



CHCSA
CITY HARVEST COMMUNITY SERVICES ASSOCIATION

ANNUAL REPORT FY2018

TOUCHING HEARTS, CHANGING LIVES



*Doing Good in our Communities,
as the Social Service Arm of
City Harvest Church.*

ABOUT US

"Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."

Galatians 6:10

To do good to all people, with every opportunity given to us.

This is why City Harvest Community Services Association (CHCSA) exists. CHCSA was founded in 1997 as a society and gained charity (IPC) status in 2000. Following the vision and mission of CHCSA,

"Doing Good in our Communities, as the Social Service Arm of City Harvest Church."

There are four people groups which CHCSA purposed to serve, regardless of their race or religion:



Elderly



Youth



Families facing
transitional challenges



Individuals coping with
chronic diseases

We do this by partnering with various organisations and community stakeholders, because while it is good to do good, it's great to do it together.

CORPORATE INFORMATION

IPC Number	IPC000181 (IPC Effective Date: 21 January 2019 to 20 January 2020)
Charity Registration Number	1419
ROS Registration Number	ROS 0162/1997 WEL
UEN Number	S97SS0106L
Financial Year	1 January 2018 - 31 December 2018
Auditor	Fiducia LLP
Registered Address	12 Pine Close #01-85 Singapore 391012

EXECUTIVE DIRECTOR'S MESSAGE

2018 was a year of change and growth.

The renovation of the House of Joy led to an increase in outreach as well as the introduction of new programmes, such as Silver YOLO Crossfit, a unique fitness programme for the elderly that was featured in The Straits Times on 25th January 2019.

A family-themed event, The Good Carnival, was also produced for the first time by CHCSA, at Suntec Convention Centre on 24th and 25th of February 2019. The two-day carnival served to create memories for some 1200 families.

In a move to strengthen the youth portfolio of CHCSA, City College and Higher were brought under CHCSA's wing. Since 2002, City College (f.k.a. City Harvest Education Centre) had provided effective alternative education pathways for Singapore youths to attain their GCE 'N' and 'O' level certifications, enabling them to progress to tertiary education. This work has served more than 1,000 youths and birthed many inspirational stories that have been chronicled in mainstream media. City College is currently producing digital curriculum to allow its brand of good teaching to reach more.

Higher is a community of youth volunteers. This community creates and produces fun and engaging events to inspire youths and provide platforms for them to develop leadership skills and a spirit of volunteerism. Led by Wayne Choong, a pastoral worker in City Harvest



Church and his brother Lionel, an entrepreneur and fitness professional, Higher's team of volunteers produce two flagship events every year: Carpark King and Come Play Play, with a total outreach of over 1,000 youths yearly.

A study on the patterns of volunteerism in our centre shows a transition of regular volunteering for CHCSA's services to event-based volunteering due to lifestyle demands. Conversely, there has been an increase in event-based volunteering. Tapping on this trend, we will increase the number of events that volunteers can involved themselves in, in 2019.

Last year, the agency also saw an increase in donors and donations. This made possible our plans to expand the range and depth of our services. Thank you once again for not just cheering us on, but for coming on this journey with us to do good in our communities.

South East CDC National Day Observance 2018 held at House of Joy with Mayor Dr Mohamad Maliki Bin Osman, Vice President of CHCSA; Mr Allan Ong and Executive Director; Mr Kenny Low.

MANAGEMENT COMMITTEE & SUB COMMITTEES

CHCSA MANAGEMENT BOARD 2018/2019

		ANNUAL GENERAL MEETING JUNE 2018	BOARD MEETING JUNE 2018	BOARD MEETING OCTOBER 2018	BOARD MEETING MARCH 2019
PRESIDENT	Toh Poh Chin Eileen	☑	☑	☑	☑
VICE PRESIDENT	Ong Chi Jian Allan	☑	☑		☑
TREASURER	Jeremy Choy Wai Keong			☑	
SECRETARY	Fong Ling Lee Karen	☑	☑	☑	
MEMBERS	Chang Chin Loong Vincent				
	Lim Joon Hian Daniel		☑		☑
	Ng Chern Nee Sherie	☑	☑	☑	
	Tan Lee San Theresa	☑	☑	☑	☑
	Wong Kon How		☑	☑	☑

2018/2019 SUB-COMMITTEES

AUDIT COMMITTEE

CHAIRMAN	Lim Joon Hian Daniel
MEMBERS	Jeremy Choy Lynn Tan Ruth Yong

FINANCE COMMITTEE

CHAIRMAN	Allan Ong
MEMBER	Nick Liew

PROGRAMMES & SERVICES COMMITTEE

CHAIRMAN	Allan Ong
MEMBERS	Kenny Low Tammy Lim Fang Xin Wei Joann Leong Jeanne Tan

FUND RAISING COMMITTEE

CHAIRMAN	Theresa Tan
MEMBERS	Wong Kon How Karen Fong Julie Goh Cindy Koh

APPOINTMENT & NOMINATION COMMITTEE

CHAIRMAN	Eileen Toh
MEMBERS	Theresa Tan Sherie Ng

HUMAN RESOURCE COMMITTEE

CHAIRMAN	Karen Fong
MEMBERS	Eileen Toh Janelle Tan

*Our Board President Ms Eileen Toh will be serving her 13th term this current year as she wants to ensure development of the new board members and also to preserve our partnership with City Harvest Church.

ELDERCARE SERVICES

“Don’t correct an older man. Encourage him, as you would your own father... and treat older women as you would your own mother.”

1 Tim 5:1-2 CEV

Singapore was built on the hard work and sacrifice of generations past. Our culture for most part encourages filial piety and caring for our elderly within the family.

But for a sector of the population that is ageing without support—they may be single and have no family, or they may be apart or estranged from their children—daily living presents a range of challenges, from practical matters such as going to the doctor and having regular meals to loneliness and depression.

Singapore is an ageing population. While the country has and continues to put together measures to support this development, it is also a community’s responsibility to ensure that our elderly now and in the future have the opportunity and support to age well.

Studies show that staying connected to family and friends is one of the key factors contributing to the quality of life of our seniors. Our work for the elderly aims to secure this connection.

Partnering with South East Community Development Council, our Community Outreach Programme for the Elderly (COPE) teams combed through 21 blocks in Mountbatten area and 12 blocks in Toa Payoh area, identifying a total of 337 and 154 vulnerable elderly respectively.

With the help of more than 521 volunteers, we made at least 4 visits to the elderly throughout the year and organised a total of 18 events. These events see a total attendance of 1,655 in 2018.



COMMUNITY OUTREACH PROGRAMME FOR THE ELDERLY (COPE) TEAM

MOUNTBATTEN

We cared for



337 elderly



staying in 21 blocks

TOA PAYOH

We cared for



154 elderly



staying in 12 blocks

With the help of



521 volunteers paying



4 average house visits annually

A total of



18 events were organised resulting in a cumulative attendance of



1,655

HOUSE OF JOY (HOJ) CENTRE



CHCSA believes in a two-prong approach to engaging and helping our seniors. While our COPE team reaches out to the elderly at their homes, our House Of Joy Centre at Pine Close organises regular programmes to facilitate social bonding and development. Our innovative programmes are designed to engage and challenge our seniors mentally, physically and socially.

We believe that elderly persons are capable of so much more than the stereotype dictates. All they need is the opportunity to learn and the encouragement to try. From CrossFit to cross-country cycling, House of Joy provides the platform for our seniors to be their best selves!



HIP-HOP GRANNY HITS UP CROSSFIT

Yeoh, 82, will also take part in a CrossFit charity event to raise funds for at-risk youths

Vener Gill
Grandmother of five Yeoh Kim Bee is not your average senior.

Since May last year, the 82-year-old retiree has been doing CrossFit once a week with 10 other seniors. It involves challenging exercises such as kettlebell swings and step-ups.

She also takes part in hip-hop dance classes and has been doing ogle for seven years.

"I've always liked exercising because it's good for my body," Yeoh told The Straits Times in Mandarin on Tuesday. "My whole family loves exercising. My son would always ask me to exercise and go swimming with him."

She added that her family enjoys cycling and swimming.

Yeoh, who lives alone, walks from her flat to the House of Joy, an elderly activities centre in Mountbatten, for her training. The class is designed to suit the elderly, with the intention of giving them the confi-

dence to lead independent lives.

"I exercise not only for myself but also for my family. If I am healthy and fit, then my children won't have to worry about me," she said. "It's better if I can take care of myself."

The hour-long class begins with a light warm-up and stretching, followed by basic movements like squats. It moves on to technical movements such as burpees and a high-intensity workout to get the participants' heart rate up. It ends with a cool-down and stretching.

Interstate Fitness director and trainer Lionel Cheong, 30, said: "This programme trains the seniors' physical capacity to encourage them to do things that they fear to do, like burpees.

The more they do these movements, the more confident they will get, allowing them to lead more free and happy lives."

It was implemented last May with the intention of offering more interesting and exciting programmes for the elderly in the neighbourhood.

Choosing has seen the seniors progress from learning how to do a basic squat to almost being able to do a full burpee. "A lot of them were scared at first but, their confidence and physical capacity have grown tremendously," he said.

House of Joy programmes executive Victor Wong, 34, said: "The

goal is for the elderly to live out their golden years. They need good muscle mass and bone density to remain healthy but most seniors don't eat well and don't exercise."

Yeoh has been active all her life. When she was younger, she was in her school's sports club, where she did high jump and long jump. She hopes to continue exercising for as long as possible.

After completing 22 CrossFit classes, she has adapted to the rigour of the programme and finds that she feels a lot stronger now.

"I would definitely encourage other seniors to take part in CrossFit because it keeps you fit and energised. You will also be able to make a lot of good friends through taking the classes together," she said.

Tomorrow, Yeoh will be among 500 other people participating in the annual event, organised by Interstate Fitness, aims to raise funds for at-risk youths in Singapore. For every repetition a participant completes, their chosen sponsor will donate a fixed amount of money.

This year, the funds raised will go to the Singapore Children's Society. Having never participated in a fitness-related charity event before, Yeoh is excited to do her part for the community.

"I will definitely do my best and complete as many repetitions as possible," said Yeoh, who will be joined by five other seniors from the House of Joy.

"There are people who need help but they're helping others and to me, that's really fascinating," said Cheong.

YEHOH KIM BEE, 82, grandmother of five, who has done CrossFit fitness workouts to help her pursue an active lifestyle.

PHOTO: ALPHONSO CHEUNG

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Earlier this year, grandmother of five and a member of our CrossFit program, Mdm Yeoh Kim Bee was featured in The Straits Time for taking part in a CrossFit charity event to raise funds for at-risk youths from Singapore Children's Society!

SERVICES FOR THE FAMILIES

"Family is not an important thing. It's everything."

- Michael J Fox

Family is where we get our greatest joy and family is also where we may encounter our worst circumstances.

No family is perfect, but with the support of a good community, every family can get the help it needs to tide over tough times.

CHCSA works to provide practical support for families encountering transitional challenges, such as the sudden retrenchment of the sole breadwinner, or a child being suddenly diagnosed with an illness that requires prolonged

hospitalisation.

These are scenarios which we don't wish, hope or plan for, but they happen. When they do, CHCSA is there to counsel, provide referrals and interim financial support to these families to help them walk through such dark periods.

In 2018, CHCSA supported 144 families and helped them through referral to state resources, counselling and providing financial support or groceries.



THE GOOD CARNIVAL

In the month of February, we held The Good Carnival at Suntec Convention Centre to encourage families and friends to play together, have fun and bond. With the help of 46 volunteers, we reached 5,072 people.

FAMILY SERVICES



45 Clients
Information and referral services



93 Casework and counselling services



50 Clients
Welfare assistance

8 Families
DeliveRED programme

THE GOOD CARNIVAL



46 Volunteers



5,072 People

MS CARE

Multiple sclerosis (MS) is a rare, degenerative condition that affects an estimated number of slightly more than 100 people in Singapore. MS patients endure a wide range of symptoms from fatigue and vision problems to mobility issues and muscle spasms. MS Care was started to support this demographic and its caregivers.



With a team of 17 volunteers, we organised 4 events in 2018 and reached a total of 49 individuals. These events aimed to empower MS patients with skills and knowledge and to support them and their caregivers through friendship.



15 MS Care volunteers



4 MS Care events



49 Individuals reached



FIRST HAND

HIV/Aids is a very lonely disease, one that remains, sadly, highly stigmatised.

First Hand was set up to show love and kindness to this marginalised sector of society.

In 2018, a total of 22 visits conducted by CHCSA with a dedicated team of 18 volunteers was made to the CDC to befriend the patients and provide touch and music therapy. A total of 157 patients were reached.



18 First Hand volunteers



22 CDC wards visits



157 Patients reached

YOUTH (CITY COLLEGE)

“An investment in knowledge pays the best dividends”

- Benjamin Franklin

In 2002, City College was founded with the intention of providing a second chance to private candidates taking Singapore’s national GCE examinations. These private candidates were underperforming at the exams, compared to their government school peers. A closer look revealed that these were a mixture of premature school leavers, repeat students or students who were looking for wider choices to attain tertiary education. City College exists to provide such support for these private candidates.

There were a total of 67 students enrolled in 2018.



A TESTIMONY FROM OUR STUDENT

Our student from the 2018 cohort taking the preparatory course for GCE O-Levels, Danial Syaiful Syodai Bin Nuruddin Moriya, shares his experience:

‘Through my journey in City College, I’ve learnt a lot in school. After my completion of my ‘O’ Levels, I’m looking forward to move on to Polytechnic and pursue a Diploma in Cybersecurity and Digital Forensics. By acquiring this knowledge, I can help keep people’s information safe—it is quite rewarding to be able to do my part in helping the society. Also, my dad is my inspiration as he is currently in a similar industry and I would like to follow in his footsteps.’

Danial is currently enrolled in the Diploma in Common ICT programme at Temasek Polytechnic.



YOUTH (HIGHER)

The future of our society lies in the hands of our youth. To impact youths is to impact the future. In this ever-changing world, there is an increasing need to engage youths at risk, to reintegrate them back into society and to expose them with opportunities to be equipped with the skills of Confidence, Resilience and Creativity at the same time. Therefore, HIGHER - a group of young people who desire to impact youths through novel, bold and definitely fun ways, was founded.

To raise a generation of youths who are inspired, educated and empowered to change the narratives of their lives, the 4-step HIGHER Growth Track was conceived.



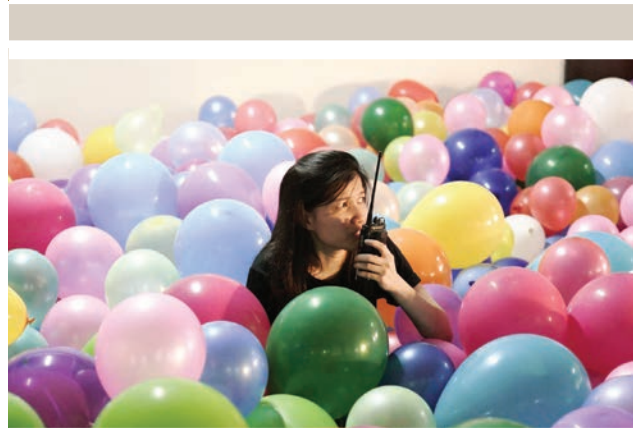
STEP 1: EXPERIENCE HOPE

In November, HIGHER Growth Track was launched with "Carpark King", a multi-level, multi-dimensional experience where youths raced through 11 floors of the carpark at Shaw Tower. Through this event, we managed to reach out to a total of 651 youth participants with the help of 114 volunteers.



STEP 2: FIND COMMUNITY

Following these experiences, youths are offered a platform to find a community. This is a befriender's programme where youths are placed into small interest-based groups with consistent and committed programmes to give them the right kind of association and affiliation with others.



STEP 3: DISCOVER PURPOSE

Youths then embark on an educational series, where life skills such as leadership, resilience and creativity are instilled. This is our concerted effort to train and educate youths, to equip and prepare them for their future.



STEP 4: MAKE A DIFFERENCE

The intended outcome of the HIGHER Growth Track is to nurture future leaders and volunteers. We believe that leaders are servants and servant-leadership is the primary way to go. These youths will eventually become the volunteers who run future events, repeating the 4-step process.

VOLUNTEERISM



'In a paper published by Harvard Health, the authors noted that volunteers benefit from something called the "happiness effect." It turns out that weekly volunteering leads to happiness levels comparable to that of a life-changing salary boost.'

- 'Volunteering: A Formula For Help And Happiness' (fobres.com)

Over the years, Singapore has achieved top ranks in the world in the area of per capita income, infrastructure and connectivity, but nothing unlocks 'happiness' the same way volunteering does.

CHCSA purposes to champion, facilitate and develop effective and enriching volunteerism.



750 Total
volunteers



302 New
volunteers



65 Core
volunteers



12 Training
sessions conducted



8 Training
programmes
developed

COMMUNITY PROJECT

In May 2016, we embarked on a community project to encourage City Harvest Church attendees to “Drink Coffee, Do Good”. We set up a pop-up café which runs on weekends before and after church services. Patrons pay what they want for each cup of coffee, and funds raised go to helping the beneficiaries of CHCSA, primarily families in need.

In 2018, with the help of 30 volunteer baristas, a total of 3,251 cups were sold and more than \$14,500 was raised.



“DRINK COFFEE,
DO GOOD”
POP-UP CAFÉ



30

Volunteer baristas



3,251

Cups sold



\$14,500

Amount raised



GOVERNANCE



BOARD MEETINGS

The Board is supported by five working committees. They have the authority to examine issues related to their portfolio and report back to the Board on their findings and recommendations. There were one Annual General Meeting and three board meetings over the period of January to December 2018.



DISCLOSURE AND TRANSPARENCY

CHCSA's annual financial statements are prepared in accordance with the provisions of the Societies Act (Chapter 311), Charities Act (Chapter 37) and the Charities Accounting Standards.



HUMAN RESOURCE MANAGEMENT

The performance appraisal exercise for staff members was completed in early December 2018. The remuneration committee reviewed the performance, salary structure and guidelines in December 2018. The annual remuneration for each of the top three key executives in CHCSA remains within the \$100,000 salary band.

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

GROUP	NOTE	UNRESTRICTED FUND		RESTRICTED FUNDS		01.01.2018 TO 31.12.2018 TOTAL FUNDS S\$
		Accumulated Fund S\$	Care and Share Fund S\$	MS Care Fund S\$		
INCOME						
ACTIVITIES FROM GENERATING FUNDS						
Voluntary income						
- Care and share grant		0	497,021	0		497,021
- Donations - Tax exempt		659,765	0	0		659,765
- Donations - Non-tax exempt		501,166	14,661	0		515,827
- General receipts		15,980	0	0		15,980
- Grants and funding		11,998	0	0		11,998
Activities for generating funds						
- Registration and laboratory fees		2,400	0	0		2,400
		1,191,309	511,682	0		1,702,991
OTHER INCOME						
Gain on bargain purchase of investment in subsidiary	10	146,775	0	0		146,775
Miscellaneous income		40,335	0	0		40,335
		187,110	0	0		187,110
TOTAL INCOME		1,378,419	511,682	0		1,890,101
LESS: EXPENDITURES						
COST OF CHARITABLE ACTIVITIES						
Programme expenses						
- Casework		84,922	31,744	0		116,666
- COPE		58,681	7,729	0		66,410
- Elderly services		219,542	36,367	0		255,909
- HIV care		3,935	0	0		3,935
- MS care		0	0	5,467		5,467
- Volunteer management		82,546	6,819	0		89,365
- Youth services		8	0	0		8
- Care and share project		0	125,876	0		125,876
- Higher		14,995	0	0		14,995
Fund-raising trading: Direct and other costs						
- Contractual services		13,408	0	0		13,408
- CPF and SDL charges		19,927	0	0		19,927
- Laboratory supplies		1,696	0	0		1,696
- Salaries and related costs		118,154	0	0		118,154
- Others		1,452	0	0		1,452
	4	619,266	208,535	5,467		833,268
GOVERNANCE AND ADMINISTRATIVE COSTS						
Accessories and supplies		3,002	84	0		3,086
Accounting fees		25,170	0	0		25,170
Advertising and promotions		854	4,778	0		5,632
Audit fees		19,206	0	0		19,206
Bad debts expense		5,924	0	0		5,924
Consultancy and professional charges		10,391	9,278	0		19,669
Courier and postages		356	0	0		356
Data and communications		1,647	2,140	0		3,787
Depreciation of property, plant and equipment	9	6,335	70,468	0		76,803
Expenditure – computers		40	8,799	0		8,839
Event expense		1,827	0	0		1,827
Food and refreshments		1,063	2,030	0		3,093
General expense		1,355	0	0		1,355
Insurance		11,027	0	0		11,027
License		709	0	0		709
Office supplies		691	0	0		691
Printing, publicity and stationeries		2,636	503	0		3,139
Rentals		58,476	684	0		59,160
Rental of equipment		6,458	0	0		6,458
Staff salaries and bonuses		195,940	0	0		195,940
Staff CPF, SDL and levy		31,174	0	0		31,174
Staff welfare	5	13,669	22,064	0		35,733
Subscriptions		0	160	0		160
Telecommunications		9,022	0	0		9,022
Transport		172	13	0		185
Travelling expense		0	1,360	0		1,360
Utilities		3,381	0	0		3,381
Volunteer training		0	3,045	0		3,045
Welfare		7,224	0	0		7,224
Others		5,829	12	0		5,841
		423,578	125,418	0		548,996
Finance charges						
Bank charges		349	75	0		424
Credit card charges		113	0	0		113
		462	75	0		537
TOTAL EXPENDITURES		1,043,306	334,028	5,467		1,382,80
NET INCOME / (EXPENDITURE) BEFORE TAX		335,113	177,654	(5,467)		507,300
INCOME TAX EXPENSE	6	4,972	0	0		4,972
NET INCOME / (EXPENDITURE) AFTER TAX		330,141	177,654	(5,467)		502,328
TOTAL FUNDS BROUGHT FORWARD		1,465,124	(79,343)	9,606		1,395,387
TOTAL FUNDS CARRIED FORWARD		1,795,265	98,311	4,139		1,897,715

CONSOLIDATED STATEMENT OF FINANCIAL POSITION
AS AT 31 DECEMBER 2018

		GROUP	ASSOCIATION	
	NOTE	2018 S\$	2018 S\$	2017 S\$
ASSETS				
CURRENT ASSETS				
Cash and cash equivalents	7	1,691,499	1,532,713	1,158,709
Trade and other receivables	8	211,192	155,390	215,395
		1,902,691	1,688,103	1,374,104
NON-CURRENT ASSET				
Property, plant and equipment	9	187,368	177,361	115,479
Investment in subsidiary	10	0	0	0
		187,368	177,361	115,479
TOTAL ASSETS		2,090,059	1,865,464	1,489,583
LIABILITIES				
CURRENT LIABILITIES				
Other payables	11	187,372	141,668	94,196
Current income tax liabilities	6	4,972	0	0
		192,344	141,668	94,196
NET ASSETS		1,897,715	1,723,796	1,395,387
FUNDS				
UNRESTRICTED FUND				
Accumulated general fund	12	1,795,265	1,627,106	1,465,124
RESTRICTED FUNDS				
Care and share fund	12	98,311	92,551	(79,343)
MS care fund	12	4,139	4,139	9,606
		102,450	96,690	(69,737)
TOTAL FUNDS		1,897,715	1,723,796	1,395,387

CONSOLIDATED STATEMENT OF CHANGES IN FUNDS
FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

GROUP 2018	NOTE	BALANCE AT BEGINNING OF YEAR S\$	NET INCOME / (EXPENDITURE) FOR THE YEAR S\$	BALANCE AT END OF YEAR S\$
UNRESTRICTED FUND				
Accumulated general fund	12	1,465,124	330,141	1,795,265
RESTRICTED FUNDS				
Care and share fund	12	(79,343)	177,654	98,311
MS care fund	12	9,606	(5,467)	4,139
TOTAL FUNDS		1,395,387	502,328	1,897,715

ASSOCIATION 2018	NOTE	BALANCE AT BEGINNING OF YEAR S\$	NET INCOME / (EXPENDITURE) FOR THE YEAR S\$	BALANCE AT END OF YEAR S\$
UNRESTRICTED FUND				
Accumulated general fund	12	1,465,124	161,982	1,627,106
RESTRICTED FUNDS				
Care and share fund	12	(79,343)	171,894	92,551
MS care fund	12	9,606	(5,467)	4,139
TOTAL FUNDS		1,395,387	328,409	1,723,796

ASSOCIATION 2017	NOTE	BALANCE AT BEGINNING OF YEAR S\$	NET INCOME / (EXPENDITURE) FOR THE YEAR S\$	BALANCE AT END OF YEAR S\$
UNRESTRICTED FUND				
Accumulated general fund	12	1,256,406	208,718	1,465,124
RESTRICTED FUNDS				
Care and share fund	12	126,477	(205,820)	(79,343)
MS care fund	12	13,514	(3,908)	9,606
TOTAL FUNDS		1,396,397	(1,010)	1,395,387



*Transformational Change,
One Life At A Time.*

CITY HARVEST COMMUNITY SERVICES ASSOCIATION



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