

NAM HONG WELFARE SERVICE SOCIETY

南風福利協會

Annual Report

2009 年度財政收支賬務報告

For Year ending 31 December 2009



林静生(先生)
(会长)
南风福利协会

主席序言

对南风福利协会来说，去年是最繁忙的一年。从年初开始，经济前景一片暗淡，这不仅是我们，大多数国人都感受到。经济危机提醒了我们作为一个主要依靠公众支持的新慈善机构的脆弱性。由于当时资金缺乏，我们必须采取重大决策来继续维持我们的运作。很幸运的，我们拥有一批善解人意的工作人员，为了削减成本，我们没加他们的工资也没发奖励花红，但他们还是跟我们站在同一阵线一起应付当时的困局。

我对2009年的想法.....

2009年2月5日，我们及时的被卫生部核准为一间慈善组织，这使我们能够按计划主办大型筹款活动。由于当时资金缺乏，我们知道必须尽快采取筹款

计划。当我们决定进行西北部的大型义跑活动时，有许多人怀疑也不相信我们能够做到这一点。于2009年6月28日，我们连同社区合作伙伴-西北区理事会，共和理工学院共同主办亚洲青年奥运圣火传递盛典，也成功地举办了BROOKS共和理工万人参加的义跑。这是一个震撼人心的经验，因为它教会了我很多事情。其中之一是尽管我们还是一个很小的慈善机构，经费也有限。我们确实也存在一些实质性的问题。我们没有足够的技能与资源来办好这个活动，但我们的管委会委员、工作人员和志愿者的团队精神以及无私的付出，证实我们还是有能力做到的。在南风福利协会，我们要为病人提供优质的服务与治疗。去年（2009年），所有工作人员接受了提供客户优质服务（GEMS）和有关的课程，以提升他们的技能培训。这不仅有助于改善服务，也使我们的工作人员在面临危机时能作出正确的决定。一些前来求诊的病友写信给报社、发电子邮件和寄信件到本协会，赞扬本协会所提供的出色服务。根据我们在2009年底的记录，医药中心已为大约33,000人次服务。我们的新登记病人人数也增加了百分之十，总人数达到29,075位。

我们努力成为... ..

除了努力提供更好的服务，另一个我们遵循的原则是对利益相关者有所交代和对公众应有的透明度。我们也欢迎最近慈善处长因一些慈善机构发生的事件所采取的严格措施。自那时起，捐助者对慈善机构的期望也改变了。我们有必要再赢回公众的信任。就在2009年底，我们喜获由卫生部所颁发的IPC，这意味着我们对于管理本协会所做出的努力受到了肯定。因此从今年起，我们可以发免税收据。所有捐助者可获高达两倍的免税回扣。

迈步前进.....

展望未来，2010 年的确会更兴奋和精彩。因为南凤福利协会将开始构思并扩展我们为社区所提供的老年医疗服务的可能性。随着人口老化，我们的社会需要更多有关这方面的服务。由于我们的病人大部分都超过 50 岁，我们需要尽快提供这方面的服务。今年，我们的主要筹款活动是与西北理事会联合举办慈善义跑，而这一次也将与首届世界青年奥林匹克运动会于 2010 年 8 月 14 日同时举行。我们将在稍后的日子提供更多详情。

您的支持是我们成功的关键... ..

作为一个主要服务有困难者和老年人的慈善组织，我们的储备金不多。我们也没获得新加坡公益金的任何协助，我们只能依靠公众的慷慨捐献。感谢大家多年来的支持。我衷心希望大家会继续支持我们，甚至介绍更多朋友来协助我们提供优质的中医治疗给有需要帮助者和老年人。

在此,我代表南凤福利协会祝愿大家在虎年里身体健康，万事成功。



**Committee Members of
Nam Hong Welfare Service Society**

Greetings from the Chairman

Last year had been the most eventful year for the members and staff of Nam Hong Welfare Service Society. The year started very bleakly, not just for us but for most people in Singapore as well. The economic crisis had probably reminded us of our vulnerability as a new charity which relied mainly on the public for support. As funds were running low at that point, drastic decisions had to be taken in order for us to continue our operations. We were indeed blessed that we have understanding staff who stood by us even when we had to freeze wage increases and bonuses as part of cost cutting measures as we grappled with the situation.

My Thoughts of Year 2009.....

It was timely that on 05 February 2009, we received our Charity Status from the Ministry of Health. This allowed us to plan and organize public fundraising activities.

We knew we need to take action fast as funds were running low at that time. When it was decided that we were planning a major run at the northwest, there were many who were skeptical and could not believe we can do it. On 28th June 2009, together with our Community Partners - Northwest CDC, Republic Polytechnic, along with the Asian Youth Games, we had successfully organized 'The Brooks Republic Run' with a total of 10,000 participants.



It was a truly humbling experience as it taught me many lessons, one of which is that despite being such a small charity which runs on a shoestring budget, we do have lots of substance that matter. Although we did not have the expertise and resources to pull off such an event, it is the teamwork, spirit and commitment shown by our members, staff and volunteers that showed everyone that we can do it.

At Nam Hong Welfare Service Society, we truly believe in providing our patients excellent service and quality medical treatments. Last year (2009), all staff received training in providing quality customer service (GEMS) and relevant courses to upgrade their skills. This not only helped in improving services but also in empowering our staff to make right decisions during a crisis. This had resulted in several patients writing to newspapers, dropping emails and letters to commend the organization for its outstanding services rendered.

Based on our records ending 31st December 2009, our TCM Physicians had treated about 33,000 patients. We have also recorded an increase of 10% of newly registered patients, bringing the total to 29,075.



Serving the elderly, sick and needy, regardless of race, language, religion and age

What we strive to be.....

Besides striving to provide *Better Services*, the next principles that we abide on is Accountability to our stakeholders and Transparency to the public.

We truly welcome the tighter measures imposed by The Commissioner of Charities after some of the debacle within the Charity Sector. Donors' expectations towards charities have changed since then and it is necessary to win back the confidence of the public. Thus, it became the icing on the cake when we were given our IPC (Institute of Public Character) status by our Sector Administrator, The Ministry of Health at the end of the year. It meant that we had been recognized for our efforts in managing this charity well. As such, we are able to issue tax exempt receipts of 2 times the contribution from all our donors from this year onward.

Moving Ahead.....

Moving forward, the Year 2010 will indeed be even more exciting and interesting as Nam Hong Welfare Service Society will embark in exploring ideas and the possibilities of extending our services to provide Geriatric Medicine for the community. With an aging population, it is indeed a reality that there are greater needs from the community for services relating to it. As most of our patients are 50 years and above, we recognized the urgent need to look into providing such services.

Our main fundraising event this year will be another run jointly organized with Northwest CDC on 14 August 2010, and this time it will be in line with the inaugural Youth Olympic Games. More details will be provided at a later date.

Your Support is Vital to Our Success.....

As a charitable organization which serves mainly the needy and the elderly, we do not have much reserve. We also do not receive any funding from The Community Chest of Singapore and we rely solely on the generosity of the public.

Thank you for all the support shown over the years. I sincerely hope you will continue to support us and perhaps even introduce more friends to assist us in providing quality TCM Medical Treatments to the sick from economically challenged situations and the elderly.

On behalf of everyone at Nam Hong Welfare Service Society, I wish you the best of Health and a Roaring Success for all your undertakings in the Year of the Tiger.

Lim See Sing (Mr.)
Chairman, Board of Governors
Nam Hong Welfare Service Society

Nam Hong Welfare Service Society was set up in 12.05.2007 as a society and registered as a Charity on 05.02.2009.

南凤福利协会成立于 2007 年 5 月 12 日,并在 2009 年 2 月 5 日注册为慈善机构。

Important Information

ROS Registration Number:

ROS 1024/2007

MOH IPC/Charity Registration Number:

T07SS0086D

ISO 9001:2008 Certified:

GIC Certificate No. 613093 dtd 30 Sep 2008

Registered Address:

475, Yishun Ring Road, Singapore 768678

Corresponding Address :

**Blk 111, Yishun Ring Road, #01-375,
Singapore 760111**

Telephone (Office):

62579192

Fax (Office):

67560637

Email:

leonard@nhmedical.org

Website:

www.nhwelfare.org

Our Philosophy

Our Mission is to provide free and quality Traditional Chinese Medical (TCM) treatments for socio-economically challenged families and individuals regardless of language, race or religion.

Our Vision is to be a Caring and Well-Respected Charitable Organization looking unconditionally into the well being of the less fortunate.

Our Motto is to Serve Others with Compassion, Treat One Another with Respect and Perform Our Duties with Integrity.

我们的宗旨

我们的任务是,不分语言,种族或宗教,为有经济困难的家庭和个人提供免费和高质量的中医治疗服务。

我们的理想是成为一间关怀和备受尊敬的慈善组织为较不幸的家庭和个人服务。

我们的座右铭是关怀对待,互相尊重和正直的执行任务。

Our Advisors



Nam Hong Welfare Service Society is also well supported by the grassroots and various Members of Parliament. They include:-

Advisors: Mr. K Shanmugam,
Minister for Law, 2nd Minister for
Home Affairs, MP for Sembawang
GRC,

Dr. Teo Ho Pin,
Mayor, North-West District, MP for
Bukit Panjang

Advisor: Ms. Ellen Lee,
(Legal) MP for Sembawang GRC

**Medical
Advisor:** Mr. Hong Liang
Advisory Board Member, MOH,
Chung Hwa Institute

**Advisor to
Board :** Mr. Koh Wai Meng

Banker : United Overseas Bank

Auditor: Veera and Associates



许多基层与国会议员也非常支持南凤福利协会。他们包括： -

顾问: 律政部长兼内政部第二部长 K.尚穆根先生

西北社区发展理事会市长暨武吉班让区
国会议员张伽宾博士

法律顾问: 三巴旺集选区国会议员李玉云律师

医药顾问: 洪两医师(中华医院前院长)

会务顾问: 辜卫民先生

银行: 大华银行



Management Committee 管理委员会

The Management Committee was elected at the 1st Annual General Meeting held on 14.03.2008.



管理委员会是于 2008 年 3 月 14 日举行的第一个年度大会选出的。

Role of Board and Management

The Board and Management had been very supportive and are fully behind all the initiatives planned to sustain the operations of Nam Hong Welfare Service Society. It is also the role and responsibility of the Board to ensure that fullest support will be given to the Executive Head/General Manager and the Activities Organizing Committee that most, if not all the initiatives be carried out.



The Board also undertakes the responsibility and commitment to ensure that sufficient funds will be made available for the organizational operations should there a shortfall in the preceding years. Their support will be pivotal to the ongoing activities conducted by Nam Hong Welfare Service Society

管理委员会的角色

管理委员会一直全力支持所有的计划，以维持南凤福利协会的运作。给予行政经理和活动组最充分的支持使所有措施都可顺利进行也是委员会的责任。

委员会还得承担责任与承诺，确保有足够的资金来维持协会的运作。他们对南凤福利协会进行的活动的支持是十分关键的。

- | | |
|--------------------------------|--------------------------|
| 1) Mr. Lim See Sing
林静生先生 | Chairman
会长 |
| 2) Mr. Peh Hock Lye
白福来先生 | Asst. Chairman
副会长 |
| 3) Mr. Ng See Yian
黄恩赐先生 | Secretary
秘书 |
| 4) Mr. Low Buck Seng
刘木盛先生 | Asst. Secretary
副秘书长 |
| 5) Mr. Quek Chia Seng
郭正成先生 | Treasurer
财政 |
| 6) Mr. Heng Ah Em
王亚音先生 | Asst. Treasurer
副财政 |
| 7) Mr. Chew Chon Chua
周春泉先生 | Committee Member
管理委员 |
| 8) Mr. Boo Hi Song
巫縉旬先生 | Committee Member
管理委员 |
| 9) Mr. Lim Soi Tee
林细弟先生 | Committee Member
管理委员 |
| 10) Mr. Tan Soo Khoon
陈树坤先生 | Committee Member
管理委员 |
| 11) Mr. Wang Kia Peng
袁加炳先生 | Committee Member
管理委员 |

Nam Hong Siang Theon Free Medical Centre

The Free Medical Centre was setup in Year 2001 to provide the public free medical treatments, which include consultation, acupuncture, as well as supply of required Chinese medicine. It is ISO 9001-2008 certified. It is under the management of Nam Hong Welfare Service Society.

A fully equipped Chinese Physiotherapy Room was setup in Year 2006 to cater to those suffering from long term chronic diseases, to aid them in their recovery.

The Free Medical Centre especially caters to the sick, poor and the elderly so as to ensure their needs are well taken care of.

The Centre's well qualified, dedicated and experienced Chinese Physicians have their professional qualification ascertained by the Ministry of Health. We have a total of seven Chinese Physicians and five Support Staff.



Each patient pays a registration fee of \$2 for each visit. The fees cover consultation, treatments and medicine. Fees are waived for those who cannot even afford the fee.

The Free Medical Centre sees about 33,000 patients each year with the number of newly registered patients increasing steadily by about 10% each year.

南风善堂医药中心

南风福利协会属下的南风善堂医药中心设立于 2001 年, 是一间获得 ISO 9001-2000 认证的医药中心。此医药中心主要是为大众提供免费的医疗服务, 包括咨询, 针灸, 以及提供所需的中药。

设备齐全的物理诊疗室是设立于 2006 年, 为的是帮助长期慢性疾病者减轻痛苦甚至恢复健康。

医药中心是专为病人, 穷人和老人提供服务, 并确保他们的需求得到良好的照顾。

中心聘有 6 名合格, 敬业与经验丰富的中医师及 5 名工作人员。中医师们都有卫生部确认的专业资格。

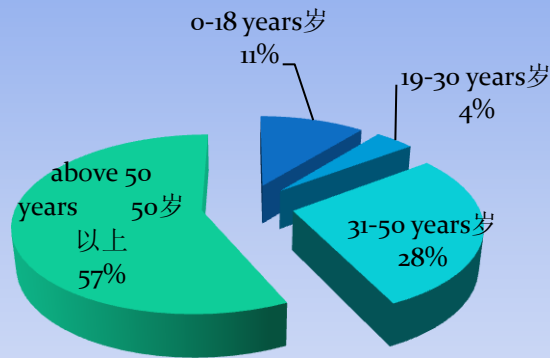
每次求诊时, 病人只须支付 2 元的登记费。收费包括求诊咨询费, 治疗费和药物。那些无法负担这登记费者将给予免费。

医药中心每年为约 33,000 人次看病, 每年的新病人人数稳步增加百分之十。

Registered Patients 新登记病人



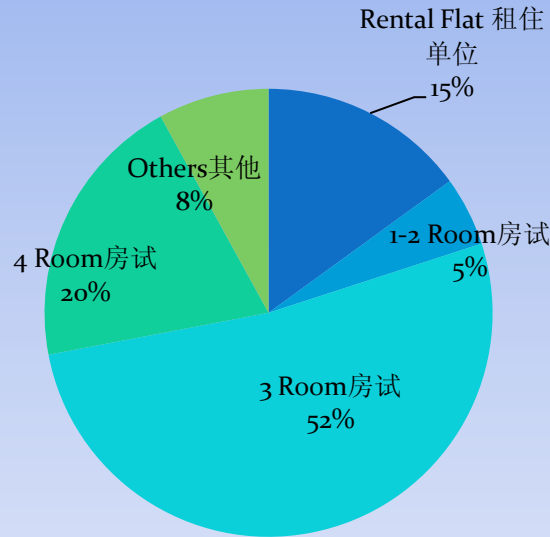
Age Groups 年龄组别



Also 60% of our patients' age is above 50 years old with a growing number between the ages of 31 – 50 years old. This can be due to the increasing understanding of TCM and the importance of its role to complimenting western medicine in geriatrics medicine. There are also an increasing number of patients from various denominations.

百分之六十的病人年过 50 并且 31 至 50 岁的病人越来越多.这可能是由于对中医了解的认识及对中医在辅助西医在老年医学的治疗所扮演的重要角色有更进一步的了解。其他年龄组别也有增加的趋势。

Demography of Patients (estimated) 病人统计(估计)



Most of our patients are living in 3 rooms or below flats. They consist mainly from the lower income range of \$2,200 per household. We do not discriminate those who seek our medical assistance. As such, we too have about 20% of patients from the middle income group. Most will contribute a small donation after each treatment.

我们的病人中，大部分住在 3 房式或以下的单位。大部分都是收入介于\$2,200 的低收入家庭。我们不歧视来寻求医疗援助的人。因此，我们也有约百分之二十来自中等收入的病人。他们大多数都会在治疗后乐捐。

Review of Year 2009

Staffing

All Staff are recruited locally. Physicians recruited will have to go through a series of interviews and recommendations to ensure proper Recruitment and Selection. As at 31.12.2009, the breakdown of the staff is as follows:

Executive Head	1
Administrative Assistant	1
Part Time Admin	1
TCM Physicians	5
Part time TCM Physicians	2
Healthcare Assistants	4

Total 14

Resignation 1

Total No. of Patients Served

We served a total of 32,825 patients for the year ending 2009 with an increased number of patients registered with us at 29,040.



回顾 2009 年

工作人员

所有工作人员都是本地招聘的。招聘医师将通过一系列的访谈和建议，以确保只有高质量的医师被招聘。至 2009 年 12 月 31 日，分配的工作人员如下：

总经理	1
行政助理	1
兼职行政员	1
中医师	5
兼职中医师	2
配药与登记员	4
共	<u>14</u>
辞职	1

总求诊者人数

至 2009 年终，我们已为 32,825 来求诊人次服务。病人的人数已增加到 29,040 位。



Calendar of Events for 2009

2009 年的活动

January

一月

Commencement of planning for 'The Brooks Republic Run'

开始 'BROOKS 共和理工义跑' 的规划

- *Organizing Committee headed by Mr. Lim Soi Tee was set up.*
已成立一个由林细弟先生领导的筹委会



February

二月

Officially Registered as a Charity with the Ministry of Health

正式成为卫生部注册的慈善机构

ISO 9001:2008 Inspection Results

ISO9001:2008 的审查

- *Commended highly on the Company's emphasis on skills upgrading and its training monitoring system*
高度赞扬了公司对提高技能和培训制度
- *Checks and balances in order*
次序
- *Customers' Satisfaction well represented*
'客户满意度'良好
- *Good HR policies*
确立良好的人际关系

March

三月

Acceptance of Ms. Ellen Lee, MP for Sembawang GRC to be Company's Legal Advisor

三巴旺集选区国会议员, 李玉云律师答应成为协会的法律顾问

April
四月

Health Talk on Prevention of Headaches

举办健康讲座; 讲题“预防头痛”

- Conducted by Certified Nutritionist, Ms. Tan Ling Ai.
陈凌暖小姐主讲
- 50 participants
50 位参加者
- Survey results – Good
调查结果-好

Task Force (consisting of 2 Physicians and 2 Support Staff), was being setup to control and tackle potential H1N1 virus spread.

组织工作小组（包括 2 名医师和 2 名支援人员）负责处理 H1N1 事件。

May
五月

Commencement of Registration of ‘The Brooks Republic Run’

开始 ‘BROOKS 共和理工义跑’ 的报名

- Main activities include Road Shows, Promotional Exercises
主要活动包括巡回展览, 宣传



June
六月

‘The Brooks Republic Run’ was held in conjunction with the Asian Youth Games

‘BROOKS 共和理工义跑’ 与亚洲青年奥运圣火传递同时举行

- Venue: The Republic Polytechnic
地点: 共和理工学院
- Co-organized with Northwest CDC, The Republic Polytechnic and TCM College
• 与西北区理事会, 共和理工学院及中医学院合作
- 10,000 participants
一万个参赛者
- \$199,000 raised (based on submitted records)
筹集 \$199,000 (根据提交的记录)

14

August
八月

Health Talk on Prevention of coughs/colds

举办健康讲座; 讲题“预防咳嗽/感冒”

- Conducted by Tan Ling Ai and Ng Yen Yen

National Day Observation Celebration

国庆庆典

- *Invited by Mayor of Northwest District to launch and participate in their National Day Brisk-walking event*
• 受邀参加由西北区市长发起的国庆日快步行走活动

October
十月

Educational Tour of Nam Hong Free Medical Centre by students from Ahmad Ibrahim Primary School
依布拉欣小学学生到南凤善堂医药中心的教育巡回参观

November
十一月

Nam Hong Charity Golf Cup/ Shanghai Nite Dinner
高尔夫球慈善义赛/上海之夜慈善晚宴



- *Guest of Honour (Golf) – Dr. Teo Ho Pin, Mayor Northwest District*
球赛贵宾 – 西北社区发展理事会市长暨武吉班让区国会议员张俐宾博士
- *Guest of Honour (Dinner) – Mr. K Shanmugam, Minister For Law, 2nd Minister for Home Affairs*
大会贵宾 – 律政部长兼内政部第二部长 K. 尚穆根先生
- *Total 300 Golfers and 400 diners*
300 位高尔夫球友参加球赛与 400 人出席晚宴
- *Total of \$154,000 raised from these 2 events*
2 个项目共筹集 \$154,000



December
十二月

Health Talk on Chronic Fatigue
举办健康讲座; 讲题“慢性疲劳”

- *Conducted by Tan Ling Ai and Ong Choe Jang*
陈凌暖小姐与翁楚璋医师主讲

Confirmation from MOH that we have gotten our IPC Status and it will be w.e.f. 08 Jan 2010

由卫生部证实获得 IPC, 将于 2010 年 1 月 8 日生效

Bursary Distribution
颁发奖助学金

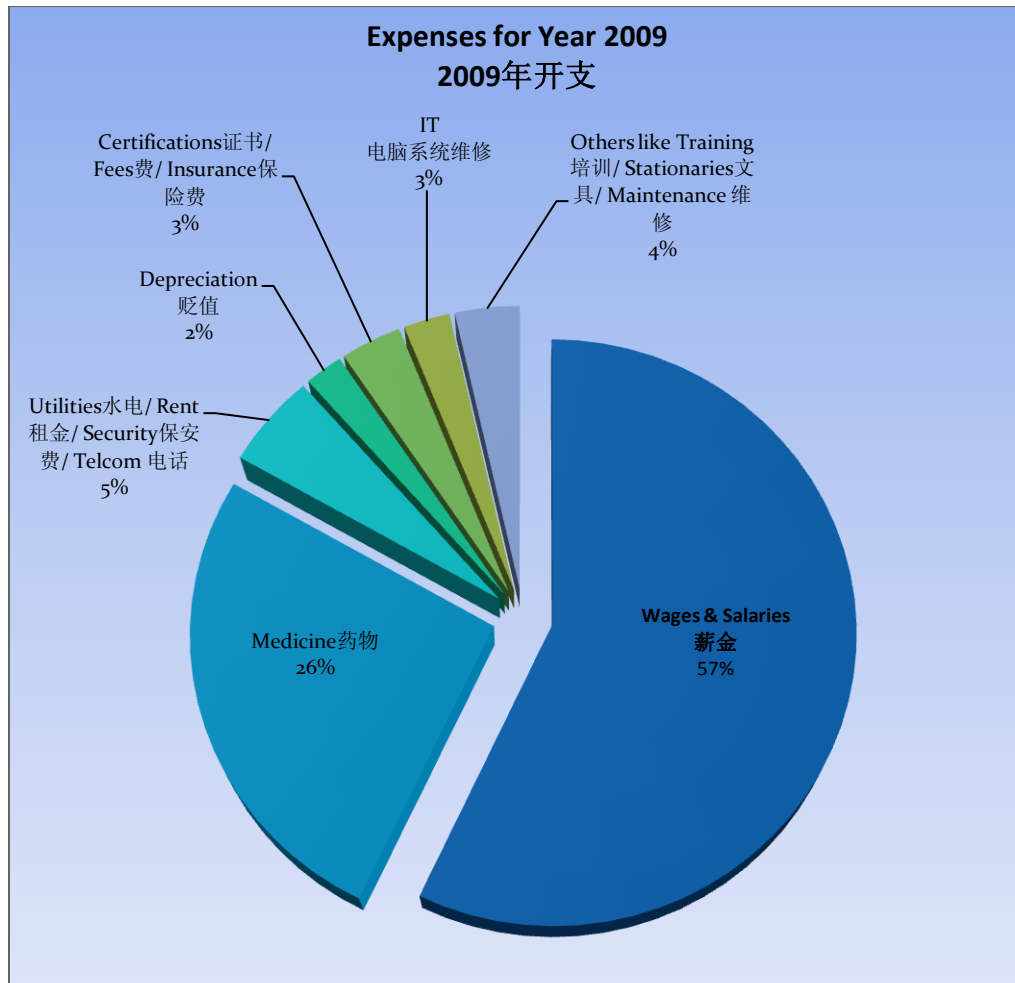


- *Total of 55 Bursaries amounting to \$9,975 given out*
颁发 55 份奖助学金共计\$9,975.00

Rations Distribution
分发粮食与红包

- *Total of 120 recipients*
共 120 人领取

Financial State & Explanation of Major Financial Transactions
财务状况及主要交易的解说



*Please refer to the audited statements for Financial Year Ending Dec 2009 for further explanations.

Declaration of Organization's Executive Head Remuneration

As required for an IPC, this is to confirm that our Executive Head's (General Manager) annual remuneration is less than \$100,000.

行政长的薪酬

因 IPC 的要求，这是为了证实我们的行政部主任（经理）年薪低于 10 万元。

Reserves Policy

As recommended by NCSS, Nam Hong Welfare Service Society can retain up to 3 times of its annual operating costs as reserves, which can be drawn upon during times of emergencies. All reserves (if any) can only be put into a fixed deposit with an approved bank of Singapore.

Nam Hong Welfare Service Society is affiliated but not financially supported by the Community Chest of Singapore and is mostly funded by the kind generosity of the public

The Management Committee of Nam Hong Welfare Service Society would like to thank all benefactors and volunteers who had contribute in any way towards the organization, without you all, we will not be able to be successful in reaching out to the needy.

储备政策

按照社会服务局的建议，南凤福利协会仅可保留多达 3 倍的年度运作费经费以备在紧急情况下可动用。所有储备金（如有）只能存入新加坡认可的银行所开的定期存款户口。

南凤福利协会是隶属于新加坡公益金机构，但没有得到他们的财政资助。本协会大部分的财政资助来自慷慨的大众。

南凤福利协会管理委员会要感谢所有善长仁翁和志愿者对本协会所作出的贡献，没有你们，我们将无法成功为有需要的人服务。

Major Challenges Faced in Year 2009

2009 年所面对的挑战

1. Worldwide Economic Crisis

This year begin with Singapore facing one of the biggest financial meltdown recorded in recent history. With so many people losing their jobs and many of our benefactors also affected by the downturn, the immediate concern was how we were going to raise more funds in an already difficult period.

全球经济危机

新加坡今年一开始就面临了有史以来最大的金融危机。有很多人都失去工作，我们的赞助者也受到了影响。如何在困难时期筹集更多资金是我们当前的问题。



2. The H1N1 Global Situation

To make matters worse, we were also faced with the possibility of another SARS-type of situation. A Task Force was created and measures were taken to prevent any transmission in the clinic. At its peak in June-July 2009, we were almost forced to cancel our fundraising event, 'The Brooks Republic Run' held at the Republic Polytechnic.

全球 H1N1 的局势

更糟的是，我们还面临着另一个像非典型肺炎的传染病的状况。我们在医药中心组织了一个工作小组并采取措施防止病毒在诊所传开。在其 6 月至 7 月的高峰期，我们几乎因此状况被迫取消在共和理工学院举行的'BROOKS 共和理工义跑'筹款活动。



3. Ren Ci Saga Fallout

After the NKF episode, we were faced with yet another charity scandal, this time at the much reputable Ren Ci Organization. As such, more was needed to convince an otherwise shaken public support for charitable organizations.

‘仁慈’事件

NKF 的事件后，我们又面对另一个慈善丑闻，这一次所面对的是最著名的组织‘仁慈’。因此，我们更需要说服被动摇的大众继续支持慈善机构。

Measures Taken to Mitigate Impact

采取减轻影响的措施

Being registered as a Charitable Organization in February 2009 was actually very timely as this allowed us to plan for major fundraising activities and to apply for funding from different governmental agencies.

很幸运的我们能于 2009 年 2 月注册成为一个慈善组织。这使我们能够计划及举办大型筹款活动与申请不同的政府机构的资金。

- Instead of just sitting on our laurels and waiting for handouts, we had been very active in our fundraising efforts to keep the operations afloat. We are the main organizer for the recently concluded Brooks Republic Charity Run @ the Northwest. It was co-organized together with Northwest CDC and Republic Polytechnic and subsequently held in conjunction with the Asian Youth Games Torch Relay.

与其守株待兔等待施舍，我们一直都非常积极地筹款以维持运作经销。我们是 BROOKS 共和理工义跑的主办者。参与协办的是西北区理事会和共和理工学院。此活动与亚洲青年运动会火炬传递同时举行。

- Following the advice by Dr. Teo Ho Pin, Mayor of Northwest CDC, we have also organized a Nam Hong Charity Golf Cup 2009 cum a 'Shanghai Nite Dinner' on 5 November 2009.

依照西北社区发展理事会市长暨武吉班让区国会议员张佃宾博士的建议，我们还于 09 年 11 月 5 日举办了 '南风 2009 年慈善高尔夫球赛' 暨 '上海之夜' 晚宴。

- For cost cutting measures, we had to temporarily freeze all wage adjustments and bonuses for Year 2009.

为了削减费用，我们不得不暂时冻结所有工资调整和 2009 年年度奖金。

- We had also make use of other initiatives like the SPUR Program to re-train and to upgrade current workforce, at the same time receiving cash payouts from it.

我们还利用其他支线计划，重新训练和提升现有员工在同一时间得到它的现金支出，其他倡议。

- From the Job Credits, we have received \$28,182.

从国家经纪援助配套获得 \$28,182.

- From the MOH VWO Contingency Fund, we have already received \$32,000 and are currently waiting for additional funds from them.

我们已受到卫生部所资助的 3 万 2 千元，目前正在等待他们额外的资助金。

- We had received a total of \$40,000 from the Tote Board for Year 2009.

我们已受到赛马公会所资助的 4 万元。

Fundraising Plans for Year 2010**2010 年筹款计划**

By obtaining our IPC status, we hope it will help us with more donations from other organizations. With a more promising economic outlook for Year 2010, where economic growth is expected to be around 5.5%, we will be stepping up with our fundraising exercises so as to maintain greater sustainability in our charity work for the future.

通过获得 IPC，我们希望这将帮助我们向其他组织申请资助金。随着更有前景的 2010 年，经济增长预计在 5.5% 左右，我们也将加强我们的募捐活动，以提高我们对未来慈善工作的可持续性。

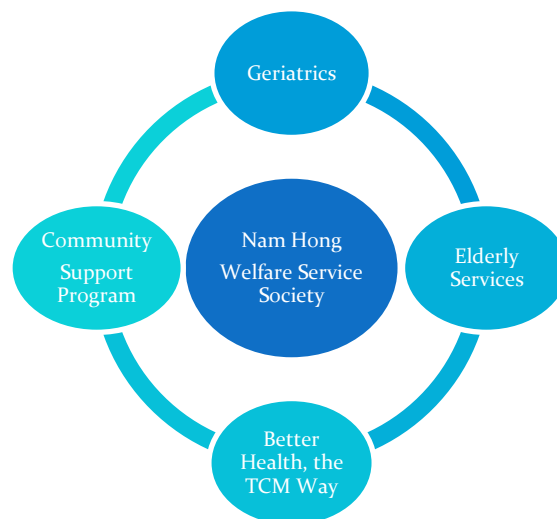
The following activities will form the estimated income we hope to derive from Year 2010:-

下列活动将成为我们在明年期望获得的收入： -

1. Registration Fees 登记费	-	\$ 66,000
2. Donations 筹款	-	\$150,000
3. Charity Run 义跑	-	\$200,000
4. Charity Golf/Dinner 高尔夫球赛/慈善晚宴	-	\$200,000
5. 7 th Month Collection 中元会筹款	-	\$ 30,000
6. Other Sub Activities 其它活动	-	\$ 50,000
Total Estimated Income 共收入(估计)	-	<u>\$696,000</u>

All future excess Income will form as part of our reserves and will be used to implement future charitable projects.

未来所有的超额收入将作为我们储备的一部分也将用于执行未来的慈善计划。



Events and Plans for Year 2010

未来的活动，计划与 2010 年的承诺

1. To conduct a minimum of three Health Talks

举办至少三次的健康讲座

- *Currently the plan is to conduct quarterly Health Talks to the residents around our vicinity. During these talks, the participants will be given sponsored health items and presentation from our physicians and a certified nutritionist. Target enrolment for each talk is about 50 participants due to the constraint of space in the clinic.*

目前的计划是每年举办 4 次，由中心的医师与一位认证的营养师主讲。听众来自附近的居民与病人。因诊所的空间限制每次讲座只接受 50 人报名。每次讲座都分发由赞助商提供的小礼包。

2. Continual Skills Upgrading and Re-training

支持工人提升技能和再培训

- *As part of the Society's plans to upgrade and retain workers, every staff will need to fulfill a minimum of 30 hours of training. This is to enable them to remain competitive and to adjust to changes eventually. Also in line with the long term expansionary plans, the Society hopes to develop the workers to take on more challenging positions with better pay and prospects.*

协会的计划之一是提升及留住员工。每一位员工必须完成至少 30 小时的培训。这是为了使它们能够保持竞争力和适应变化。也符合长期扩张计划，协会希望能够提拔员工给予更好的前景，更具挑战性的职位。

- *Management & Staff Teambuilding Retreat on 17 March 2010.*

于 2010 年 3 月 17 日举办一个管理暨员工的培训营。

3. Internship Program with Republic Polytechnic

与共和理工学院的实习计划

- *In line with Nam Hong Welfare Service Society's aim to be a TCM Centre of Excellence, we will be tying up with Republic Polytechnic, as part of their Bio-medicine modular, to provide Internship Program to its students.*

南凤福利协会的宗旨是成为一个优秀的中医诊所，因此我们将与共和理工学院合作，参与其生物医药课程，提供其学生实习的机会。

4. Launch of Geriatric Services

进行老年医疗服务

- *As part of Nam Hong Welfare Service Society's expansionary plan for the future, a further study of the feasibility of such a program will be conducted. If approved, the blue print of the program will be drafted out by June 2010.*

由于南凤福利协会有计划要扩张, 所以将进一步研究这个计划的可行性。如获批准, 此程序的蓝图将会于2010年6月草拟。

*To those who stood by us during
the hard times, a very **BIG***



謝謝您

ROLL OF HONOURS RECOGNITION FOR SPONSORS & DONORS

<u>Platinum</u> <u>Above \$30,000</u>	<u>Bronze</u> <u>\$1,000 - \$4,999</u>		
The Tote Board of Singapore	辜卫民先生	M/S Kang Wei Pte Ltd	陆钦明先生
Ministry of Health, Singapore	卓庭成先生	M/S Wang Joo Loong Ginseng Hong (s) Co Pte Ltd	林顺发先生
Buddhist Lodge	吴壮荣先生		众弘善堂
	Imelda Lim Yen Choo	M/S Science Arts Co Pte Ltd	普救善堂
	成邦大伯公宫		林德发 PBM
	Mr Cheng Kwong Ghee	M/S Tan Wei Auto Trading	Mr Oh Cheng San BBM
	Low Chin Kwee	M/S Yi Shi Yuan Pte Ltd	林春佳女士
Lee Foundation	吴四峇先生	M/S Sentek Marine & Trading Ltd	林广进先生
M/S Khoon Teck Puat Foundation	Guan Loong Sheng Temple		钟光毅先生
Mr Yin Fook Cheong	刘木裕先生	林月英女士	徐玉兰女士
Mr Chang Meng Kiat	王昌龙	中华企业	Sentek Marine & Trading Pte Ltd
新加坡佛教居士林	M/S Jit Guat Marine Engin Pte Ltd	M/S Hong Hui Electrical Engng Work	Natsteel Holdings Pte Ltd
Zu- Lim Temple Association	罗烈鸿先生	M/S Tong Jum Chew Pte Ltd	Hock Guan Cheong Builder Pte Ltd
	Mr Ng Koo Liong	Loh Chang Rong	Mr Ang Chee Yam JP.BBM
	Blue Cross Charitable Institution	Mdm Lim Boon Choo	许金狮先生
Yen Investments Pte Ltd	7 th Moon Sub-Contr. Organising Committee	蓝钦银女士	李蕾成先生
Kwan Im Thong Hood Cho Temple	卓凤莲女士	罗源友先生	罗烈鸿先生
PAP Community Foundation	叶松江先生	Mdm Imelda Lim Yew Choo	陈五弟先生
Mr Goh See Bah	卓开隆先生	黄明新先生	Mr Ng Chong Kong
Mr Goh Ken Lai	OKP Holdings Ltd	泉兴鱼业公司	卓庭成先生
姚振德先生	吴信财先生	卓秀英女士	南安善堂
Mr Lim Lye Huat	陆钦明先生	林文俊先生	余春炎先生
Willy Neo	M/S Jadia Logistics Pte Ltd	Mr Lim Chap Huat BBM	Thong Teck Siang Tong Lian Sin Sia
BBQ Whole Sale Centre Pte Ltd		Mr Teo Choon Hock BBM	

Benefits of combining Traditional Chinese Medicine and Western Medicine in treating illnesses

Comparing Traditional Chinese Medicine with Western Medicine

Traditional Chinese Medicine (TCM) originated in China about 2,500 years ago. By comparison, modern western medicine has a shorter history - only 500 years.

TCM and western medicine are fundamentally different in their approach to the study and diagnosis of illnesses. Central to TCM diagnostics is the relationship between the body's internal systems and the external natural environment.

TCM practitioners draw conclusions from their observations of this internal-external relationship, and study of human physiology, pathology, and analysis of clinical findings. Western medicine however, derives its theories from scientific studies and experiments, drawing knowledge about diseases from disciplines such as physics, chemistry and biology.

Differences in perspectives on illnesses and diseases

TCM and western medicine also differ in their understanding of illnesses and diseases. TCM adopts a macro, holistic view: people falling ill is a result of disharmony between our bodies and the natural environment or imbalances inside the human body.

When there are imbalances between the yin and yang (the body's opposing energies), qi (the internal life force), and blocks in the blood circulation and internal organs, people fall sick. By restoring the body's internal imbalances, it will naturally be healed of diseases, and return to normal health.

Western medical theory however, takes a more micro view on diseases. Western physicians believe that diseases are due to changes in the human cells, triggered mostly by physical, chemical and particularly, biological factors. By restoring the functions of cells to its normalcy, health will be restored.

Differences in treatments

In TCM, natural herbs are used for treatments, and medicine is usually a concoction of different types of herbs. Because the herbs do not only target at healing one symptom of an illness, but also, other imbalances in the body, they take a longer time to show their efficacy. In western medicine, illnesses are treated primarily with synthetically-manufactured pharmaceutical drugs. Individual symptoms are treated separately. As western medications are geared towards specific symptoms, the effects of medications are faster.

Needling or moxibustion are common in acupuncture treatment. Needles or moxa are used to stimulate the body's acupoints so as to strengthen one's immune system, and regulate any imbalances. Our bodies have natural curative powers and defence mechanism against diseases and illnesses.

Although TCM and western medicine represent two very different systems of medical theory, they both help us to look at human diseases and ailments from different perspectives. Besides, both theories share a common goal - to cure diseases and illnesses. As such, combining the two methods of treatment is possible, and patients can benefit greatly from it.

Combining TCM and Western Medicine in the Treatment of Illnesses

The combined application of TCM and western medicine has a history of over half a century in China. During this time, China conducted extensive clinical research and in-depth studies on TCM and western medicine, and made achievements in the treatment of the following illnesses.

a) Cancer

Studies found that patients who were given TCM herbs while undergoing radiotherapy and chemotherapy treatments for cancer, experienced a significant drop in harmful side-effects. The success rate for both therapies was also noticeably higher compared to the group of patients who underwent both therapies without the intake of TCM herbs.

Cancer patients who have taken TCM herbs in conjunction with their treatments also seem to have a higher survival rate. Clinical research confirmed that some TCM herbs boosted the patients' immunity, ensured that the bone marrow's function was not compromised, and increased the patients' receptivity towards radiotherapy and/or chemotherapy treatments.

b) Stroke

Research showed that during the first three months after patients had stroke, those who were given both western medications and TCM herbs regained their physical strength and dexterity significantly, as compared to those who were prescribed with only western medicine.

c) Diabetes

China and France conducted research on diabetic patients in five hospitals in China on the effectiveness of combining TCM and western medications in reducing the glucose level of these patients. Patients were divided into three groups - one group was given only TCM herbs; the other, only western medication, and the last group were given both TCM and western medications. The group of patients who took TCM and western medications had the highest level of insulin secretion than the two groups given solely TCM or western medications.

d) SARS (Severe Acute Respiratory Syndrome)

In China, clinical research was conducted on the effectiveness of combining TCM and western medication on SARS patients. One group of patients was given both TCM and western medications, and the other group was given only western medications. Compared with the group of patients receiving only western medications, the group of patients given both TCM and western medications showed a better control of lung inflammation, and also, needed less steroids to treat the illness.

e) Nephritic Syndrome (kidney disease)

Patients receiving treatment of nephritic syndrome or kidney disease were divided into two groups. Both groups were given equal dosages of hormonal treatment. However, one of the two groups was given an extra dosage of TCM herbs to boost their kidney functions. Results showed that all indicators of nephritic syndrome - quantitative examination of urinary protein, albumin, TG, TC, etc - have significantly improved for patients who received both TCM and hormonal treatments.

f) Hyperplasia of mammary glands

Patients with hyperplasia of mammary glands were prescribed with both TCM and western medications. The lump and pain level were reduced significantly compared to patients who received only western medicine.

g) Erysipelas

When treating patients with erysipelas, a group was given both TCM and antibiotics while another group of patients was prescribed with only antibiotics. Results shown that antibiotics were taken off from the group of patients on TCM herbs faster than the other group of patients who were solely on antibiotics.

h) Infertility

It is harder to find a “cure” for women whose difficulty in conceiving is caused by a condition known as “Sterility with Positive Anti-sperm Antibody.” (This happens because positive sperm antibodies present in the semen, cervical mucus, blood and other body fluids neutralise the sperm’s ability to fertilise an egg). Even with the help of intrauterine insemination (IUI), the woman’s chances of conceiving remains low.

In China, patients were given traditional Chinese medicine together with IUI. Results showed that for those on TCM and IUI, their positive anti-sperm antibody turned negative by 76.47% (compared to 8.57% for another group of patients who were only on IUI). Their rate of conceiving was 41.18% (compared to 11.47% for patients on IUI treatment only).

(Translated from an article written in Chinese by Dr Gu Falong, Assistant Director of Hua Mei Acupuncture Clinic. Dr Gu is the clinic’s Senior Acupuncturist and Chinese Physician)