



# 2021 ANNUAL REVIEW

When we rescue the child, we save the adult.

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# Message from our Founder and Managing Director

Many people believe that they cannot draw, or that they are no artist. This perception may keep potentials away from the joy of delving into creativity and achieving realisations. Talent is mainly persistence at efforts and success, and being an artist is not only witnessed on a piece of canvas. Art is everywhere and beauty is achieved through personal taste and harmony.

As metaphorically expressed by world-renowned and best-selling artist Julia Cameron "If you think of the universe as a vast electrical sea in which you are immersed and from which you are formed, opening to your creativity changes you from something bobbing in that sea to a more fully functioning, more conscious, more cooperative part of that ecosystem"<sup>1</sup> and it is what we are trying to achieve for ourselves and for everyone, to allow creativity to transform us towards a better, happier version of ourselves, within a better and happier community.

Blocks are dissolved, life is transformed.

Creativity is an exercise in releasing with trust, in open-mindedness, to experiment, to flow, a pathway from who we are and where we are, to "a strong and clear sense of self",<sup>2</sup> "marked by increased autonomy, resilience, excitement and the capacity to make and execute concrete plans".<sup>3</sup>

To achieve the release of our true self, there is a need not only to be faithful to our own creative practice, but to take a position of accepting to let go of something in us to allow something else to take place, to go "on the other side" of whatever prevents us from moving forward. By doing so, we are opening ourselves to insight, inspiration, and guidance from within our own inner source of wisdom, as expressed by Artist Piet Mondrian: "The position of the artist is humble; he is essentially a channel."

Creativity is a key word at The Red Pencil, from a dedicated team who operates our humanitarian missions globally with enthusiasm and professionalism, to our art

therapy programmes thanks to the support of our network of more than 1600 certified art therapists and supervisors, recently supported by art therapy assistants who are still currently studying towards the achievement of their master's degree in Creative Arts Therapy.

The past year has been an affirmation—could we dare to say "thanks to the pandemic"—that digital technology helps us further in our mission to reach out to vulnerable populations. Some of our missions and programmes could not have taken place those last two years except through virtual methods. Our art-based capacity building and trainings, including our creative arts therapy programmes, have been a frank success as can be witnessed in the following pages and testimonies.

Thanks to generous donations, The Red Pencil leaped to another scale of missions where we capitalise on our 10-year learnings to reach out to more beneficiaries with the support of the large humanitarian organisations we have a chance to work with.

Our ever enthusiastic willingness to help further and reach out to more people makes us want to continue to develop an impactful presence globally, to become the creative arts therapy expert interlocutor for large NGOs, governments, and universities, to continue to relentlessly improve the quality of our interventions through evidence-based approaches, and to expand the professional reputation of The Red Pencil and the necessity for creative arts therapy everywhere. And not least to build capacity within the local Red Pencil teams to achieve the above objectives, while ensuring a work-life balance for everyone.

The professional cohesion and family culture between the different entities of The Red Pencil, in Singapore (founding entity), Geneva, Dubai and Brussels, is being strengthened by the

establishment of the Monaco office. The creation of the office in Monaco has a two-fold aim: 1) to harmonise the governance chart throughout The Red Pencil to adhere to and be monitored by an internal Board of Experts in the humanitarian field covering various aspects around trauma, mental health and wellbeing, operations, governance of sponsors, impact, monitoring and evaluation and sustainability; and 2) to organise global meetings of experts around the world to come annually to Monaco and share their experience on various subjects related to art therapy, trauma, emotions, mental health, neuroscience and related topics.

The world faced and continues to face unprecedented challenges, and the consequences may lead to a lack of drive and a sort of paralysis for some. But hope through creativity is always possible to instil movement, as little as it may be, to rekindle a pathway towards a joyful sense of achievement.

The Red Pencil could not have achieved where we are today without the support of those donors who have had the courage to pioneer with us in bringing a new and unknown therapy process into the world and we express our deep and sincere gratitude for those who stood strongly at our side despite the doubts and the many challenges.

As ever enthusiastic  
and optimistic,

Laurence de Groote Vandenborre  
Founder and Managing Director  
The Red Pencil Humanitarian Mission



<sup>1, 2, 3</sup> Julia Cameron, The Artist's Way: A Spiritual Path to Higher Creativity (New York: G.P. Putnam's Sons, 1992), 1, 15, 6.

# about

## The Red Pencil Humanitarian Mission

The Red Pencil is an international humanitarian organisation founded in Singapore which brings the healing power of creative arts therapy (drawing, music, movement and dance) to children, adults, families and communities who have been through overwhelming and traumatic life circumstances such as natural disaster, displacement as a result of conflict zones, human trafficking, life-threatening disease, violence and abuse, for which they may have no words. The process of creative arts therapy allows our beneficiaries to express the unspeakable, to experience release and relief, to find new resources, gain self-confidence and feel empowered to move on towards a more hopeful and happier life. At The Red Pencil, we are dedicated to the resilience and long-term recovery of the most vulnerable from all walks of life, to allow them to grow and become healthy and happy human beings for the world of tomorrow.

*\*Creative arts therapy is at the core of our mission, including drawing, music, dance and movement, but we also use the term "art therapy" in specific cases when it relates to visual art therapy only.*

### Our Mission

To instil hope and empowerment through creative arts therapy to vulnerable children, adults, families, and communities facing overwhelming life circumstances towards CHANGE: to improve mental health and resilience in creating a better and happier future for oneself and for others.

### Our Vision

Every individual uses the creative process of the arts to care for one's mental, physical and emotional wellbeing towards healing and self-empowerment.





# Our Team

The Red Pencil team is a lean, yet passionate team of professionals dedicated to transforming lives of vulnerable individuals and communities around the world.



**Laurence de Groote Vandenborre**

Founder & Managing Director\*,  
Art Therapist, (MA) (A Th) ATThR



**Heather Woodward**

International Operations Manager,  
Switzerland



**Jacqueline Low**

General Manager,  
Singapore



**Natacha Pirotte**

General Manager, Europe,  
Art Therapist, Dipl (A Th)



**Catherine Wilderspin**

Programme Implementation Manager,  
Belgium



**Elisa Bongiovanni**

Programme Implementation Manager,  
Belgium



**Valérie Marichal**

Programme Implementation Manager,  
Belgium



**Joyce Zaide**

Marketing & Communications  
Manager, Singapore



**Shu Khanduja**

Corporate Partnership Coordinator,  
Singapore



**Yoko Choi**

Programme Coordinator,  
Art Therapist, (MA) (A Th) ATThR,  
Singapore



**Janet Joe**

Evaluation & Research Coordinator,  
Singapore



**Estelle Ng**

Programme Administration Executive,  
Singapore



**Bervyn Wong**

Data Migration Executive,  
Singapore



**Daryl Kang**

Marketing & Communications  
Executive, Singapore



**Ang Pei Ling**

Programme Administration Assistant,  
Singapore

\* Founder and Managing Director, Mrs Laurence de Groote Vandenborre, a registered art therapist, volunteers full-time at The Red Pencil without salary nor allowance. All of Mrs Vandenborre's expenses are borne on her own account.

# Our Ambassadors

Our ambassadors are ardent advocates of The Red Pencil's cause. They share our enthusiasm for elevating awareness on creative arts therapy and The Red Pencil's values of dynamism, integrity and compassion.



**Dr Ara Parker**

Assistant Professor of  
Expressive Therapies,  
Lesley University,  
DMin (Cand), MA, CCC, RCAT, RP



**Dr Iva Fattorini**

Founder of Artocene,  
MD, MSc



**Dr Eng. Manal Elewah**

Founder & CEO Art2Care Program  
Ph.D., DATC



**Mary Rose Brady**

HCPC Registered Consultant Art Psychotherapist,  
Co-founder of The Centre  
for Creative Therapeutic Practice



**Dr Mercedes Ballbé ter Maat**

Professor, Nova Southeastern University,  
College of Psychology,  
Ph.D., LPC, ATR-BC



**Dr Neil Springham**

Consultant Art Therapist, Director of Therapies,  
Executive Lead for Patient Experience,  
Oxleas NHS Foundation Trust, Ph.D.



**Dr Penelope Orr**

Chairperson & Professor,  
Counseling, School Psychology and  
Special Education, Edinboro University,  
Ph.D., NCC, ATR-BC, ATCS



**Servane Bonnet**

Ambassador-at-Large



**Simon Murray**

Ambassador-at-Large,  
Businessman and Philanthropist



**Countess Victoria von Faber Castell**

Ambassador

# The Red Pencil on a Mission



## SPAIN (I)

RPE mission in Malaga for 30 asylum seekers, mainly children and youth, including 5 caregivers (ACBT programme)

- Helped young asylum seekers to recover from their traumatic experiences by enabling them to express feelings and emotions and fostering healthy social connections among them
- Equipped local care providers who are exposed to fatigue and secondary trauma through their work with art therapeutic tools, and enabled them to implement basic art therapy techniques into their own practice



## SPAIN (II)

RPE mission in Barcelona for 10 teachers (ACBT programme) and 15 students (2 groups aged 8-9 years old and 14-15 years old) who may be at a disadvantage when it comes to learning

- Generated positive changes among the students especially in relation to their ability for creative expressions, as well as in communicating and building relationships with others
- Increased the staff's knowledge of art-based therapy which they can use for self-care as well as when working with the students



## SPAIN (III)

RPE mission in Seville for 11 adults suffering from substance addiction and living in precarious economic and social situations (homelessness, broken ties with family, etc.)

- Generated positive changes among adults especially in relation to their bodies and their feelings when they usually have difficulties addressing their personal issues
- Helped participants manage their anxiety



## MONACO

In June 2021, The Red Pencil Humanitarian Mission registered its governance office in Monaco. This will harmonise our therapeutic interventions worldwide, ensure good governance and support fundraising for all entities in Brussels, Dubai, Geneva and Singapore.



## SWITZERLAND

Reaches out to a great variety of beneficiaries in many parts of the world (except EU and Singapore), through its humanitarian art therapy missions. (To find out more about The Red Pencil (International), visit <https://redpencil.org/switzerland-office/>)



## BELGIUM

Empowering cancer patients, refugees, children at risk of school dropout and under the care of youth services adolescents in psychiatric care in Europe (Visit <https://redpencil.org/belgium-office/> to learn more about The Red Pencil (Europe))



## LEBANON

RPI mission for 11 tutors and support staff and 84 children and family members affected by cancer or other long-term illness

- As a continuation of a mission that started in 2020, 12 further online self-care and supervision workshops ran from March to July 2021 to help the staff implement their new self-care skills with the children, as the economic conditions in Lebanon continued to deteriorate
- A marked improvement in social cohesion and resilience was observed through the use of art therapy groups online, which helped to create a new support network across the staff and their beneficiaries



## INDIA

RPI mission in Bangalore for 68 caregivers (ACBT programme) with 340 indirect beneficiaries, including a coaching programme for 22 caregivers with 110 indirect beneficiaries

- Equipped school staff with knowledge and practical art-based tools for self-care
- Staff gained a better understanding of children's behaviours, helping them to provide safe spaces for children and facilitate healing



## SINGAPORE

Celebrates its 10th anniversary of bringing healing to children, women and less-privileged families. Recently established its first Creative Arts Therapy Centre. (Visit [www.redpencil.org/singapore](http://www.redpencil.org/singapore) for more information)



## UNITED ARAB EMIRATES

Develops programmes for the Middle East and is currently in the process of creating a strategic plan for the Gulf region.



## KENYA

RPI mission for 19 teachers, social workers, youth workers, counsellors and mentors, working with 500+ children and adolescents in Kibera, aged 5-18 years old

- Modelled the use of art therapy techniques to create empathy and shared understanding with the children and to help them express themselves, talk about their family situations, hopes and dreams and explore any barriers to their education
- Helped the staff to implement their new skills and knowledge with the children under their care

The Red Pencil continues to adapt to the ever-changing situations and environment amid the Covid-19 pandemic. We remain steadfast in our mission of bringing creative arts therapy programmes to heal and empower some of the most vulnerable children, women, families and communities around the world.

Highlighted in this map are the places where we conducted our missions and programmes in 2021 and the geographic mandate for our five Red Pencil offices in Brussels, Dubai, Geneva, Monaco and Singapore.



# Our Impact

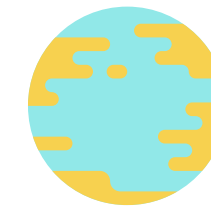
Since 2011



Collaborated with  
**269**  
partner organisations



Empowered  
**20,579**  
beneficiaries around  
the world



Brought creative  
arts therapy to  
**25**  
countries



More than  
**1,600**  
creative arts therapists in  
our network



**17**  
Students in Singapore were  
provided scholarships for a  
master's degree in art therapy  
at LASALLE College of the Arts

# Our Impact in 2021



## India

For our Art-based Capacity Building and Training (ACBT) programme in Bangalore, India:

**97.9%** rated the programme “very good” or “excellent” (rating of 4–5 out of 5)

**91.7%** reported that the programme met their expectations “very well” or “completely”

**85%** shared that they would recommend the programme to their colleagues

## Western Europe

In Spain, Belgium and France, for our Covid-19 initiatives funded by SOFINA, overall:

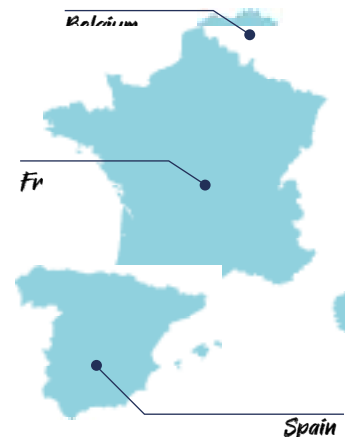
**26** programmes completed (art therapy cycles, ACBT, and workshops)

**262** beneficiaries

**440** hours of art therapy

For our social inclusion programmes:

**118** asylum seekers in Belgium and Spain, **74%** of which are children and youth who experienced the healing power of creative arts therapy



## Lebanon

By the end of the mission in Lebanon on 31 August 2021, The Red Pencil art therapy team of **5** art therapists completed **463** sessions of art therapy. This included **392** individual or family sessions and **71** group sessions.

In the same Lebanon mission, a post-ACBT survey among the **11** participants showed that:

- They increased their knowledge and understanding of art therapy by **54%** compared to their responses in the pre-ACBT survey.
- Their overall mood improved by **30%** after the art therapy training, and in particular, they felt more relaxed at the end of the sessions (by **15%**)
- They also reported that they felt more able to adapt to unexpected situations (by **10%**) as a result of the training in self-care.

Positive consequences of this mission:

- A spontaneous initiative was taken by the staff to continue the self-care group even after the mission, ensuring sustainability of our impact
- The partner organisation, Myschoolpulse, requested for The Red Pencil to add another year of support to the hospitalised children and a refresher training for their staff



## Singapore

For participants in Singapore's clinical sessions:

### Confidence in expressing emotions was boosted



### Feelings of being relaxed increased



### Management of emotions in most situations improved





# Our Approach

## Collaborations



Our approach is collaborative in nature to support local organisations already working with vulnerable beneficiaries in fragile and humanitarian settings: we never intervene alone, we always work in partnership with a local NGO. Our missions are tailored to enhance the mental health skills of existing local organisations and to provide self-care support for their staff and beneficiaries. We do this by sharing creative art therapy skills and knowledge to empower their staff and volunteers with new approaches to support their local beneficiaries through our Art-based Capacity Building and Training programmes.

We also collaborate with large humanitarian and educational organisations working locally with disaster relief or the care and education of refugees, asylum seekers and migrants such as the Spanish Red Cross and the Belgian Red Cross.

## Cost Efficiency



We are an agile, adaptable and lean organisation with a network of more than 1,600 certified creative arts therapists who can be called upon to assist with many different types of creative arts therapy projects. We believe in channelling the funds entrusted by the generosity of our donors and partners to direct interventions for beneficiaries, with only a small percentage being used for the indispensable administration of our operations. Since 2020, we have increased this cost-effective outreach through online Covid-19 mental health response programmes.

## Sustainability



Our Art-based Capacity Building and Training (ACBT) programmes are designed to be sustainable, with long-lasting benefits for mental health, wellbeing and resilience. These modules provide specific training for professional caregivers to ensure that they can continue using therapeutic art theory and techniques in their work with their local beneficiaries long after our missions are over.

The use of visual journaling techniques, online training and supervision also assists professional caregivers and their beneficiaries to continue making art in their journals after the initial training. We endeavour to ensure that they can continue to access locally sourced art materials after the mission is over.

## Safe Practice



All our programmes are designed and implemented according to the Inter-Agency Standing Committee (IASC) guidelines for mental health projects in fragile and humanitarian settings. As we work with many children and vulnerable adults who have undergone overwhelming and traumatic events, we advise our art therapists to comply with the local child protection policies and vulnerable adult safeguarding procedures relevant to our partner organisations. We also maintain robust procedures for safe practice through our Child Protection and Vulnerable Adult Safeguarding Policies, which are available on request.

# Monitoring and Evaluation

Our rigorous framework of assessment continued with all our missions. Dr Penelope Orr, Chair of the Art Therapy Graduate Program at Edinboro University, USA, provided expertise to move our monitoring and evaluation processes online and assisted us to introduce new key performance indicators (KPIs), tools to replace paper-based questionnaires, which had to be discontinued due to cross-contamination risks during the pandemic. Other assessment techniques include a comprehensive needs assessment tailored to the beneficiaries of the partner organisation, objectives, outputs and outcomes, digital pre and post-questionnaires, and attendance logs.

Qualitative data is collected from the daily notes and observations of the arts therapists' reports and case studies. Partners contribute to the evaluation process and final impact analysis by giving regular feedback during the monitoring phase and also at the end of the mission. The data is then analysed by our Research and Evaluation Coordinator and presented in a final report which is prepared for donors and partner organisations.



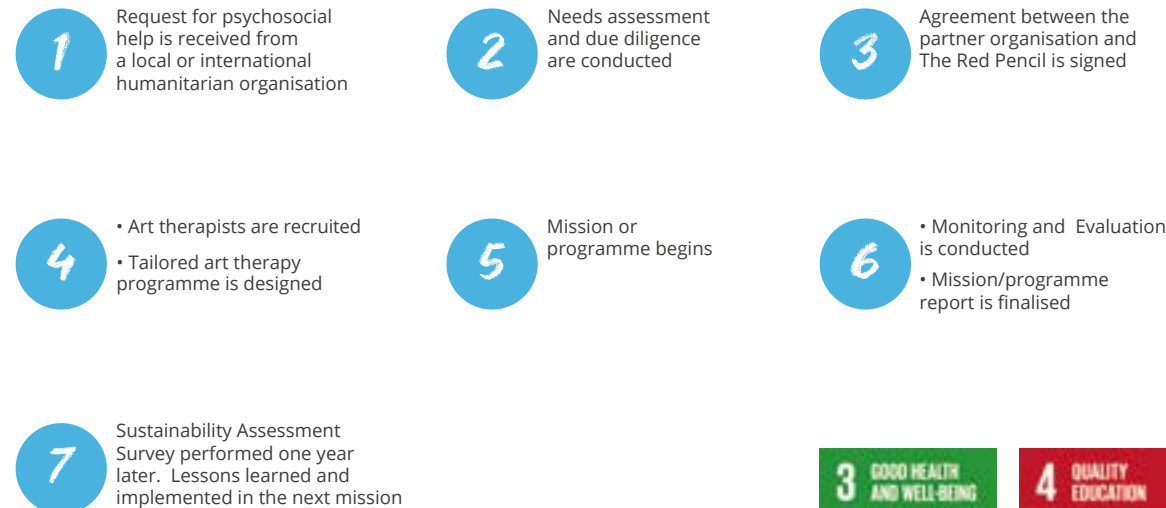


# Our Missions and Programmes



# General Overview

All of The Red Pencil missions, regardless of the intervention model adopted, follow the same seven-step operating procedure. This framework ensures consistency in the way we collaborate with our partners and our impact measurement standards. In its commitment to bring the best of creative arts therapy to everyone and to communicate openly, The Red Pencil shares with its partners and donors the impact of our programmes on our beneficiaries, feedback on the supervision of the creative arts therapists, and the challenges and lessons learnt, through its reports and newsletters.



The Red Pencil is fully committed to the United Nations Sustainable Development Goals through its work that leads to the building of a more just and inclusive society. Our contributions include advocacy of good health practices, fostering quality education, promoting wellbeing, upholding gender equality and supporting the fight against sexual violence, abuse and human trafficking.



# Our Models of Intervention

From 2020, The Red Pencil had to adapt some of its interventions due to the pandemic which caused us to pivot some of our work to new online programmes. While we continued to employ our usual models of intervention such as Clinical Sessions and Workshops, some of our programmes still had to be delivered virtually to ensure the safety of our beneficiaries, art therapists and other stakeholders. For our international missions, we continue to work with art therapists who are already in the target country whenever possible, to avoid the current difficulties with travel restrictions and to reduce our carbon footprint as part of our sustainability focus.

## Multistep Humanitarian Missions \*for emergency relief situations only

This intervention is implemented in three phases which last two weeks each over a period of approximately 12 months. Two art therapists are normally involved and they aim to identify the consequences of the trauma issues in step 1, while establishing the safe therapeutic relationship. In step 1, the caregivers are trained in therapeutic skills through art-based techniques. In step 2, the art therapists attend to the deeper trauma issues towards expression, release and relief and start rebuilding resources and confidence in the future. Step 3 brings the programme to a therapeutic closure while ensuring that caregivers and beneficiaries are properly equipped to envision a new sustainable future.

## Online Programmes \*Covid-19 response

This model can be used as a standalone intervention or in combination with the other models. It is implemented when art therapy cannot be delivered directly on the ground for logistical, safety or security reasons. Prior to the Covid-19 pandemic, we had already started to explore delivering some of our programmes online, particularly to support professional caregivers through our Art-based Capacity Building and Training programmes. We have continued to develop online art therapy programmes from 2020 onwards in response to the anxiety, depression, losses and concerns experienced by so many as a result of enforced lockdowns during this difficult time.

## Residencies

These projects are usually two to twelve months long (sometimes longer) and involve normally just one creative arts therapist who resides on site and conducts the planned creative arts therapy programme. Since it is a programme of longer duration, the focus of the mission is to provide deep therapeutic interventions to the beneficiaries through both group and individual therapy. This also focuses on creating a therapeutic rapport with the beneficiaries, understanding them and their needs to provide apt interventions and finally bringing the relationship to a therapeutic closure.

## Art-based Capacity Building and Training (ACBT)

This model is designed to equip teachers, caregivers and support staff to run an art-based therapeutic programme for children in need of psychosocial support. This programme is 10-week-long intervention, once a week, which can be adapted to any culture, religion or ethnicity. It is designed to provide self-care for the caregivers and teach them basic knowledge of trauma and how to help the children or families under their care. ACBT sessions are supervised and followed by coaching sessions to ensure that the trainees feel supported while they implement the new tools to their students or beneficiaries.

## Clinical Sessions

This form of intervention is currently implemented in Singapore and Belgium. The art therapy programmes are based on the needs of the beneficiaries and implemented by creative arts therapists in clinical cycles of eight to twelve weekly sessions. Sessions are implemented both for group and individuals and follow the same therapeutic value of creating safe space, working on issues and bringing the sessions to a closure.

## Workshops

To better convey the power of art therapy and be an agent of visibility and advocacy for creative arts therapy globally, The Red Pencil runs awareness workshops which enable participants to experience the soothing benefits of art therapy in a single session of 2–4 hours. Participants are introduced to the world of art therapy and try out invigorating hands-on activities as a group. As art therapy facilitates release, relief, reflection, repair and restoration, participants leave the session feeling rejuvenated and refreshed.





*The Red Pencil  
(International)*





# Lebanon Myschoolpulse Online Mission

**Dates:** 5 August 2020–31 August 2021

**Beneficiaries:** 11 Myschoolpulse tutors and support staff  
84 children and family members affected by  
cancer or other long-term illness

**In partnership with:** Myschoolpulse Association, a Lebanese NGO

**With the kind support of:** Capital Group, Faber-Castell and Mrs. Servane  
Bonnet, Ambassador-at-Large for The Red Pencil

## Art Therapy Team

**Programme Supervisors:** Heidi Bardot, George Washington University, USA  
Dr. Penelope Orr, Edinboro University, USA

**Resident Art Therapists:** Soraya Hage Obeid in Byblos, Lebanon  
Mona Chebaro in Beirut, Lebanon

**Resident Art Therapists:** Nadine Aber Jaber (based in USA)  
Alaa Alhajji (based in Saudi Arabia)  
Rhonda Miller (based in Canada)

**Art Therapy Masters Interns:** Yasi Ahsanipour (George Washington University, USA)  
Sarah-Jane Asman (Edinboro University, USA)  
Cristina Longetti (Edinboro University, USA)

## Testimonial



"On behalf of the Myschoolpulse team, I would like to thank each and every one of you for making these sessions so wonderful. The feedback I received from the ladies is heart-warming. Not only did you help us cope with our day-to-day issues, and our baggage, you put us on the right track for self-care. We appreciate all the efforts and hard work you put in this project, and it was a true pleasure meeting you."

**Monique Saikali-Kahy**  
Events & Fundraising Manager  
Myschoolpulse

## Mission Notes and Impact

- An international team of 10 art therapists worked together to develop a new online art therapy programme for this mission, in response to the traumatic explosion at the Port of Beirut on 4 August 2020, the rapidly deteriorating conditions in Lebanon and the added complications of Covid-19.
- An online Art-based Capacity Building and Training (ACBT) programme ran for 12 weekly sessions from November 2020 to 2021, to improve self-care skills and mental health awareness through art therapy, empowering 11 Myschoolpulse staff with new knowledge to help them engage with the children in their care and ease them back into their educational activities.
- 12 further online self-care and supervision workshops ran from March to July 2021, to help the Myschoolpulse staff implement their new self-care skills with the children, as the economic conditions in Lebanon continued to deteriorate.
- A total of 463 online art therapy sessions were carried out by the team from August 2020 to August 2021, including 71 online group sessions and 392 sessions for individuals and their families.



- These online sessions became an oasis of support for the tutors, children and families—a time of self-expression, laughter and learning, meaningful moments of sharing and a sense of togetherness and positive bonding, as well as relief from some of the pain, trauma, loss and grief experienced during a very dark time for Lebanon.

- A marked improvement in social cohesion and resilience was observed through the use of art therapy groups online, which helped to create a new support network across the Myschoolpulse team and their beneficiaries.

# Testimonial

## Lebanon Myschoolpulse

### Online Mission

"This program brought us together during lockdown, making the period of isolation a period of exchange of experiences."

**Rayyan (pseudonym)**  
Tutor, Myschoolpulse

"Often, good things come out of adversity, and partnering with The Red Pencil is a perfect example of it. The stress from the situation in Lebanon, added to the Covid-related pandemic, and the Beirut port explosion would have been too much for anyone. Through our sessions, I discovered that self-care is essential and that feeling guilty is normal. I am trying to apply the idiom: 'You cannot pour from an empty cup.' I am eternally grateful for the support and care I found within this amazing group of women."

**Zein (pseudonym)**  
Tutor, Myschoolpulse

"The gentleness, the quality of presence and the patience of the therapists at The Red Pencil impressed me. I never imagined that a few doodles and colouring could reflect my state of mind and could also bring out and release the deepest secrets of my being."

**Amal (pseudonym)**  
Tutor, Myschoolpulse



"This work accomplished, through each session, each moment, each instruction that was given, in relation to our emotion, to our experiences...I was inspired by the meditation music...I'm dancing again. I have also put a boundary, and all the colours that come out and emerge from it...I kept that confidence in myself because I believe in it. God gives us beautiful things, despite everything that is happening...Here I am talking about the unconscious, and seizing the moment, a look, a gesture, seizing a colour, a word, a thought, dressing it in colours and movements. Indulge in the magic of art again and again to the end...This group work created a great cohesion in our working group. I am very moved and thank you all individually."

**Nour (pseudonym)**  
Tutor, Myschoolpulse



# Kenya Kibera

## Colours Online Mission

(Step 2)

**Dates:** 27th January–21st March 2021

**Beneficiaries:** 19 Kenyan teachers, social workers, youth workers, counsellors and mentors, working with 500+ children and adolescents in Kibera, aged 5–18 years old

**In partnership with:** The Turning Point Trust, Uweza Foundation and Edinboro University

**With the kind support of:** Capital group and Faber Castell

### Art Therapy Team

**Programme Supervisors:** Dr Penelope Orr

**Resident Art Therapists:** Sarah Vollmann and Kim Bryan

**Art Therapy Interns:** Sara-Jane Asman and Cristina Longetti from Edinboro University

# Mission Notes

## and Impact

- Following an intensive Online ACBT in Self-Care and Mental Health Awareness through Art Therapy, which took place in the Kibera slum community in Kenya in September 2020, The Red Pencil (International) organised a second programme of self-care through art therapy for 2021, working with the children of our partner organisations in Kibera.
- With an eight-week online programme running from January to March 2021, our art therapy team helped 16 staff from The Turning Point Trust and three staff from the Uweza Foundation to implement their new skills and knowledge with children from the transition class at Fountain of Hope School and with Uweza Girls Club.

- The art therapy team modelled the use of art therapy techniques to create empathy and shared understanding with the children and to help them express themselves, talk about their family situations, hopes and dreams and explore any barriers to their education.

- The programme explored themes of self-care with the children, enhancing their capacity for emotional regulation, their confidence in expressing themselves and their empathy and consideration for one another.

- Using online supervision sessions to discuss the work undertaken each week with the children, the two staff teams were equipped and empowered to implement their new skills, which will enable them to continue working sustainably with over 500 children in Kibera and their families.

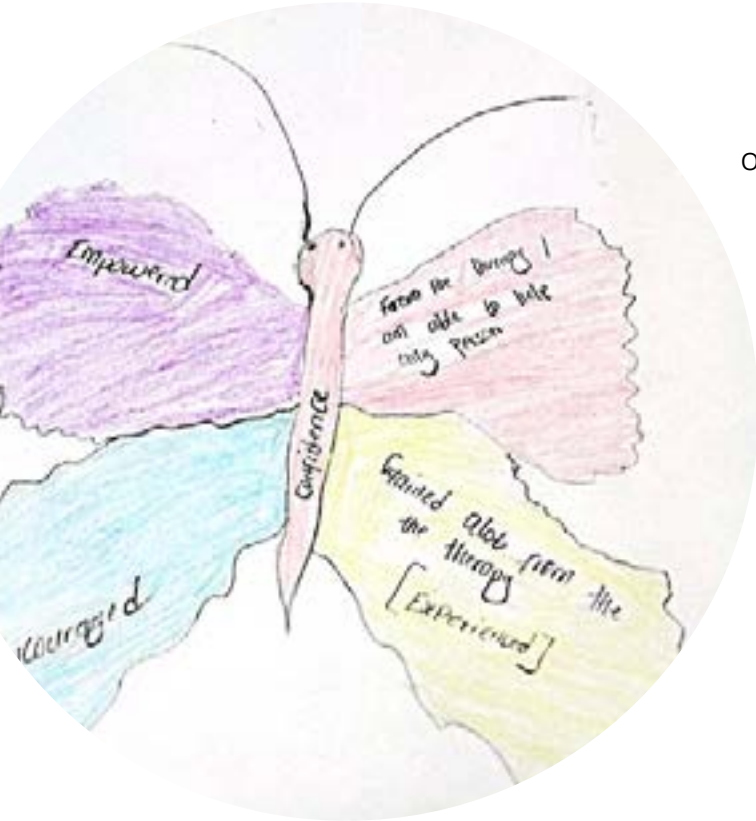




# Testimonial

## Kenya Kibera

### Colours Online Mission



One of the staff drew a butterfly and said:

"I have gained a lot from the therapy. I feel more confident, empowered and encouraged. I am now able to help any person."

(Pictured right) One of the students at The Fountain of Hope School run by The Turning Point Trust, shares his artwork with the art therapy team online, March 2021.



# India Mission

**Dates:** July 2021 to October 2021 and 5 online coaching sessions from October to December 2021

**Beneficiaries:** 68 caregivers with 340 indirect beneficiaries for the ACBT programme and 22 caregivers with 110 indirect beneficiaries for the coaching programme

**In partnership with:** Parikrma Humanity Foundation

**Donor:** SOFINA

## Art Therapy Team

**Programme Supervisors:** Dr. Christine Kerr, PhD (USA)

**Art Therapists:** Karen PEAKIN (Ireland), Angela Haren (Belgium), Yen Chua (Singapore), Hao Xin (Malaysia), Cristina Ramos (France), Ashmi Sheth (India), Roshni Bhatia (India), Nicole Yeo (Singapore)

# Mission Notes and Impact

- We partnered with Parikrma Humanity Foundation, which operates in the city of Bangalore, located in the Indian state of Karnataka. Parikrma provides education to marginalized children by operating 4 primary schools and 1 junior college (Grades 11 & 12). They have more than 1,800 children under their care, 52% of whom are girls, coming from disadvantaged backgrounds and difficult familial environments.
- The Covid pandemic which raged in India has severely impacted the children from underprivileged backgrounds. Schools closed and online schooling became the new standard for months, which put these children at a virtual disadvantage. Many of them also had to cope with the trauma of losing a loved one. Furthermore, their socio-economic conditions, already precarious, have worsened with the crisis. As a result, domestic violence and neglect have increased.
- We implemented a two-phase project with first a Art-based Capacity Building and Training (ACBT) to give a general insight into art therapy and its practical use in schools. The ACBT was followed by coaching sessions in smaller groups and aimed at deepening the knowledge and putting into practice the acquired art-based tools with the children.
- The mission provided the staff with theoretical knowledge and practical art-based tools to take care of oneself (ACBT). It also equipped them with new tools to use with the young people under their care to help the latter find new ways to communicate, identify their possible traumas, and express their emotions.
- The staff gained a better understanding of themselves, their colleagues and their students and provided opportunities for bonding. The staff, also gained a better understanding of children's behaviours, helping them to provide safe spaces for children and facilitate healing.
- They learned empathic listening and ways for students to open up.
- They reported an improvement in their emotional balance and ability to focus on the present.







# Testimonial

## India Mission



"The training has given our teachers some valuable and non-threatening tools to facilitate healing among students who come to Parikrma with a great deal of abuse and distress in their family environments."

**Representative of Parikrma**

"We were asked to use paint for a particular session. I hate to use paint as it is messy and messy paint is like conflict for me. I always run away from conflict, but that day I explored with paint and was determined that I should not run away, but start to negotiate and try to resolve conflict."

**Aarya (pseudonym)**  
Programme beneficiary



# Story of Change

## Dealing with Grief



Fig. 1. Gemma's drawing of her "safe home"



Fig 2: Drawing by Gemma and her mother

Gemma, 7 years old, her brother, Carl, 9 years old, and their mother Souha, lost their father/husband during the 4th of August 2020 explosion. He died in the hospital sitting at Gemma's bedside while she received her treatment. In the very first art therapy session, Gemma drew her safe home with father, mother, grandparents, brother, and herself all safely inside it (Fig. 1). Gemma has not accepted that her father is gone.

Working together, Gemma and her mother created images (Figs. 2 and 3) portraying their love for their father/husband and how much they miss his presence in their life.

These images allowed them to begin the process of acceptance after seven months of sadness, grief, and loss. That the mother and daughter were able to work together to express their feelings allowed them also to connect with each other and begin to heal.

Images after images the pain of losing a father, a husband, is being released softly to allow the child and the mother to draw new pictures of hope, of joy, which are crystallised in the heart of the patient to celebrate a new future.

(\*pseudonyms have been used to protect the identity of the beneficiaries)



Fig 3: Another drawing by Gemma and her mother



Corporate Governance

# The Red Pencil (International)

The Red Pencil (International) is a Swiss registered Association and adheres to the Swiss Code of Obligations and relevant federal and Geneva Canton legislation. We are committed to transparent governance and to regularly reviewing and improving all our practices and procedures as a learning organisation.

## Conflict of Interest Policy

All Board members and employees are required to comply with our Conflict of Interest policy which stipulates that, when dealing in matters concerning The Red Pencil, they are to exercise their best care, skill and judgement for the sole benefit of the organisation and to make full disclosure of interests, relationships and holdings that could potentially result in a conflict of interest. Written processes are in place for Board members and employees to declare actual or potential conflicts of interest on a regular and need-to-know basis. Staff and Board members are to be excluded from discussions and approvals of transactions to which they have a conflict of interest.

## Board Evaluation Policy

The Red Pencil adopts the Board self-evaluation policy whose purpose is to give all Board members an opportunity to evaluate and discuss the Board's performance with candor and from multiple perspectives. It is useful to ensure continuous improvement in the way the Board conducts its business. The Board believes the evaluation will lead to a closer working relationship among Board members, greater efficiency in the use of the Board's time, and increased effectiveness of the Board as a governing body.

## Related Entities

The Red Pencil (International) is a related entity to The Red Pencil (Singapore), The Red Pencil (Europe) and The Red Pencil (Middle East).

## Board of Directors



**Laurence de Groote**  
Founder and Managing Director



**Alain Vandendorre**  
Chairman and Co-Founder



**Anna Kontchakova**  
Alternate Director

## Corporate Information

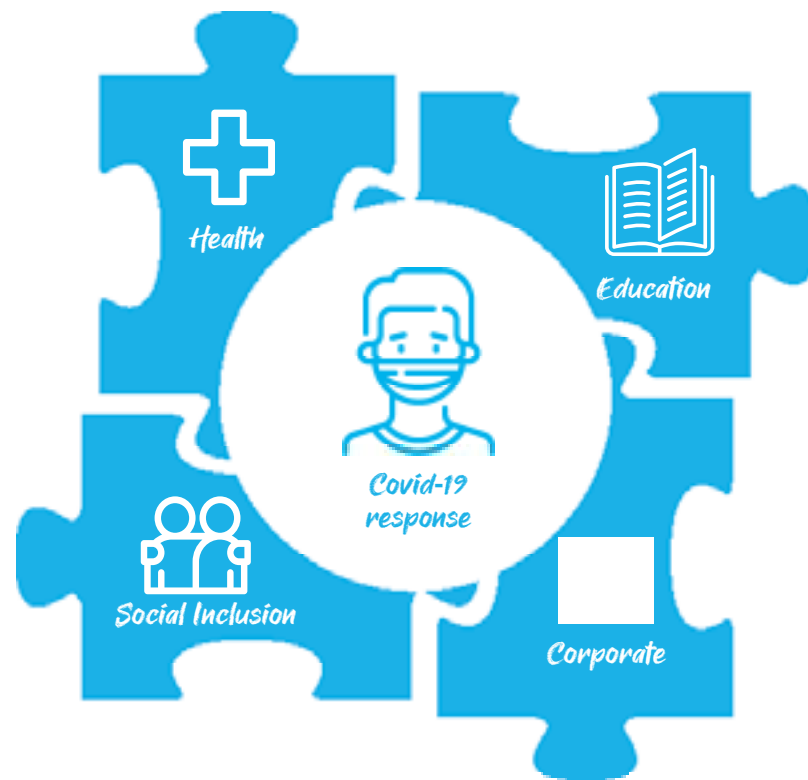
|   |  |  |  |
|---|--|--|--|
| <b>IDE Reg. No:</b><br>CHE-264.180.561  | <b>Date of Foundation:</b><br>15 March 2015  | <b>Federal Tax Exemption Status Granted:</b><br>06 October 2015                                    | <b>Office Address:</b><br>53 avenue Blanc, 1202 Geneva,<br><br>Switzerland |
| <b>Accounting Firm:</b><br>Fidinam (Geneva) SA<br><br>Avenue Blanc 53<br>1202 Geneva<br><br>Switzerland | <b>Auditor:</b><br>PKF Fiduciaire SA<br><br>Avenue de la Gare 32<br>1950 Sion<br><br>Switzerland | <b>Bank:</b><br>UBS Switzerland AG<br><br>Place des Eaux-Vives 2<br>1207 Geneva<br><br>Switzerland |  |



# *The Red Pencil (Europe)*



# The Red Pencil (Europe)



The Red Pencil (Europe) focuses on the psychosocial needs of the local communities in Europe through RPE's four core areas: Health (cancer patients and adolescents in psychiatric care), Social Inclusion (asylum seekers escaping conflict zones), Education (students, teachers and school administration staff) and Corporate (employee wellbeing). In 2021, as the pandemic entered its second year, operations and procedures had to be adapted according to the ever-changing Covid-19 situation. In the same year, RPE also implemented several programmes specifically intended to address psychosocial issues brought on by the Covid-19 pandemic, thanks to SOFINA's Covid Solidarity Fund.

In this report, we first present RPE's achievements in the four core areas, followed by programmes specific to Covid-19.

## Social Inclusion Belgium

**No. of beneficiaries:** 88 asylum seekers (30 adults and 58 unaccompanied foreign minors across 6 different reception centres)

**Impact:**

- Improved the resilience of asylum seekers by helping them express and regulate their emotions
- Equipped them with inner resources and self-care skills
- Helped boost their self-confidence
- Allowed them to relax and helped them to manage their stress
- Enabled them to connect with others and form new relationships through group facilitated sessions

**Duration:**

11 clinical cycles of 8–10 sessions each done in 2 phases

- **1st phase:** March–May 2021 (6 cycles)
- **2nd phase:** September–December 2021 (5 cycles)

**In partnership with:** Fedasil and an association for Mineurs Etrangers Non Accompagnés (MENA) (or Unaccompanied Foreign Minors)

**Art therapists:** Valérie André, Isabelle Dierickx, Francis de Brabandere, Johanna Leps, Sophie Lévy, Julie Verkist and Roxana Van Daelen

**Donor:** Fonds Le Compas

### Testimonial

"I joined The Red Pencil because I believe it is a great organisation as it helps everybody across the world to express feelings through art therapy. Everybody has the right to have therapy and to look for help. The Red Pencil contributes to that and helps those who are vulnerable and in pain. Self-empowerment is so important and art therapy helps people get that back in a creative matter."

**Sarah Dawoud**

helps collect funding for projects and missions of The Red Pencil (Europe) through "Friends of The Red Pencil (Europe)" fund





# Social Inclusion

## Malaga, Spain

### No. of beneficiaries:

- 30 asylum seekers, mainly children and youth aged 7–25 years old
- 5 caregivers who received Art-based Capacity Building and Training (ACBT) programme

### Impact:

- Helped young asylum seekers to recover from their traumatic experiences by enabling them to express feelings and emotions and fostering healthy social connections among them
- Improved their self-confidence and trust in their ability to do things well
- Helped develop self-care skills and ability to relax when stressed
- Increased resilience of the beneficiaries through offering a space that could allow them to express and manage emotions
- Equipped local care providers who are exposed to fatigue and secondary trauma through their work with art therapeutic tools, and enabled them to implement basic art therapy techniques into their own practice

**Art therapist:** Liliana Montoya

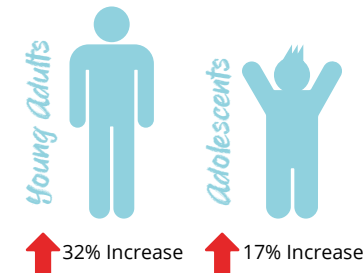
**In partnership with:** The Spanish Red Cross in Malaga

**Donor:** Alta Mane

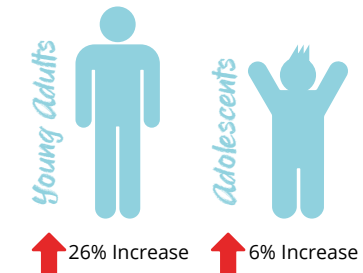


## Programme Impact

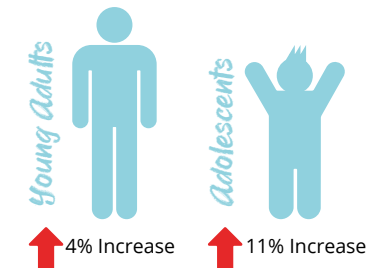
### Ability to express feelings and emotions



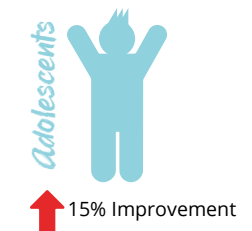
### Capacity to create healthy social connections



### Trust in ability to do things well



### Ability to relax when stressed (developing self-care skill)



“The Covid-19 pandemic significantly impacts all aspects of refugees’ and migrants’ lives. The fact that their mental health is negatively affected is especially alarming, because, in general, these demographics deal with mental problems more often, and because they have little access to mental health care.” ~ Ilse Derluyn, PhD, Ghent University, Department of Social Work and Social Pedagogy, Faculty of Psychology and Educational Sciences.

<sup>4</sup><https://www.ugent.be/en/news-events/archive-corona/covid-19-exposes-and-amplifies-the-inequalities-experienced-by-refugees-and-migrants-globally>





Because of hygiene considerations due to the pandemic and the vulnerability of the patients, most of the sessions were conducted online.

## Cancer patients

**No. of beneficiaries:** 6 cancer patients

**Impact:**

- Helped the cancer patients to explore their inner self through their creativity, connect with their internal resources and project themselves into the future
- Enabled them to express difficult feelings and rediscover hope, meaning and other positive emotions

**Duration:** One 5-session clinical cycle from September to October 2021

**Art therapist:** Julie Verkist

**In partnership with:** Re-source Chirec Delta Center

**Donor:** SFPI-FPIM

**Duration:** 3 groups of 10 sessions from October to December 2021.

**Art-based Capacity Building and Training (ACBT):**  
2 sessions of 2 hours each

**No. of beneficiaries:** 8 cancer patients

**Duration:** October–December 2021

**Art therapist:** Sophie Descampe

**In partnership with:** Espace Bien Être l'Essentiel

**Donor:** SFPI-FPIM

## Testimonial

"Thanks to the sessions I could release the pressure and lay down such different emotions over the weeks. It was interesting how spontaneity reveals so much! I am still amazed at the result which is so meaningful to me. I really want to continue this journey and I hope each of us can find meaning in this path.."

**Diane (pseudonym)**

## Youth in psychiatric care

**No. of beneficiaries:** 41 youths in psychiatric care

**Impact:**

- Enabled participants to create a space of freedom to discover themselves, confront their issues and overcome some of it
- Connected them with other youths who are going through similar issues
- Equipped them to handle difficult emotions, transform these emotions and helped them to reconnect with positive emotions
- Boosted their self-esteem
- Allowed to see themselves into the future

**Duration:**

- One 10-session cycle from September to December 2021 for Erasme
- 3 mini-cycles of 3–4 sessions each for CThA from September to December 2021

**Art therapists:** Amy To and Natacha Pirotte

**In partnership with:** Unité psychiatrique pour adolescents, Hôpital Erasme Centre thérapeutique pour adolescents, Cliniques St-Luc

**Donor:** Commission communautaire française (COCOF)

## Testimonial



"One participant told us that the exercise she liked a lot was the 'what I am proud of' exercise. This exercise gave them a good feeling, and above all gave them more self-confidence!"

**Caregiver from Hôpital Erasme Centre**

*(Left) Artwork created by a participant after being invited by the art therapist to represent two emotional states that the participant knows well. The young participant explained that this drawing represents her sadness, with anger in the background.*



# **Health**

## *Adults in psychiatric care*

**No. of beneficiaries:** 8 adults

**Impact:**

- Dance-therapy cycle (discover and reconnect to their body)
- Improved the mood and wellbeing of the participants
- Reduced the feeling of tiredness, aches and pains and feeling of stress
- Allowed the participants to move past negative feelings and focus on having fun and enjoying themselves instead
- The sessions gave the space and freedom to the participants to move and dance according to their capabilities and desires
- Improved their self-confidence, their feeling of safety and freedom

**Duration:** One cycle of 10 sessions from October to December 2020

**Art therapist:** Mireille Toubac

**In partnership with:** Centre de Jour de l'Unité Psychiatrie, Cliniques de l'Europe (Etterbeek)

**Donor:** Commission communautaire française (COCOF)





# Education

The migration journey is frequently traumatic and involves many changes and adaptations for the migrant. Because of this, many migrant children suffer from attention problems, emotional hyperactivity, insecurity, difficulty remaining in place, trust issues and low self-confidence. This prevents them from learning effectively in class, which makes teaching challenging for the educational staff.

**No. of beneficiaries:** 12 teachers from DASPA who are working with more than 90 migrant children students

**Impact:**

Equipped the educational staff with knowledge on the use of creative tools (ACBT programme) that they can integrate into their work with migrant children, enabling them to address the specific needs of their students and potentially improving their students' wellbeing and learning experience

**Duration:** 9 sessions between March to September 2021 (4 days of ACBT on the use of artistic mediation in DASPA classes and 5 half-days of personalised follow-up)

**Art therapists:** Natacha Pirotte and Julie Verkist

**In partnership with:** Dispositif d'Accueil et de Scolarisation des élèves Primo-arrivants (DASPA) (Reception and Schooling System for Newly Arrived and Assimilated Pupils)

**Donor:** Fédération Wallonie-Bruxelles (FWB)





# Covid-19 Response

In 2021, The Red Pencil was awarded a EUR 500,000 grant from a listed Financial Investment Belgian Group SOFINA through its Sofina Covid Solidarity Fund. The fund, managed by King Baudouin Foundation wishes to address the adverse consequences of the global Covid-19 pandemic, particularly on people's mental health. The fund will be active for 2 years and will support projects in Western Europe, India, or Singapore.

In the following section, we present The Red Pencil (Europe)'s programmes under the SOFINA fund and the impact they had on the lives of our beneficiaries.

## Belgium

### *School drop-out prevention*

**No. of beneficiaries:**

- 54 young people who are at risk of dropping-out of schools
- 14 SAS caregivers working with the youth

**Impact:**

- Allowed the youth to express themselves and explore their identity
- Enabled them to externalise their feelings without words, which were previously difficult to access for many
- Allowed them to unwind, to know themselves better and to relax
- Equipped the school staff (ACBT programme) with art therapeutic tools for self-care and when working with the students

**Duration:** Four 10-session clinical cycles from September to December 2021

**Art therapists:** Catherine Lemaître, Julie Verkist, Frédéric Bastin

**In partnership with:** Services d'Accrochage Scolaire (SAS), Fédération Wallonie-Bruxelles

# Belgium

## Youth services

**No. of beneficiaries:**

- 21 boys and girls between the ages of 5 to 18 years old
- 15 staff and caregivers

**Impact:**

- Boosted the children's self-confidence
- Allowed them to experience moments of joy and disconnect from their reality
- Equipped the caregivers (ACBT) with self-care skills and other tools to facilitate communication and self-expression

**Duration:**

Two 10-session clinical cycles from September to December 2021 and two Art-based Capacity Building and Training sessions of 12 hours each

**Art therapists:** Jean-François Delforge, Sophie Descampe, Sarra Latrèche and Natacha Pirotte

**In partnership with:** Siloé



## DASPA classrooms

(Dispositif d'Accueil et de Scolarisation des élèves Primo-Arrivants et Assimilés - Programmes for the reception and schooling of refugees newcomers and assimilated pupils)

**No. of beneficiaries:** 32 students aged 6–12 years old who are from migrant families living in reception centres

**Impact:**

- Helped the children explore their creativity, release tension and express emotions on things that worry them
- Boosted their self-confidence and self-esteem

**Duration:** Three 10-session clinical cycles from October to December 2021

**Art therapists:** Natacha Pirotte, Julie Verkist and Frédérique Degand

**In partnership with:** DASPA, Fédération Wallonie-Bruxelles

## Unaccompanied Minors (UAMs)

**No. of beneficiaries:** 21 caregivers at 3 Fedasil centres in charge of UAMs

**Impact:** Increased the staff's knowledge of art-based therapy (ACBT) which they can use for self-care as well as when working with the minors under their care

**Duration:** 2-day ACBT

**Art therapist:** Johanna Leps and Julie Verkist

**In partnership with:** Le Quotidien

# France

## Aurore Association

**No. of beneficiaries:** 47 young people aged 16–25 having dropped out of school who have little or no qualifications, and who are struggling with social and professional integration.

**Duration:** 5 cycles from September to December 2021

**Art therapists:** Sarah Baxter, Isabelle Fachinetti, Brigitte El Bar and Louise Duchâteau

**In partnership with:** Aurore Association

## Aurore Association – Espaces Dynamiques d'Insertion (EDI)

**No. of beneficiaries:** 12 caregivers of EDI who work with young people who have dropped out from the school system, have little or no qualifications and who are struggling with social and professional integration.

### Impact:

- Provided the staff with theoretical knowledge and practical art-based tools to take care of oneself
- Equipped the staff with new tools to use with the young people under their care to find new ways to communicate, identify their possible traumas, help them express their emotions.

**Duration:** 1-day ACBT programme

**Art therapist:** Sarah Baxter

**In partnership with:** Aurore Association: Espaces Dynamiques d'Insertion (EDI)



# Spain

## FEST Col·legi Santíssima Trinitat, Badalona, Barcelona

### No. of beneficiaries:

- 15 (2 groups of students: 8–9 years old and 14–15 years old who may be at a disadvantage when it comes to learning)
- 10 teachers

### Impact:

- Generated positive changes among the students especially in relation to their ability for creative expressions, as well as in communicating and building relationships with others
- Increased the staff's knowledge of art-based therapy (ACBT programme) which they can use for self-care as well as when working with the students in the classroom
- Provided two one-hour coaching meetings for teachers to foster sustainability and application in the classroom

**Duration:** 2 cycles of 10 clinical sessions and 6-session ACBT (12 hrs total)

**Art therapists:** Rosa Barquero and Eglé Casagrande

**In partnership with:** FEST Col·legi Santíssima Trinitat, Badalona, Barcelona

## Proyecto Hombre (Sevilla)

**No. of beneficiaries:** 1 group of 11 adults suffering from substance addiction and living in precarious economic and social situations (homelessness, broken ties with family, etc.)

### Impact:

- Generated positive changes among the adults especially in relation to their bodies and their feelings when they usually have difficulties addressing their personal issues
- Helped participants manage their anxiety

**Duration:** 1 cycle of 10 clinical sessions

**Art therapists:** Marta Gómez Díaz-Argüelles

**In partnership with:** Proyecto Hombre (Sevilla)



# Story of Change

## Dealing with Grief



Zhao using clay to model "death of COVID"

Zhao (pseudonym) is a primary-school aged boy from a family of Chinese origin. The teacher describes him as an introvert and quiet child. His interactions with the other children are limited, except for one girl–Carlotta (pseudonym). His family is very concerned about the Covid situation and Zhao is not allowed to eat lunch at school like other children because he would have to remove his mask. Zhao speaks very little Spanish but can follow the instructions.

The specific objectives of the art therapy sessions for Zhao are to:

- give him the opportunity to express himself through art as his verbal communication is limited
- promote his interactions with other children as he is quite introvert
- offer a safe space where he feels cared for and secured as his family seems especially scared by the Covid situation.

The first session allowed the art therapist to discover that Zhao is at ease with creative expression, can draw easily and enjoys exploring with art materials. In the second session, the children receive a small rubber duck and a cardboard plate, the directive is to create a safe place for the duck. Zhao created an environment inspired from Halloween while every other child created a safe place. When asked whether his duck feels safe, Zhao says "No...he is alone".

As the sessions progressed Zhao became more and more expressive. His artworks look outstanding, and this begins to give him more prominence and security. His body movements, gestures and words also became more fluid. He began to interact more with other boys and girls in the group, although he always showed a preference for working with Carlotta. He was more communicative with the art therapist too, asking for help when needed and more open to receiving comments more on his artworks.

When invited to create freely with clay, he made a structure that he named "The death of the Covid". Through this artwork, he expressed his desire to end the virus and, implicitly, to end the anxiety and other difficult feelings associated with Covid. He also drew some pictures in his notebook that may be related to that topic.



Zhao's "safe place" for the duck

Another important session for Zhao was the one on family. This session allowed Zhao to metaphorically portray the highly conflicting atmosphere at home between his father and the other family members.

This information was later shared by the art therapist with Zhao's teacher. Being informed of such situation at home helps the teacher and the educator team to support the children in the most appropriate way.

Through the creative process within the art therapy group, Zhao could express his feelings of loneliness and insecurity, his fear of the Covid and his desire for the situation to evolve, and the highly conflicting situation at home. Externalising these feelings allowed him to feel more at ease in the group. Zhao's ability to create with art strengthened his self-confidence, allowed him to turn to others and improved his interaction with other children. He was also able to experience being supported by a friend and began to trust the art therapist more. The fact that Zhao uses his Visual Journal at home confirms that the artistic expression is particularly suitable for him and is a promising sign that the development observed during the cycle will be sustainable.

# Corporate Governance

## The Red Pencil (Europe)

The Red Pencil (Europe), as a foundation of public utility, adheres to the Belgian Companies and Associations Code (law of 23 March 2019). As a member of the Belgian Federation of Foundations, The Red Pencil (Europe) undertakes to comply with the rules of good governance of the philanthropy sector.

### Conflict of Interest Policy

All Board members and employees will be required to comply with conflict of interest policy which stipulates that, when dealing in matters concerning The Red Pencil (Europe), they are to exercise their best care, skill and judgement for the sole benefit of the organisation and to make full disclosure of interests, relationships and holdings that could potentially result in a conflict of interest. Written processes are in place for Board members and employees to declare actual or potential conflicts of interest on a regular and need-to basis. Staff and Board members are to be excluded from discussions and approvals of transactions to which they have a conflict of interest.

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### Related Entities

The Red Pencil (Europe) is a related entity to The Red Pencil (International), The Red Pencil (Middle East) and The Red Pencil (Singapore). Alain and Laurence de Groote Vandendorre co-founded each entity and maintain general oversight of all offices. “The Red Pencil Humanitarian Mission” is a branding identity which unites the activities of all The Red Pencil entities.

### Board of Directors



**Laurence de Groote**  
Founder and  
Corporate Secretary



**Alain Vandendorre**  
Chairman

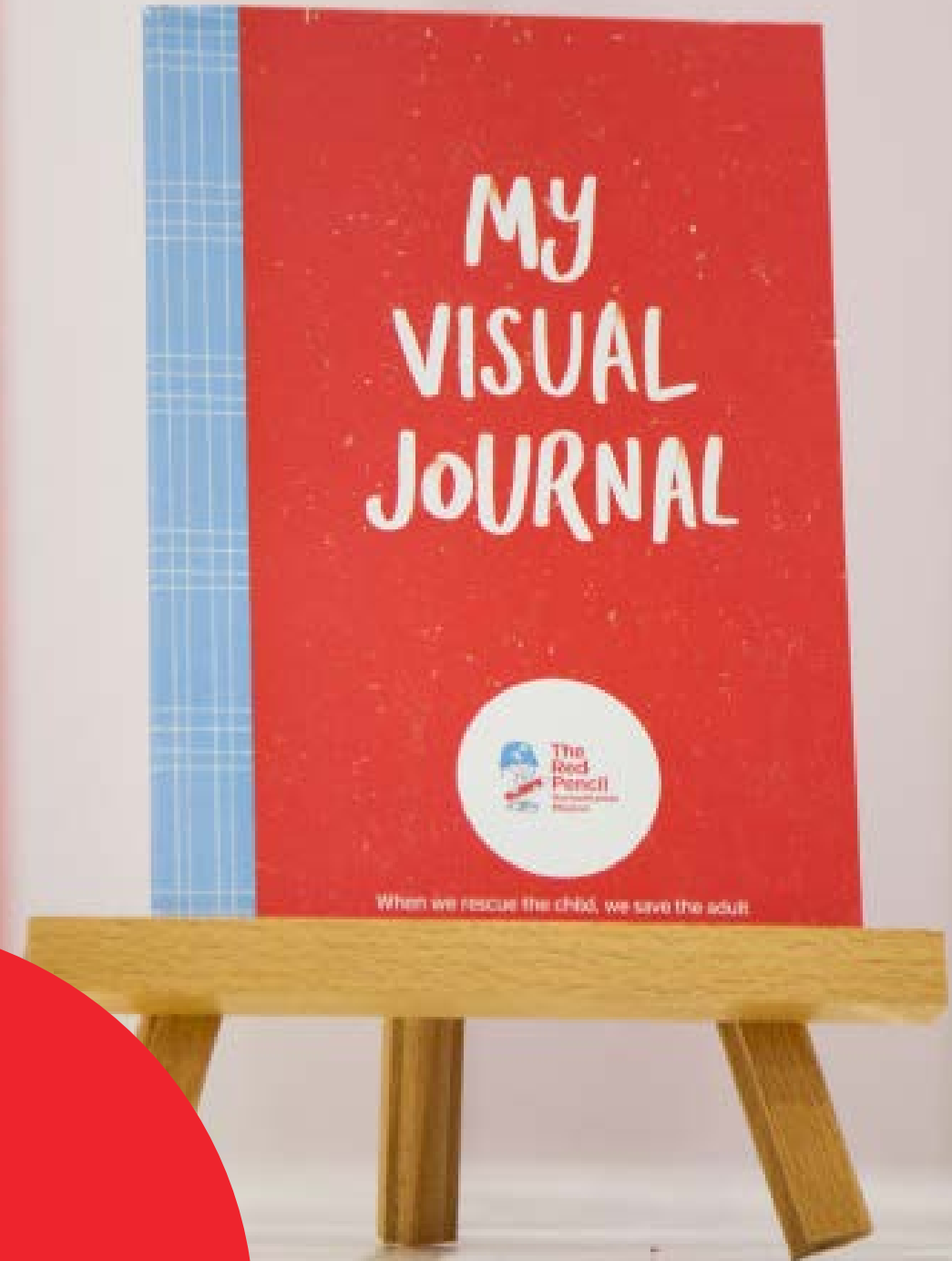


**Natacha Pirotte**  
Board Director and  
Managing Director

### Corporate Information

|  |   |  |  |
|--|---|--|--|
| <b>Corporate No:</b><br>0726.410.333   | <b>Date of Foundation:</b><br>03 May 2019   | <b>Intermediaries for Tax Deduction:</b><br>The King Baudouin Foundation and<br>Fonds des Amis du Red Pencil | <b>Office Address:</b><br>47 Boulevard Saint-<br>Michel, 1040 Brussels,<br><br>Belgium |
| <b>Accounting Firm:</b><br>DBM Tax & Accounting<br><br>Rue Paul Lauters 1,<br>1000 Bruxelles,<br>Belgium | <b>Bank:</b><br>BNP Paribas Fortis<br><br>Montagne du Parc<br>3. B-1000 Bruxelles | <b>Auditor:</b><br>BMS & C° Réviseurs<br>d’entreprises<br><br>Waterloosesteenweg 757<br>1180 Brussel         |  |

# *The Red Pencil (Singapore)*





# Our Programmes

The Red Pencil (Singapore) offers a variety of creative arts therapy programmes for both individuals and groups. Our programmes can be mainly categorised into clinical sessions and workshops.

Over the years, we have adapted these programmes according to the needs of our service users, and most recently, due to the pandemic, which have led us to develop online versions of these programmes, particularly those that address the mental wellbeing of our service users during these challenging times.



## Reflection from our intern

My internship at The Red Pencil has really opened my eyes to the amount of effort that organisations like The Red Pencil put in, to be a light to others who face troubling situations. Witnessing the work that The Red Pencil does has made me more empathetic to others, and better understand groups in society that need more on-the-ground support.

### Eunice Amor Oh

Marketing and Communications intern (Nov 2020–Jan 2021), on what she has gained during her internship



## Clinical Sessions

Our clinical programmes, facilitated by registered art therapists, are conducted for a minimum of 8 sessions in either individual or group setting. These sessions aim to help our service users reach therapeutic goals where trust, creativity and exploration issues are nurtured and supported.

For 2021, all clinical sessions were done face to face, and conducted according to prevailing Covid-19 restrictions.

### I am confident in expressing my emotions/thoughts\*



### I feel relaxed\*



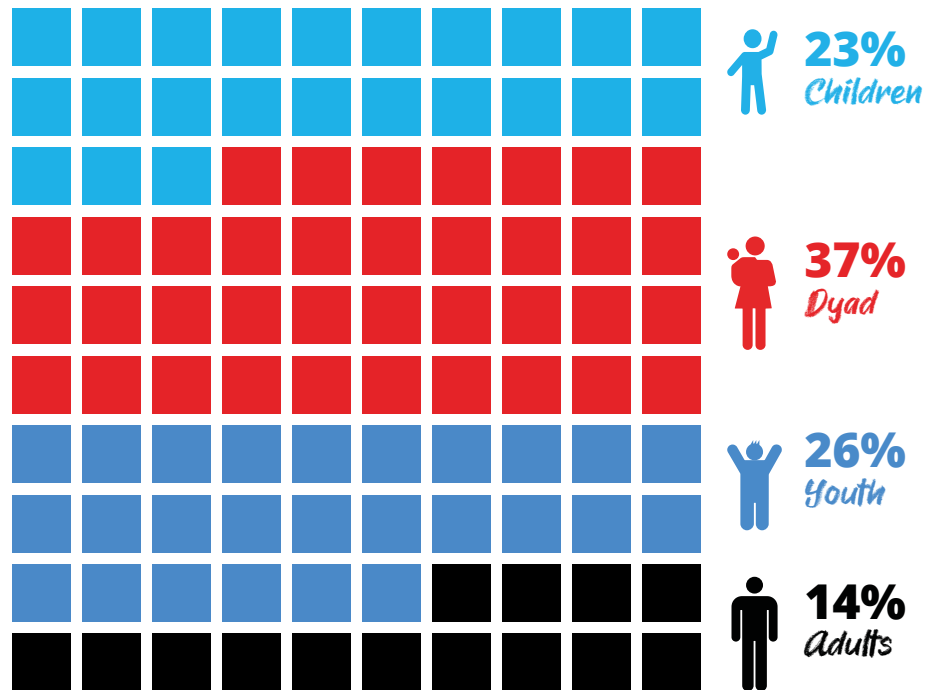
### I can manage my emotions in most situations (happiness, anger, disappointment)\*



\*Based on data collected amongst service users from January to December 2021.

# Visual Representation

## of our Clinical Session Service Users in 2021



# Testimonials

## from our Clinical Sessions



A heartfelt gratitude to The Red Pencil, who has been ever so generous with sponsoring two cycles of art therapy for one of our residents! Our boy was always anticipating sessions. He would have the widest smile after session and never seemed to have enough of art therapy.

**Amanda Yeo**  
Psychologist, Chen Su Lan Methodist Home,  
Pilot Small Group Care

The Red Pencil (Singapore) has benefitted me by allowing me and my fellow service users to work on what we like through art and creativity. The art therapist from The Red Pencil emphasised on self-care, and how we can express our emotions, thoughts and values through our art. There was a time when the art therapist provided materials for us to replicate the seasons of what we have been through. We were excited as we combined our individual pieces into one and it gave us a different view of a season.

**Alicia (pseudonym)**  
Service user from Star Shelter



# On-site Clinical Sessions @ Redhill

In the spirit of the opening of our new centre at Redhill, we have developed and launched two new clinical art therapy programmes for children and youths.



**BUDDING CAPTAIN** is an art therapy programme developed for children aged 6–12, which aims to empower children to build stronger socio-emotional coping skills and compassion for themselves and towards others. Participants are guided through therapeutic artmaking by a professional art therapist through visual art, movement, music & percussion, storytelling, and drama. This programme enables participants to have better emotional regulation and anger management strategies, equipping them with stronger positive behaviour and compassion towards others. With these attributes, children can grow into confident and compassionate future leaders, with a healthy mind, body, and soul.

**COURAGE** is a creative arts therapy programme for youths aged 13–25. It seeks to improve the emotional and mental wellbeing of youths by engaging them in creative arts therapy through visual arts, music, movement, and storytelling. Participants are provided a space to express themselves and share their life challenges with the guidance of a professional creative arts therapist. Through these sessions, the youth will be empowered to regain emotional resilience, self-confidence and positive self-esteem, as well as obtain alternative outlets to handle the issues that they face in their adolescence and young adult life.





# Story of Change

Freeing the Child inside



Ryan (pseudonym) was a young child when he was diagnosed with cancer. He used to love hiking and outdoor activities with his family during the weekends but the news of cancer shook the family. While he was undergoing active cancer treatment, Ryan was noted to not express and regulate his emotions healthily. Ryan was referred to an art therapy group by an organisation supporting children with cancer. The goal of art therapy was to rebuild Ryan's confidence and help him express himself and the challenges faced in his journey with cancer and Covid-19 concurrently.

Ryan joined a group of children with some cancer survivors and their siblings, accompanied by his teenager sister. Ryan appeared shy, tired and slow in his movements. In the initial sessions, he often sought assistance from his sister including what materials to choose and how to use them. In the first session exploring a non-directed painting, although he seemed tired, he showed some excitement when the art therapist assured him with the freedom to create what he wanted without judgement. He enjoyed making random marks on a paper box (Fig. 1) and the art therapist validated him for these moments of "being himself". During a group sharing however, Ryan became more shy and did not interact with other children in the group.

As the sessions progressed, Ryan was encouraged to explore a variety of materials with collage, textures, and forms. He created a collage with cut-out images representing different emotions. As he looked at those cut-out images with different facial expressions and colours, he was able to speak out more and articulate his emotions and experiences before and after Covid-19 happened using those collages. Other group members were invited to share and look at each other's creations as well. Ryan then initiated to create his own spontaneous painting (Fig. 2) with similar mark-making done before. Finished with a few bold colourful strokes, he showed much more confidence



Fig. 1



Fig. 2

in expressing symbolically how he felt about Covid-19 pointing to those colours.

Throughout the later sessions, Ryan was observed to be more forthcoming to the art therapist, sharing his plans to execute his ideas. He has gained much autonomy in expressing himself instead of looking to his sister for help. He was also observed to be more chatty and seemed to trust others more, as he had reached out to the art therapist for help.

Towards the end of the programme, he was seen to create his pieces independently and wanted to be the first one in the group to share about his artwork. He stood up in front of the computer screen (via online session), held his artwork about the life journey during the difficult times in Covid-19 and shared verbally about every elements in the image with confidence (Fig. 3). He beamed with pride and contentment when the art therapist validated his sharing and creations.

The artmaking process and safe space facilitated by the art therapist had supported Ryan to feel safe and relaxed again albeit the physical and psychological impacts caused by his ongoing cancer treatment. Providing Ryan opportunities to explore the visual materials and processes without judgement helped Ryan to regain a sense of control, self-autonomy, and self-esteem. The trust and psychological safety established by the art therapist and group dynamics enabled Ryan to play like a child again, freely express his ideas, thoughts, and feelings. The

symbolic communication through images using colours, textures, and lines enabled Ryan to express himself freely without feeling intimidated or inferior, and he was empowered to regain his self-confidence and active self, freeing the 'child' inside.



Fig. 3. In this photo, Ryan was quite ill. However, that did not stop him from standing up and presenting his art work with confidence

# Story of Change

## A Moment of Shared Joy



Darren (pseudonym) is one of the participants in the ReBound art therapy group program organised by The Red Pencil (Singapore). Darren is a bright and intelligent primary school boy from a single-parent family who is creative and individualistic in his expressions and behaviours. Darren was noted to be easily distracted in class and enjoys doodling but seems to struggle with cooperating in tasks that he is not interested in. The participants in this group all come from lower-income families. It is hoped that the group could explore challenges faced during the Covid-19 pandemic and experience empathy for self and others. The interventions were aimed to facilitate free creative expression to foster discussions on the struggles, hopes, and perspective reframing of how the participants lived through the pandemic.

In the beginning when the altered book directive was introduced, Darren was noted to be withdrawn and silent throughout the session. He would observe others before starting on his own. He was taken by the act of tearing pages out of his book and reconstructing his book with new paper. In the following sessions, Darren silently created his story (Fig. 1) while other participants interacted with one another. Darren chose to sit apart from the rest when another participant was not showing respect. Noting these observations, the art therapist followed up with Darren separately and encouraged him.

Darren returned in the next session more interactive with others while the art therapist noted that he may seem to be avoidant in his body language. Although he did not participate in the session directive, Darren chose to share about his book with the art therapist, and recruited her help to create dollar bills out of paper (Fig. 2). This piqued the interest of other participants who joined in to create their own bills. Darren and the other participants spontaneously interacted and played with one another.



Fig. 1

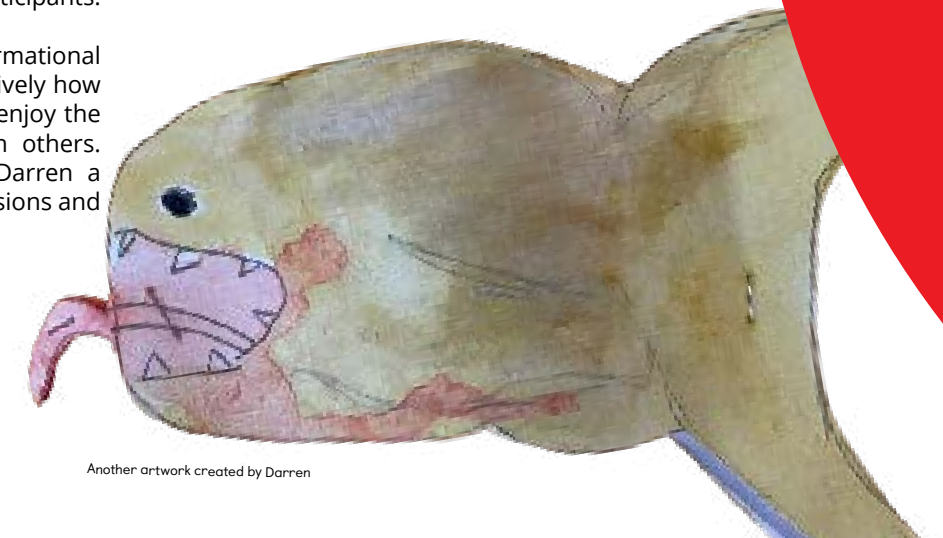
In the next session, a participant noticed Darren struggling with paints and initiated to help him. Another participant even requested help from Darren when she was struggling to mimic his painting techniques. The art therapist noted that the group became more spontaneously supportive of each other.

Towards the end, a little gallery of the participants' artworks was set up. When the art therapist pointed out to the group that the materials that Darren tore out of his book initially were all used up by the rest of the group, there was a moment of shared joy and mutual recognition among Darren and the other participants.

Over the six sessions, it was a transformational shift for Darren to experience positively how he could be a part of a group and enjoy the supportive social connections with others. Additionally, art therapy offered Darren a safe space to create his own expressions and be affirmed in his creations.



Fig. 2



Another artwork created by Darren



# Art Therapy Experiential Workshops

Our workshops allow participants to experience the benefits of art therapy through creative hands-on activities in a single sessions of 2-4 hours, depending on the number of the participants.

Anyone can use the creative process of arts to take care of his/her mental, physical and emotional wellbeing towards healing and self-empowerment. Participants leave the session feeling rejuvenated and refreshed.

For 2021, as most of our workshops were open to the public and conducted in groups, all have been conducted online, not only to ensure the safety of the participants, but also to enable us to reach a wide variety of service users.

## At a Glance

- 96%** saw the themes/directives to be appropriate\*
- 88%** felt that they personally gained from the workshop\*
- 75%** deemed the workshop to be relevant to their needs\*
- 96%** thought that the facilitator encouraged participation in activities and discussions\*
- 90%** believed that workshop met their expectations\*

\*Surveyed 228 workshop participants with a total of 150 workshop hours.



# Testimonials

from our Art Therapy Experiential Workshops



I found the session engaging and informative, and at the same time well-paced. I appreciated how the art therapist, facilitated the artmaking process and sharing. It was really nice seeing how everyone else interpreted their artworks differently based on their emotions and personal experiences. The workshop prompt and flow were really creative overall and I would definitely return for subsequent workshops.

**Jaz**  
Online workshop participant



It was lovely to take a breather with the workshop, and be reminded that I can use artmaking as a way to de-stress.

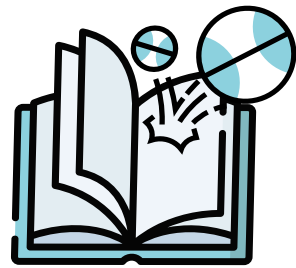
**Meryl (pseudonym)**  
Online workshop participant



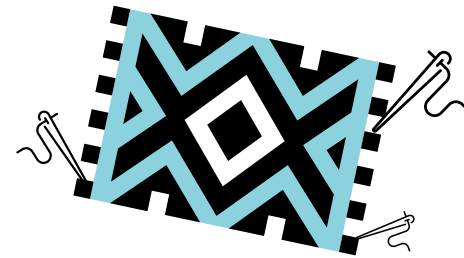
# Art Therapy Projects

The Red Pencil (Singapore)'s art therapy projects are social action initiatives intended to facilitate social change by engaging groups in the context of group art therapy. The goal is to empower the participants to build connections and create narratives of their own community through visual means. It also aims to raise social awareness and reflections on unique community experiences, inspiring them to become an agent of change.

Two new projects developed in 2021 are ReBound and Our Tapestry.



**ReBound** is an art therapy project that aims to empower participants to make changes towards better emotional wellbeing. Participants will be guided with therapeutic discussions, group sharing, and creative processes in order to raise their emotional intelligence, resourcefulness, and empathy towards self and others in challenging life situations. They will learn a unique technique to creatively transform books with everyday objects and creative mediums.



**Our Tapestry** is an art therapy project that aims to harvest healthy relationships within families or communities by strengthening emotional ties as well as harnessing empathy and compassion for the self and others. Through exploring themes such as fears, challenges, identities, dreams, or hopes, participants will be guided to reflect on the qualities and meanings of their relationships with others in support of the emotional wellbeing of the self and the other. During the sessions, participants co-create a large-format textile or cloth using techniques such as weaving, stitching and sewing.

# Testimonials from our Art Therapy Projects



I attended ReBound art therapy earlier this year. Before attending the programme, I was not too convinced as to how it would support or help me. I felt that my limited art skills and techniques would affect my experience. But after attending the series of sessions, I realised that this is untrue. Conducted every Monday, the sessions always started off with a sharing about a new art technique and objective. I found it very meaningful that we were allowed to explore the technique in a way familiar and comfortable for us. It was interesting to see how all of us in the group had the same brief but came up with different ways of portraying the ideas. Within the group, the therapist also facilitated smaller and casual conversations that helped us to de-stress and bond. Especially after a long day, I found myself looking forward to the sessions as a form of relaxation as well. I am thankful for the opportunity and do hope to experience something similar in the near future once again!

**Saraswathy Kumaran**  
Case Worker, aLife



The ReBound art therapy project for youths was an effective programme. As students, most of the participants experience great amounts of academic stress, relationship struggles, financial concerns and mental health related issues while trying to keep up in a fast-paced society. Art therapy provided the students with an opportunity to slow down, navigate and process overwhelming thoughts and emotions within a safe space where "there is no bad art". Participants were observed to have enjoyed choosing materials and exploring various art mediums. They were relaxed during artmaking and personal sharing. The most empowering aspect of artmaking was how students developed an ability to self-soothe by drawing on their inner strengths. This is especially evident in final artworks, where participants were invited to thank themselves.

**Fiona Quek**  
Counsellor, Temasek Polytechnic

# Community Outreach

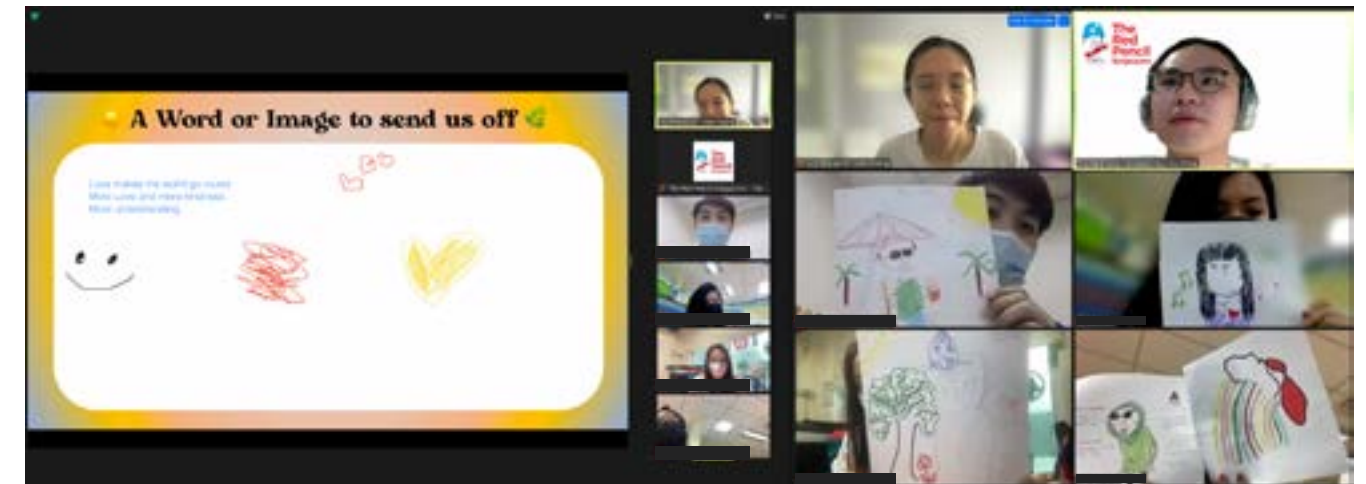
## Allied Educators

On 21 May 2021, we had the pleasure of conducting an Online Art Therapy Experiential Workshop for a group of allied educators who provide support to students with mild special educational needs (SEN) in local primary schools, where they learn about self-care.



"I can relate to what has been taught and apply it to Covid-19. Covid-19 can be stressful and knowing how to self-care really helps."

**Sam (pseudonym)**  
Allied Educator,  
Online workshop participant



## PCF Sparkletots

It was an honour to bring mental health awareness through artmaking to a group of young educators at PCF Sparkletots. In August 2021, teachers at PCF Sparkletots participated in an Online Art Therapy Experiential Workshop facilitated by art therapist and former Red Pencil (Singapore) scholar Lee Wan Xiang. Attendees learned creative tools on checking in with oneself, dealing with challenging emotions and how to have self-compassion.

"Teacher's mental wellbeing is often being overlooked and it is often not placed as priority. As adults caring for children, I find that there should be more awareness and importance given to look into teacher's mental wellbeing to be able to provide the best for the children under their care. I think art therapy helps us to understand our emotions and to become self-aware of our actions and mental wellness. Having gone through one session of art therapy gave us insights on how the process is carried out and allow us to share this with others in the community."

**Wahidah Binte Salim**  
Lead Teacher,  
PAP Community Foundation



# NUS i.Volunteer

For the second year in a row, The Red Pencil (Singapore) was part of i.Volunteer, a one-day event jointly organised by the National University of Singapore's (NUS) Office of Student Affairs (OSA) and Red Cross Youth (NUS Chapter).

This event held in September 2021 aims to promote the spirit of volunteerism by encouraging meaningful virtual connections between volunteers and beneficiaries so that they may offer each other love and support especially during this period of tough times.

As part of their activities, The Red Pencil (Singapore) conducted an online art therapy workshop for the volunteers where they engaged in therapeutic art activities, allowing them to reflect on their volunteering journey, learn self-care practices, and gain knowledge on managing their own mental health while serving the needs of others.

## Testimonial

"Yes, the mindfulness exercise is calming and I can definitely apply that to my personal life :)"

**Alex**

i.Volunteer

Online workshop participant







# Our 10<sup>th</sup> Anniversary

We launched this special anniversary logo in August 2021 to commemorate 10 years of making a difference in the Singapore community through creative arts therapy.

In designing the logo, we wanted to highlight the “flow” of our progress with a brush stroke. As the mascot stands kindly and vigilantly at the side, the number 10 emerges from the “flow of progress” to show the continuous aspiration we have for the future, specifically for Creative Arts Therapy in Singapore.



## Creative Arts Therapy Centre @ Redhill

To increase the ease of accessibility of services to those in need in the local community, The Red Pencil (Singapore) recently established its first Creative Arts Therapy Centre, nestled in the Redhill neighbourhood.

Renovation of this space located at 82 Redhill Lane's HDB void deck started in the third quarter of 2021, and in December 2021 we debuted our first face-to-face programme at the Centre. The official opening of the centre is slated for June 2022.





# ReBound Exhibition

ReBound: Journeying Covid with Art Therapy is a series of community art exhibitions sharing the unique artworks created by individuals or families based on their experiences with the Covid-19 pandemic and their reflections throughout their individual therapeutic journeys in 2021.

The ReBound exhibition series features multi-media artworks created by participants of The Red Pencil (Singapore)'s art therapy project of the same name. Contributors, who provided informed consent to participate in this exhibition series, were empowered to select their own artworks, narratives, and reflections that best represent their journey with the pandemic.

From 7 February to 13 March 2022, The Red Pencil (Singapore) held the first series at its Creative Arts Therapy Centre in Redhill which was open to the public on a pre-registration basis. Aside from the physical exhibition, a virtual version of the exhibition can also be viewed by visiting this link: [www.reboundjourney.com/exhibition](http://www.reboundjourney.com/exhibition) or scanning the QR code provided on this page.



The initial series consists of six artworks created by children and youth from Ain Society, a charity that provides a platform for cancer-stricken patients to gather strength and support from the people around them. In addition, there are also 5 artworks from children and youth of CATCH Plus, a charity that provides a safe, secure, and friendly environment for the children to learn, play and socialise with other children, volunteers and mentors.

From this exhibition, we hope to bring the message to everyone that we are not alone in the challenges that we face during this pandemic.





# Corporate Governance

## The Red Pencil (Singapore)

The Red Pencil (Singapore) continues to adhere to the Charities Act, the Code of Governance for Charities and Institutions of a Public Character and regulations issued by the Charity Council, improving on its accountability and transparency To ensure a sound system of internal controls to safeguard stakeholders’ interests, The Red Pencil (Singapore) has set in place its HR Policy, Finance Policy, Board Policy, Marketing and Communications Policy and Volunteer Management Manuals.

### Conflict of Interest Policy

The Red Pencil (Singapore) is committed to the highest standard of ethical behaviour and sound corporate governance. Our whistle-blowing policy complies with the Code of Governance is intended to provide guidance to those who have concerns about possible irregularities or wrongdoings within the organisation. The policy is adopted to ensure that members of staff would not suffer any detriment, or be fearful of the risk of reprisal, victimisation or other adverse repercussion, as a consequence of them raising their concerns in good faith.

### Whistle Blowing Policy

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### Reserves Policy

Reserves are maintained to provide working capital and enable The Red Pencil (Singapore) to develop over the longer term. Designated Funds and Restricted Funds are donations or grants received that are set aside for specific projects and expensed, in accordance with donors’ wishes or stipulated by government ministries. The reserves are not expected to exceed the equivalent of 3 years’ expenditure of The Red Pencil (Singapore).

### Related Entities

The Red Pencil (Singapore) is a related entity to The Red Pencil Humanitarian Mission. The Founder and Managing Director of The Red Pencil (Singapore) is also the Founder and Managing Director of The Red Pencil Humanitarian Mission and has general management control over the entity. Founder and Managing Director, Mrs Laurence de Groote Vandendorre, a registered art therapist, volunteers full-time at The Red Pencil without salary nor allowance. All of Mrs Vandendorre’s expenses are borne on her own account.

### Board of Directors



**Laurence de Groote**  
Founder and Managing Director



**Alain Vandendorre**  
Co-Founder and Chairman



**Karen Tay Koh**  
Board Director and Deputy Chairman



**Professor Anette Sundfor Jacobsen**  
Board Director and Treasurer



**Chong Huai Seng**  
Board Director

### Corporate Information

**UEN No:**  
201113675E

**Date of Incorporation:**  
08 June 2011

**Date Approved as IPC:**  
01 May 2015 (Latest approval renewal till 02 November 2024)

**Office Address:**  
82 Redhill Lane #01-69  
Singapore 150082  
Singapore

**Auditor:**  
Robert Tan  
Partners PAC

**Bank:**  
United Overseas  
Bank Limited

**Legal Advisor:**  
Ng Ka Luon Eddie  
(TKQ Partnership)

**Corporate Secretary:**  
Questor Management  
Pte Ltd

61 Club St,  
Singapore  
069436

80 Raffles Place,  
UOB Plaza 1,  
Singapore 048624

1 Wallich St, #07-02,  
Guoco Tower

85 Club St,  
Singapore 069453



*Corporate  
Information*

# What's New and Upcoming

## *The Red Pencil governance office in Monaco*

The Red Pencil Humanitarian Mission registered its governance office in Monaco in June 2021. The purpose is two-fold:

1. to establish a Governance Chart for all Red Pencil entities to adhere to and be monitored by an internal Board of Experts in the humanitarian field covering various aspects such as trauma, mental health, wellbeing, operations, governance of sponsors, impact, monitoring and evaluations, sustainability and
2. to organise international meetings of experts around the world to come annually to Monaco and share their experiences on various subjects related to art therapy, trauma, emotions, mental health, neuroscience and other related topics.

The Red Pencil office's corporate information has been published in the Monaco Newspaper 8551 on 13 August 2021. Aside from our physical presence, we also marked our virtual presence by becoming a part of osimonaco.org, a portal where international solidarity organisations based in Monaco can share updates about their organisations' activities.



### **Thanks to the support of the Principality of Monaco**

The Red Pencil (Monaco) office has received its first donation of 20,000 euros from the Principality of Monaco and the "Direction de la Cooperation Internationale". The donation was allocated to support our work in Lebanon due to the urgency of the mission.

## *Corporate Information*



**Gratitude to Family Office BELMONT for setting up our Monaco entity, to Mr. Christopher Theo for accepting to be the Treasurer.**

(Left: Logo of Belmont Multi Family Office S.A.M. (Belmont MFO))





# What's New and Upcoming



## *Strategy for the Gulf region*

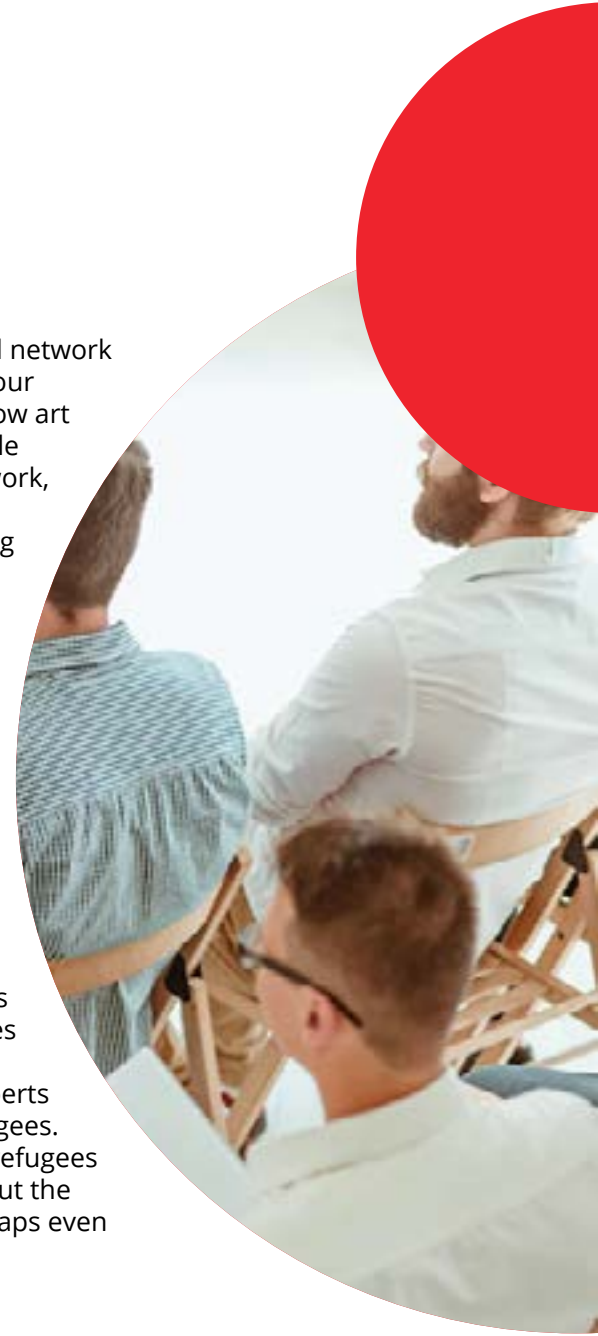
The Red Pencil is preparing a strategy for the Gulf region which will lay down plans on what the organisation hopes to implement in these countries in the next five years. In line with this, we are working with a team of certified Arabic-speaking art therapists who have experience in the Gulf to develop appropriate art therapy missions and programmes that would benefit vulnerable populations in this region. As part of this endeavor, we will be selecting and approaching relevant local organisations that we can partner with, as well as identify potential funders. Countries in the Gulf region are Bahrain, Kuwait, Qatar, Oman, Saudi Arabia, United Arab Emirates.

## *Knowledge sharing with art therapists*

In 2021, we invited several external speakers to share with our global network of art therapists their expertise on art therapy. The aim is to update our intellectual knowledge of art therapy and to exchange ideas with fellow art therapists. Speakers include Soraya Hage Obeid, who spoke on Middle East interventions, Prof Ephrat Huss who presented on community work, and Mary Rose Brady who shared her expertise on trauma. A total of five sharing sessions were held over the past year and more are being planned for the year 2022 and beyond.

## *Creative arts therapy mission for Ukrainian refugees*

As of April 2022, over 4 million refugees have fled Ukraine since the war broke out. As Europe opens its doors to receive refugees, The Red Pencil joins the European community in finding ways to assist these refugees, particularly through mental health and psychosocial support (MHPSS). We are consolidating our efforts to plan creative arts therapy programmes in Europe to help distraught children and families from Ukraine who are suffering from the trauma of this ongoing war. While food, shelter and other necessities are immediate priorities, experts point out the urgency and importance of providing MHPSS to the refugees. As Dr. Manuel Carballo puts it: "The physical injuries of the Ukrainian refugees can be easily seen. We see the wounds, bandages and ambulances...But the mental health aspects of becoming a refugee are less visible and perhaps even more profound."<sup>5</sup>



<sup>5</sup> Aditi Nerurkar, Dr., "The Trauma of War on Ukrainian Refugees." Forbes, 7 Mar 2022, <https://www.forbes.com/sites/aditinerurkar/2022/03/04/the-psychology-of-the-refugee-experience-ukraine/?sh=7e16b70b68dd>.

# Financial Overview

The total amount of donations (inclusive of grants) has reached approximately USD 424,644 during the past year. The overall mission has provided more than 1,416 paid hours of creative arts therapy sessions and workshops, and the number of creative arts therapy pro bono sessions from our international humanitarian missions outside Singapore and Europe have in addition exceeded 1,962 hours (non-inclusive of other volunteering hours) representing a value of more than USD 180,100, which is an important cost saving for our organisation.

The Red Pencil Humanitarian Mission's cash on balance sheet exceeds USD 1.3 million, more than 88% of which have been cumulatively generated by The Red Pencil (Singapore)—which is historically the first and major entity of our organisation—and are restricted for Singapore-based projects, as they

include significant government grants and are also 250% tax deductible for the donors, hence their usage for Singapore only. The financial statements for each individual entity [The Red Pencil (International) based in Geneva, The Red Pencil (Europe) based in Brussels and The Red Pencil (Singapore)] are available on the website. The Red Pencil (Middle East), a registered Not-for-Profit organisation based at the International Humanitarian City in Dubai, is a subsidiary of The Red Pencil (International) and does not have operational accounts yet. We do not provide a consolidated financial report as each entity is an independent Association, Foundation or Institution of Public Character in their respective host countries and again their respective financial statements are available on [www.redpencil.org](http://www.redpencil.org).



## Key Financial and Operational Indicators

|   | The Red Pencil (Singapore)<br>SGD | Red Pencil (International)<br>CHF | Red Pencil (Europe)<br>EUR | Total<br>USD |
|---|-----------------------------------|-----------------------------------|----------------------------|--------------|
| <b>Donations (including grants)</b>     | 182,016                           | 20,219                            | 321,193                    | 424,644      |
| <b>Other income</b>                     | 29,428                            | -                                 | 42,580                     | 57,764       |
| <b>Art therapy paid hours</b>           | 70 hours                          | 105 hours                         | 1,241 hours                | 1,416 hours  |
| <b>Art therapy pro bono hours</b>       | 70 hours                          | 1,962 hours                       | 30 hours                   | 2,052 hours  |
| <b>Value pro bono art therapy Hours</b> | 10,500                            | 180,100                           | 1,500                      | 189,368      |
| <b>Cash on balance sheet</b>            | 1,629,054                         | 24,479                            | 166,741                    | 1,368,511    |
| <b>Cash allocated to projects</b>       | 901,653                           | -                                 | 33,186                     | 695,103      |

Average exchange rate in 2021:

1 CHF=1.0941 USD (source: [www.exchangerates.org.uk](http://www.exchangerates.org.uk))

1 SGD=1.3517 USD (source: [www.eservices.mas.gov.sg/Statistics/msb/ExchangeRates.aspx](http://www.eservices.mas.gov.sg/Statistics/msb/ExchangeRates.aspx))

1 EUR=1.183 USD (source: [www.exchangerates.org.uk/EUR-USD-spot-exchange-rates-history-2021.html](http://www.exchangerates.org.uk/EUR-USD-spot-exchange-rates-history-2021.html))

# Gratitude

## To our donors and grantmakers

Our donors are the life which allows The Red Pencil to live and to bring their expertise to the most vulnerable and sometimes the most forgotten, we extend our heartfelt gratitude for their indispensable generous contribution.



# Gratitude

## To our partners

Co-agents of social change: that is who our partners are. We would like to express our gratitude to the following partners for the meaningful collaboration that brings life-changing transformations to our beneficiaries.





# How to make a donation

There are many children, adults and families in vulnerable situations worldwide whose lives can be transformed through creative arts therapy. With your generous support, we can make an impact in their lives. Join us in leading them towards a journey of recovery.



*If you wish to support creative arts therapy programmes in Singapore*

## BANK TRANSFER

**Name of Bank Account:** The Red Pencil (Singapore)

**Bank:** United Overseas Bank Ltd

**Address:** 80 Raffles Place, UOB Plaza 1, Singapore 048624

**SWIFT Code/BIC:** UOVBSGSG

**Account Number:** 450-304-041-1

## PAYNOW APP

1. To make a donation, open the PayNow application (only available in Singapore) on your mobile phone and scan the QR code on the right.



2. Enter the Unique Entity Number (UEN), 201113675E, and key in the amount that you wish to donate.

If you have made a contribution through the bank transfer or PayNow option, please inform us of your donation by sending a message to [welcome@redpencil.org](mailto:welcome@redpencil.org) with your name, bank transfer reference, Singapore NRIC/FIN no. (for tax exemption purposes) and contact details.



**If you are a donor who is based in Singapore, any monetary donations you make to The Red Pencil (Singapore) will be entitled to a 250% tax rebate.**



*If you wish to support creative arts therapy programmes around the world*  
(excluding Europe and Singapore)

## BANK TRANSFER

**Name of Bank Account:** The Red Pencil (International)

**Bank:** UBS Switzerland AG

**Address:** Place des Eaux-Vives 2, 1207 Geneva, Switzerland

**CHF Current:** CH44 0024 0240 8984 0040 M

**EUR Current:** CH39 0024 0240 8984 0041 C

**USD Current:** CH13 0024 0240 8984 0060 Z

**SGD Current:** CH13 0024 0240 8984 0061 W

**SWIFT Code/BIC:** UBSWCHZH80A

Please inform us of your donation by sending a message to [welcome@redpencil.org](mailto:welcome@redpencil.org) with your bank transfer reference, name and contact details.

**If you are a donor who is based in Europe or in the United States of America, you are entitled to tax rebates. For further details, please contact us.**



*If you wish to support creative arts therapy programmes in Europe*

## BANK TRANSFER (NON TAX-DEDUCTIBLE)

**Name of Bank Account:** The Red Pencil (Europe)

**Bank:** BNP Paribas Fortis

**Address:** Montagne du Parc 3. B-1000 Bruxelles

**IBAN:** BE03 0018 6142 8784

**SWIFT Code:** GEBABEBB

Please inform us of your donation by sending a message to [welcome@redpencil.org](mailto:welcome@redpencil.org) with your bank transfer reference, name and contact details.

## DONATE ONLINE

1. Donate directly through the Red Pencil website (Scan the QR code on the right or visit <https://redpencil.org/donate/RPI/>).



**OR**

2. Donate through Simplygiving.com, an online fundraising platform.

Link: [https://www.simplygiving.com/NonProfit/TheRedPencil\\_International](https://www.simplygiving.com/NonProfit/TheRedPencil_International)

## FOR TAX DEDUCTION IN BELGIUM FRANCE, THE NETHERLANDS, DENMARK AND LUXEMBURG\*



Please scan the QR code on the left or visit this link below:

[bit.ly/kbf4redpencil](https://bit.ly/kbf4redpencil)

*Please note that donors from Belgium, France, The Netherlands, Denmark and Luxembourg using this payment option are eligible to tax-deduction on certain conditions.*

Be a Red Pencil

# Volunteer



If you wish to contribute to our cause in other ways, why not join us as a volunteer? Your support will help us to make a positive difference in communities around the world! **Listed below are some ways you can help us out:**

## *If you are a certified art therapist*

One of The Red Pencil's objectives is to promote creative arts therapy and contribute to its international development. We believe this can be done both by including all interested art therapists into our network and programmes, but also by making their work more visible and being a platform for like-minded therapists around the world.

If you are a certified art therapist who is interested in conducting art therapy programmes (Singapore, Europe), or volunteering for an international humanitarian mission, please send us an email\* with your resume (written in English) and letter of interest, so that we can add you into our database. In the event of an upcoming programme or mission, you will receive a call-out with information and application details.

If you are an art therapy student who is interested to gain more experience in the field, you may join our missions as a mission reporter (subject to availability) and provide support to the lead art therapists as well as help with the collection of data, photos and videos.

## *If you specialise in a specific skillset*

If you wish to help us improve the lives of our beneficiaries by offering your skills and expertise, please send us an email\* with your resume and letter of interest. Volunteers who specialise in areas such as research, law, fundraising or digital marketing would be particularly welcome.

## *If you specialise in fundraising*

Tap into your creative ideas and start your own fundraising project today! Whether you are artistically inclined, own a small business or simply wish to support a good cause, your help is deeply appreciated. You can also utilise digital platforms such as Giving.sg or SimplyGiving to promote your fundraising project and spread the word about creative arts therapy. Feel free to get in touch\* and share your ideas with us!

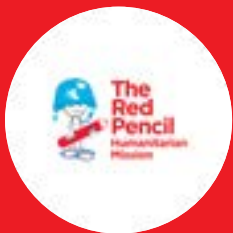
**\*Please contact us at:** [welcome@redpencil.org](mailto:welcome@redpencil.org)



TOGETHER

WE

CAN



When we rescue the child,  
we save the adult

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