

### HERIT-PRENEUR

With the National Youth Council (NYC) giving the go ahead for another year, Herit-Preneur 2020 took flight with directly linking the relationships between our youths and those of the pioneer and medeka generations. Herit-Preneur was conceived to be more than just an inter-generational programme, it was a path forward to bridge our heart for heritage with the mind for entrepreneurship, hence the conception of the name: Herit-Preneur.



As with the previous year, Herit-Preneur fundamentally has its focus on youths of educational institutions, targeting for them to have more than just their Values-In-Action / Creativity, Action & Service fulfilled. Selected students underwent a series of trainings, to impart to them inter-personal communicative skills, they would be then brought out to various senior activity centres to bond and spend time with the seniors over the course of a month, thereafter they would be coached to reflect on the values they have learnt from their time with the seniors. This concludes with them being mentored in entrepreneurship that is rudimentarily based on the values they inherited from the seniors.

At its core, Herit-Preneur was a means to have the student believe in what they do and provoke their thinking to be inclusive of the community at large. On the side of the school staff, it was to be an avenue to alleviate the pressures and loads faced from conducting the school's curriculum, by leaving the coordinating and planning of the activities to us.

With the impact of Covid-19, the programme shifted its gear and re-adapted itself to fit the challenges that arose from the circuit-breaker and social distancing. New technologies were adopted, the teleconferencing programme, ZOOM, was utilized to conduct lessons with the students of Hwa Chong International School.

SPFA salutes the commitment of our partners. Herit-Preneur 2020 would not have been realised without their courage in operating, and carefully adhering to social distancing measures, during Phase 2 of the circuit breaker and providing us their expertise and seniors. We wish to take this moment to recognize them:



Herit-Preneur 2020 begun with our two pioneering schools from 2019, Hwa Chong International School and Anderson secondary School.



In early 2020, we had the privilege in conducting mass/cohort briefings on the what Herit-Preneur 2020 entailed to the students of the respective schools as seen below:



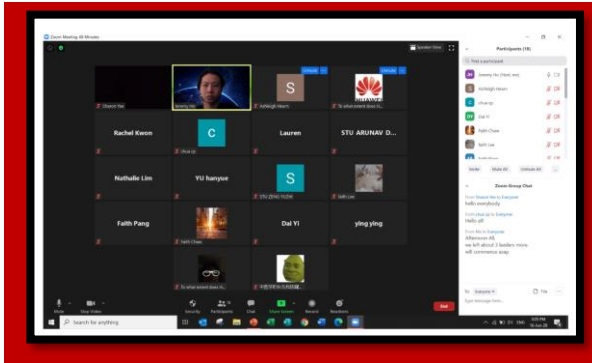
Students leaders from Hwa Chong International School (HCIS) were also engaged in training workshops to sharpen their inter-personal communication skills with not just seniors, but also with their peers as they fulfil their leadership roles.

One of such workshops conducted in early February 2020 is seen on the left.



With Covid-19 derailing the norms of our society, our partnered schools were hard pressed to develop solutions to ensure their students were not at risk and that the social distancing measures were in place to circumvent any possible infections. During the early stages of the circuit breakers, much of their curriculum were routed to adhere to the Ministry of Education (MOE) and Ministry of Health (MOH)'s health guidelines. This left the teachers within each school to shift their focus and prioritize the enforcement of the social distancing and reporting measures. In parallel, activities within the social service sector were also ceased. Many Senior Activity Centres (SACs) needed to regulate their operations, shorten their opening hours and also direct their seniors to remain in their homes, all of which were efforts to ensure our people were not at risk.

For a time, Herit-Preneur 2020 faced challenges in progressing, with the circuit breaker amputating the core inter-personal elements of the programme. Conversely, the pandemic compelled Anderson Secondary School to prioritize their cohort of students to sit for their national exams, resulting in them regrettably rescinding their students from the Herit-Preneur programme. SPFA immediately committed its efforts into digitalising its content delivery and ensuring the modularity of the programmes to facilitate the coaching/mentoring to the HCIS students.



The results of such efforts came to fruition with the utilization of ZOOM, the HCIS student leaders found excitement in being engaged from the confines of their homes, as they made jokes and humoured about Covid-19.

One such zoom session was encapsulated in the image seen on the left.

On the 7<sup>th</sup> August 2020, Herit-Preneur 2020 concluded in a culminated event at Hwa Chong International School, where the student leaders along with their classmates rallied the entire school to be involved in a series of decentralised goodie bag packing. These goodie bags contained essentials for hygiene and sanitation to reduce the risk of Covid-19 infection, and were to be distributed to Seniors directly under the care of our esteemed partners, AMKFSC and Lions Befrienders. In tandem with the packings, student leaders also proceed to their cohort mate's classes to present to them what they have learnt on their journey in Herit-Preneur. The outcome of Herit-Preneur 2020 involved 737 HCIS students and 651 seniors, totalling 1388 beneficiaries.

The series of photographs below illustrate the sequence of events the students were involved in:



The posters seen above, were created by the student leaders participating in Herit-Preneur 2020.

The posters were placed around the HCIS campus on the 7<sup>th</sup> Aug 2020 to bring awareness on what the student leaders had learnt on their Herit-Preneur journey in 2020.



Seen above are the logistic human chains the HCIS students formed to carry back the hygiene supplies to pack into goodies bags in their respective classrooms.



The mosaic above were the various classes the Herit-Preneur student leaders visited to present their learning experiences.

The next part of this journey would be showcased in our community activities segment, so stay tuned.

## SOMETHINGNEW: MOBILE TEXT COUNSELLING APPLICATION

Conceived as an idea in Nov 2019, and finally taking its form and logo representation in Feb 2020, **SomethingNew** was envisioned as platform people would think of first when they are in need of help.

Fundamentally, it is a text counselling mobile application that serves to be free, anonymous, concurrent, immediate, and easily accessible for our republic.

Its operating principles is much akin to that of a food delivery service, whereby the food delivers would be replaced by counsellors and trained social service professionals, available round the clock or at an appointed time of the user's choosing to chat with all who enter the application seeking help.



The logo of SomethingNew is depicted above incepted during a time of deep thought in Feb 2020.

In March 2020, after a series of meeting with various vendors, we finally met Mr Lester Law, the founder of our Application developer, SleekDigital. The development of the application was founded on the belief in the purpose and vision of SomethingNew, Lester shared many similar ideas as we did and more integrally saw past the transaction. His values in doing his business ensured that quality work was invested into the coding for SomethingNew, this quality of his was shared by his partner and team member, Ms Joey. The realisation of SomethingNew would not have been possible without their commitment and dedication from behind the scenes.

Pictured above is the logo of Lester's award-winning Company.

Development for SomethingNew finally took flight in July 2020, when our board of directors gave us the go ahead for self-funding the development of the application. Lester and Joey kept the faith in us and immediately commenced the development of the application. Their trustworthiness and reliability saw them being featured on Channel News Asia's Talking Point, an honour that is not earned by many. THANK YOU, Lester and Joey.

The journey alongside creating the application, was also an arduous one, whereby the eco-systems of partners, practitioners, supporters and users had to also be developed and groomed tenderly.

We had to find it in ourselves to see past the bitterness and disappointment from many fronts, and germinate solutions that were otherwise non-existent. The three-man executive team at SPFA, persevered though many insurmountable odds to eventually find a modicum of pioneering partners who firmly believed in the idea and have readily enlisted their professional staff onto our platform as text counsellors. To whom we wish to list here as our way of saying THANK YOU:

- 1) SYNC
- 2) aLife Ltd
- 3) Focus on the Family
- 4) WE CARE
- 5) Campus Impact
- 6) Calvary Community Care

We had the privilege in partnering up with a local start-up e-commerce platform, ShopBack. They firmly believed in us when we were struggling to convince more of our cause and application. THANK YOU.



The mural seen above is a symbol of our appreciation for our partners who remained resolute and heard our pleas for support, we of SPFA will edge you in our hearts as we continue to revolutionize the social service sector.

At the heart of any charity lies its volunteers, for whom the executive team dedicated themselves to ensure that each volunteer received the introductory courses they needed to be text counselling practitioners aboard SomethingNew. In the image below, on 3<sup>rd</sup> Nov 2020, our project manager is seen filming himself creating a training video for the volunteers to watch.

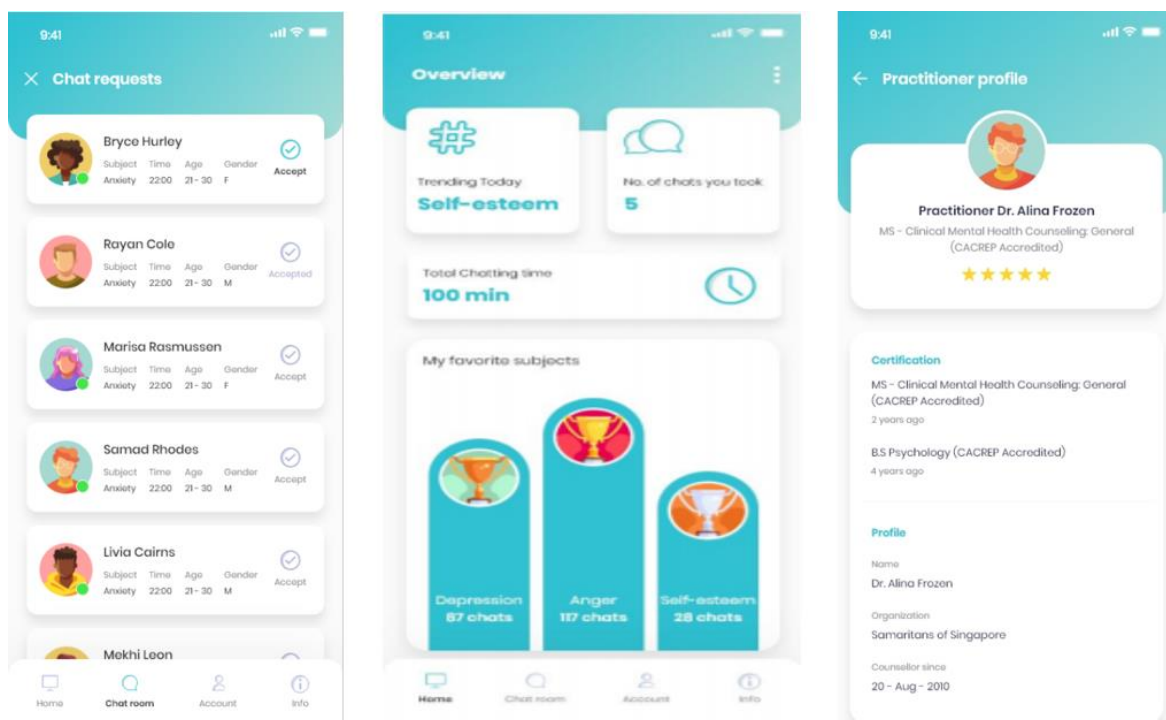


To you, our 31 text counselling pathfinders, who had the faith in us, THANK YOU for trusting us and coming onboard SomethingNew as our SPFA Text Counselling Practitioners.

We cannot list your names lest we breach the shroud of anonymity that SomethingNew requires.

With that, let us keep that passion alive and continue forward bringing both hope and actionable solutions to anyone whom may seek us for help.

As of 1<sup>st</sup> February 2021, SomethingNew has gone live, being available for download on both the Apple Store and Google Play store. In retrospect, it took a mere 6 months maximum for Lester and Joey to develop the application and for us, while SPFA developed a network of partners and practitioners. We are not certain about the prevailing market standards within the social service sector about this, but for a lean team at SleekDigital and only 3 personnel at SPFA, we felt this accomplishment along side a potentially bright future, goes beyond the words extraordinary.



The screenshots above showcase the tabs within SomethingNew when you download it and assess it. The pastel colours were carefully engineered to bring a sense calm to all who may use it.

So please do not delay, download the App and join us!

**\*Google Play Store (Android Users):\***  
**SEARCH: "SomethingNew"**

**\*Apple AppStore (iPhone Users):\***  
**SEARCH: "Something-New"**



## PROJECT DIRECTOR'S REFLECTION



"If we hold on together, I know our dreams will never die, Dreams see us through to forever", the lyrics from the song "If we hold on together" by Diana Ross rings true, and rightfully so, in my heart as we faced insurmountable challenges since my employment in September 2019.

"What do you mean?" You may ask, well let me begin.

Entering Singapore Planned Families Association (SPFA) and given a mission to breathe life back into it was no small task, the strategizing; the logistics and bringing in people filled with that elan and verve to adapt and be extraordinarily resilient were only the beginning bricks. On top of that, the pressures from a turbulent early 2019, which saw a peculiarly high staff turnover, compelled us to gear for HeritPreneur 2020, while marketing it to other schools and maintaining our ties with our partners Hwa Chong International School (HCIS) and Anderson Secondary School (ANDs). One could say with certainty that we had our work cut out for us.

Humility, an aptitude to believe in others and sheer determination were bedrock elements to ensure each step could be fulfilled towards our organisation's recovery. But this would not be possible without the trust of our leadership, namely Dr Sundardas, Ms Hing, Ms Ding, Mr Wee and by extension SPFA's Board of Directors. Trust is not granted, it is earned. More importantly, it is a currency that is difficult to receive and easily squandered, so for anyone within our sector of work, prove your mettle and keep your word as your bond.

Our Honorary Secretary, Mr Wee, once shared with me when times became really tough, "Dare to dream, it will keep you full", this scintillates with the lyrics "Dreams see us through to forever" in the first paragraph, and I carry this torch of hope to others, urging them to dream while building the paths to get there. This fire burns brightly in my team, Jeremy and Jenny, a multi-hatted and deeply resourceful pair of individuals who I entrust deeply to cover by back. A life-time ago, in a culture long eroded away, now with ranks filled with mercenaries, there was once a question thrown to me within the context of peer-appraisal: "Would you go to war alongside this person", for Jeremy and Jenny, my answer would be a resounding **absolutely**.

With this team, we accomplished unimaginable feats, from immediately manoeuvring to circumcise the effects of Covid-19 to coming up with solutions way before the social norms caught up to cope. Like the lyrics above, we held on together and delivered HeritPreneur 2020, it was also heartening to have the bridge of faith from the National Youth Council (NYC) in this project. Thank you, NYC.

We transit towards SomethingNew, our text counselling mobile application, developed throughout the length of 2020, that will be on the verge of revolutionising our social service sector by bridging our partners directly towards knowing what our people really need. Behind

the scenes in 2020, we have truly knocked on many doors, tirelessly day and night going from one to another, in truth many of them continue to remain shut. Through those experiences, we learnt the values of self-reliance, we shall remember and sharpen our skills moving forward. For in our hearts, we know exactly what future this app holds, so please join us, it is available for download on both Google Play and Apple store. The incepting rationale behind this application veers towards co-existing with all our fellow Singaporeans, we are a charity and we must never forget our purpose despite what new titles we maybe adorned with. More pivotally, this app was made **BY SINGAPOREANS FOR SINGAPORE**.

In closing, as cliché as it may sound, dreams are the fuel for ambition, but do not be fooled, hardwork and heartwork are what gets you achieving your dreams. In social work, we have learnt that there are many perspectives to look at people, one of it happens to be from an ecosystem point of view. So, from where one may start to where their dreams may be, carefully form your own ecosystem of trusted people and hold them dear.

Should times of doubt come, place your heart in your family, bear in mind the ones you care for, remember your friends working right beside you, and most importantly be steadfast in your faith.

In SPFA's case, we have a long heritage of contribution to our nation, over 70 years, we can ill afford to fade away now. Hence, we will find our friends reforge those bonds, and once again emblazon ourselves into the annals of Singapore's history.

***Mr Keith Lee***

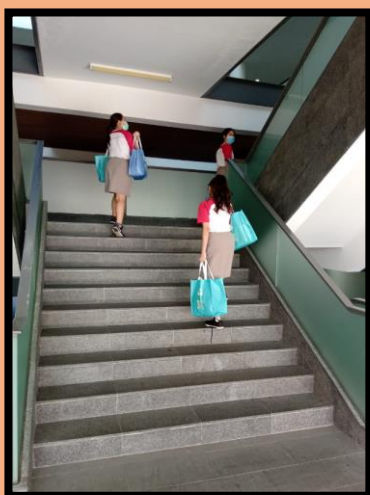
Project Director

## COMMUNITY ACTIVITIES

### HERIT-PRENEUR 2020 / HCIS Gives Back

As mentioned in the previous section under Programmes, Herit-Preneur 2020 continued into HCIS Gives back. This was a concentrated effort that saw the entire school rallying to pack and distribute the goodie bags out to needy seniors under the care of our partners, AMKFSC and LionsBefrienders.

It was our privilege to have been part of such a momentous event!



Goodie bags hand packed and carried to central areas of the HCIS campus in preparation to be loaded onto transportation buses.



HCIS students and their form teachers would be transported to various HDB estates within the locality of Toa Payoh to distribute the goodie bags.



The image above and below were scenes from the students distributing out the goodie bags to the seniors while observing social distancing measures.



## PROJECT MANAGER'S REFLECTION



The Year 2020 was an uncertain yet fruitful year. The enactment of circuit breaker measures caused a disappointing turn of events regarding Herit-Preneur. There were several moments where the office team and I felt demoralized due to all hard work being jeopardized because of the pandemic.

Fortunately, light shines brighter in darker rooms. This includes fire. A fiery passion to avoid “learned helplessness”. Hence, the genesis of SomethingNew. Firstly, I would love to give all glory and honor to my personal Lord and Savior for His providence, favor, and grace. Moving ahead, I am so grateful to be working alongside the new Project Director: Keith Lee, and of course, our ever-supportive Administrator, Jenny Low. Although we are a small team, the unicorn mentality within us helps us achieve a cohesive social service work-life balance. This makes my project managerial roles within SPFA an enjoyable opportunity. Acknowledging that there are individuals including our Board Members behind our backs ready to support.

Personally, SomethingNew was conceived to have always been a secular programme. It was founded by assessing the valuable trend of Text Counselling. We integrated it to become accessible, anonymous, concurrent, and therapeutic. Most importantly, free-of-charge for both the users and our pioneering partners. It is not the Doctor who gives Panadol its power. In relation, spurring newer generations to come and provide substantial assurance/insight/counselling micro-skills together with us on the App.

To us, co-existence is necessary within this social service. Not forgetting to mention, curbing the local stigma of mental health issues with no monetary charges. As the Earth revolves, technology evolves. As technology evolves, human mind issues never dissolve. Conclusively, mental health will always be a valuable and relevant investment.

Futuristically, the team and I anticipate faithfully for all our upcoming ideas to orbit around SomethingNew. This includes SomethingNew for Schools, Leadership Programmes, Psycho-Educational workshops, and continuous outreach/recruitment. Prayerfully, the frameworks which are embedded in our hearts will come to play very soon. To achieve these on time, we are prioritizing the conquest for endorsement via grants, advertisement costs, and many other avenues. By all means necessary, WE will keep afloat. Singapore is a valuable nation with valuable people. We love our nation and we will do our best to impact and improve many Singaporean lives. This to us is true social service.

***Mr Jeremy Ho***  
Project Manager

## VOLUNTEER’S CORNER

We would like to **THANK** all SPFA Volunteers, especially our Executive Committee Members, Board of Directors, and our members for availing their valuable time and enduring the excruciating year of 2020.

The impact of your contributions were indelible marks on the lives of our beneficiaries, it is our privilege to have you as our partners. Working towards the building of stronger families and communities in our nation.

To ensure that the hearts of our volunteers never stop giving, it was upon us to develop and concretely put forth a management framework that is unique to SPFA volunteers. The labors of our immense focus amalgamated in our ‘GIVERS’ Model below:

### WHAT VOLUNTEERS CAN ACHIEVE

- G.** Growth and Well-being (Free exposure/Stepping stone)
- I.** Increased sense of purpose: understanding how they can make a difference. (Develop passion towards SSA related work)
- V.** Voice: how volunteers get information (Through SPFA Telegram/Social Media)
- E.** Easy to sign up, to get there & to get the job done (via SPFA website and email)
- R.** Recognition. Being thanked, appreciated, and celebrated (Testimonials, vouchers, etc)
- S.** Social opportunities: making new friends and working in a team (Connections)

**Volunteerism** is a key factor in not just the success of SPFA, but the maturity of our nation.

We have developed and defined specific roles below to dispel ambiguity, so why wait, start with us:

General Roles	
Profession	Family life educators, psychologists, social workers, counsellors, teachers, parent educators who have a keen interest in contributing to the community by enriching family life, willing to give talks or conduct workshops.
Administrative support	Run programs/events and liaise with external vendors. Pull in 3 <sup>rd</sup> party beneficiaries.
SomethingNew Practitioners	
Text Counsellor / SomethingNew Practitioners	<p>Should you be a member of public who is keen to help but do not possess any know-hows in counselling, join us, be trained and join our family of anonymous text counsellors on our mobile platform.</p> <p>Should you be a counsellor, or a counsellor to be, we have the opportunities for you to practice your frameworks in counselling, attend our sessions to gear you with the ethics and be familiarized about the platform. You won't be disappointed when you hit the ground text counselling people whom truly need the help.</p>

## HONORARY TREASURER'S REPORT



FY2020 was a year no one could have anticipated with COVID-19 sweeping through the world and bringing many things to a standstill. Nevertheless, SPFA persevered with a healthy Balance Sheet in 2020.

We concluded the year with a deficit of \$117,159 as compared to the deficit of \$149,495 in 2019. While maintaining the operating expenses in 2020 at the same levels as 2019, the bottom-line improvement was due to (1) the government's Job Support Scheme of \$27,588, (2) the rental income from our Gambas Crescent property amounting to \$11,700, and (3) the grant of \$7,500 received from the National Youth Council (NYC) for the Herit-Preneur program.

With the decision to employ three full-time dedicated employees towards the end of 2019, we continue to see the revitalization of the Association.

Despite the major challenges arising from the pandemic, the team innovated and managed to carry through the Herit-Preneur program in 2020. In parallel, we commenced with the development and launched our own mobile application called SomethingNew where users are able to receive anonymous immediate support through text counselling. During the year, SPFA formed partnerships with other Social Service Agencies (SSAs) to form a network of counsellors who would be available round the clock to address anyone who seeks help, much akin to a food delivery service. With this, we anticipate a positive impact towards and in support of mental wellness within the community in line with SPFA's mission.

Like the previous year, the activities we had in 2020 were primarily funded from the proceeds of the sale of the commercial property in 2017. Aside from the NYC grant, the Association received minimal donations in 2020. With SomethingNew in its infancy stage, we find ourselves in need of funds to further develop it to reach greater self-sufficiency. We, therefore, continue to seek more generous corporate and individual donations, as well as, sponsorships to support the Association towards achieving its mission. Any amount will be received with gratitude from our sincere hearts.

As always, we look forward to an even more exciting and a blessed year ahead.

***Mrs Winnie Cruz-Ding***

Honorary Treasurer

**SINGAPORE PLANNED FAMILIES ASSOCIATION****(Registered in the Republic of Singapore)****STATEMENT OF FINANCIAL POSITION AS AT 31 DEC 2020**

	Note	2020 S\$	2019 S\$
<b>Assets</b>			
<b>Non-current assets</b>			
Plant and equipment	4	52,038	24,977
Investment property	5	384,942	400,981
		436,980	422,792
<b>Current assets</b>			
Other receivables	6	1,666	2,147
Cash and cash equivalents	7	216,651	329,790
		218,317	331,937
<b>Total assets</b>		<b>655,297</b>	<b>754,729</b>
<b>Funds and liabilities</b>			
<b>Funds</b>			
General fund		629,252	746,411
<b>Current liabilities</b>			
Other payables	8	26,045	8,318
<b>Total funds and liabilities</b>		<b>655,297</b>	<b>754,729</b>

The annexed notes form an integral part of and should be read in conjunction with these financial statements.

For our full financial statements for FY2020, please visit <https://www.charities.gov.sg>.

**SINGAPORE PLANNED FAMILIES ASSOCIATION**

(Registered in the Republic of Singapore)

**STATEMENT OF COMPREHENSIVE INCOME****YEAR ENDED 31 DECEMBER 2020**

	Note	2020 S\$	2019 S\$
<b>Income</b>			
Contributions and sponsorships		480	-
Donations	9	581	421
Event income		-	4,558
Care & Share income		-	1,691
Seminar and workshop income		-	210
Counselling fee		-	725
		1,061	7,605
<b>Other income</b>			
National Youth Fund		7,500	10,500
Subscription fee		180	170
Job Support payout		27,588	-
Wage credit scheme payout		827	392
Special Employment credits		532	-
Rental income		11,700	-
Sundry income		4,698	2,044
		53,025	13,106
<b>Total income</b>		54,086	20,711
Less: Operating expenses (Schedule 1)		(171,245)	(170,206)
<b>Deficit before income tax</b>		(117,159)	(149,495)
Income tax	10	-	-
<b>Deficit for the year, representing total comprehensive loss for the year</b>		(117,159)	(149,495)

For our full financial statements for FY2019, please visit <https://www.charities.gov.sg>.



**SINGAPORE PLANNED FAMILIES ASSOCIATION****(Registered in the Republic of Singapore)****SCHEDULE OF OPERATING EXPENSES****YEAR ENDED 31 DECEMBER 2020**

	<b>2020</b>	<b>2019</b>
	<b>S\$</b>	<b>S\$</b>
Accountancy fee	4,800	4,800
Audit fee	3,000	3,500
Bank charges	219	212
Cleaning expenses	2,360	2,205
Commission paid	2,889	-
Course fee	144	2,315
CPF and SDL contributions	15,664	15,031
Depreciation of plant and equipment	7,773	4,803
Depreciation of investment property	16,039	16,039
Event expenses	1,452	3,245
Gifts and condolence	-	391
Insurance	1,956	2,479
Internet charges	1,361	170
Medical fee	-	1,442
Office refreshment	48	547
Office supplies	18	96
Office upkeep	1,378	1,056
Postage and courier charges	20	19
Printing and stationery	293	176
Property tax	1,880	1,843
Rental of copier	-	2,729
Rental of office premises	3,930	5,894
Repair and maintenance	4,522	6,097
Salaries	97,200	89,630
Seminar expenses	-	118
Subscription fee	83	125
Transport and travelling expenses	220	588
Telephone charges	2,152	1,880
Utilities	1,844	2,776
<b>Total operating expenses</b>	<b>171,245</b>	<b>170,206</b>

The annexed notes form an integral part of and should be read in conjunction with these financial statements.

**SINGAPORE PLANNED FAMILIES ASSOCIATION****(Registered in the Republic of Singapore)****STATEMENT OF CHANGES IN FUNDS****YEAR ENDED 31 DECEMBER 2020**

	<b>General fund S\$</b>	<b>Designated fund S\$</b>	<b>Total fund S\$</b>
<b>Balance at 1 January 2019</b>	895,906	-	895,906
Total comprehensive income for the year	(149,495)	-	(149,495)
<b>Balance at 31 December 2019</b>	<u>746,411</u>	<u>-</u>	<u>746,411</u>
Total comprehensive loss for the year	(117,159)	-	(117,159)
<b>Balance at 31 December 2020</b>	<u><u>629,252</u></u>	<u><u>-</u></u>	<u><u>629,252</u></u>

The annexed notes form an integral part of and should be read in conjunction with these financial statements.

**SINGAPORE PLANNED FAMILIES ASSOCIATION****(Registered in the Republic of Singapore)****STATEMENT OF CASH FLOWS****YEAR ENDED 31 DECEMBER 2020**

	<b>Note</b>	<b>2020</b> <b>S\$</b>	<b>2019</b> <b>S\$</b>
<b>Cash flows from operating activities</b>			
Deficit for the year		(117,159)	(149,495)
Adjustments for:			
Depreciation of plant and equipment		7,773	4,803
Depreciation of investment property		16,039	16,039
Operating deficit before working capital changes		(93,347)	(128,653)
Changes in working capital:			
Other receivables		481	(1,504)
Other payables		17,727	377
<b>Net cash used in operating activities</b>		<u>(75,139)</u>	<u>(129,780)</u>
<b>Cash flows from investing activities</b>			
Purchase of plant and equipment		(38,000)	(1,637)
<b>Net cash used in investing activities</b>		<u>(38,000)</u>	<u>(1,637)</u>
<b>Net decrease in cash and cash equivalents</b>		(113,139)	(131,417)
<b>Cash and cash equivalents at beginning of year</b>		329,790	461,207
<b>Cash and cash equivalents at end of year</b>	6	<u>216,651</u>	<u>329,790</u>

The annexed notes form an integral part of and should be read in conjunction with these financial statements.

## LIST OF DONORS & DONATIONS

### Non-Tax Deductible

05/29/20	Anonymous	\$ 10.00
06/30/20	Anonymous	\$ 21.00
07/09/20	Anonymous	\$ 100.00
08/13/20	Anonymous	\$ 400.00
10/15/20	Anonymous	\$ 50.00

### DONATIONS

As SPFA no longer receives direct funding and is not a member of the Community Chest, our sustenance is largely dependent on public support for our programs and services toward the betterment of our nation.

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

For all donations, receipts will be issued.

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

Please:

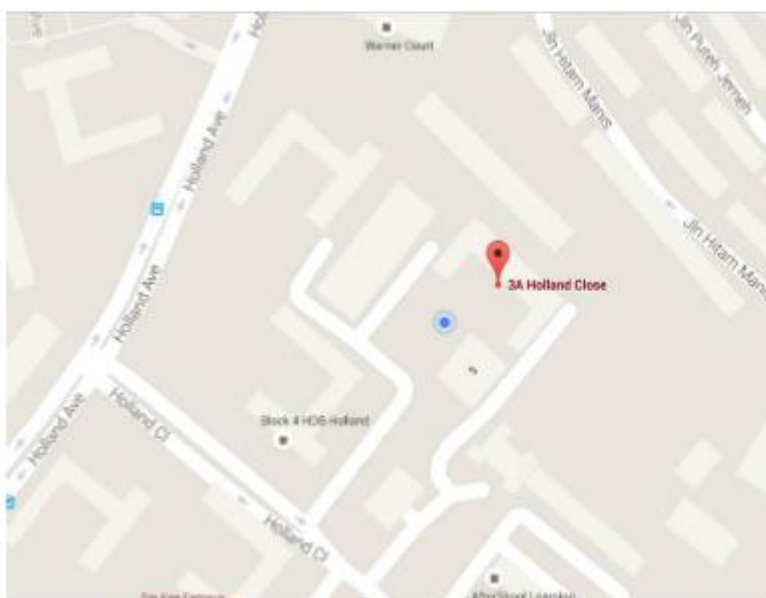
- visit the website <https://www.giving.sg/singapore-plannedfamilies-association>
- donate using your credit card or direct debit (internet banking).

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.



## SINGAPORE PLANNED FAMILIES ASSOCIATION

Blk 3A Holland Close #01-55 Singapore 272003  
Telephone: (65) 6775 8981 Facsimile: (65) 6776 8296  
E-mail: [admin@spfa.org.sg](mailto:admin@spfa.org.sg) Website: <https://www.facebook.com/spfasg> UEN No.:S63SS0018K



[admin@spfa.org.sg](mailto:admin@spfa.org.sg)



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