



Penang Family Health Development Association 槟州家庭健康发展协会

PENYATA TAHUNAN 2019 59th Annual Report



FPA in 1961

60 years
of
service

FHDA in 2020

PERSATUAN PERKEMBANGAN KESIHATAN KELUARGA PULAU PINANG
Penang Family Health Development Association

槟州家庭健康发展协会

(Winner of Tun Dr Siti Hasmah Award, 2012)

The Penang Family Health Development Association (FHDA) is an NGO, established in 1961 then known as Family Planning Association. We are a not for profit registered society. We collaborate with the National Population and Family Development Board, under the Ministry of Women, Family and Community Development, Malaysia. FHDA is also a partner organization of the Malaysian AIDS Council. We provide a complementary service for the AIDS programme of the Ministry of Health, Malaysia.

Penang FHDA is a member association of the Federation of Reproductive Health Associations, Malaysia (FRHAM). FRHAM is a national NGO leading in the field of promotion on sexual and reproductive health and rights (SRHR) in Malaysia. It is an affiliate of the International Planned Parenthood Federation (IPPF). We participated in the successful accreditation process for the FRHAM in 2016 & 2017.

We won the Tun Dr Siti Hasmah Award in 2012 for community work on AIDS. This award is presented by the Malaysian AIDS Foundation.

FHDA depends on funds for projects from donors/sponsors and international or national grants. For administration overheads, advocacy and incubation of new initiatives or charity services we have to raise our own income from public donations and fees for services.

Donors may send us donations online via account no MBB 5570 1800 0092 or via Paypal.

VISION: To be a leading NGO in the field of sexual and reproductive health and rights.

MISSION: A caring and effective NGO in community health.

MOTTO: My Body, My Responsibility

Location

Penang FHDA is located in George Town, in the state of Penang, North West Peninsular Malaysia.

- A basic family planning/wellness screening clinic in George Town, Penang.
- An office/counseling centre at 333 Jalan Perak, George Town, Penang
- An outreach/social work centre in Bukit Mertajam on the mainland.

The FHDA Programme

1. Clinical (Integrated of Package of Essential Services aka IPES)

FHDA's clinics offer family planning (including Implanon and IUCD insertions), pre and post exposure HIV prophylaxis, medical screening for women's health, HIV, STI and counseling/referrals for all. We have a fortnightly HIV screening/counselling night service.

2. Outreach

- Me and You (MAY) support group for PLHIV with visits to hospitals and MAY4Kids charity aid for children.
- Case management outreach to transgender, street based sex workers and men who have sex with men on a STI/HIV harm reduction programme, bringing the clients for medical treatment and follow up for the clients.
- Outreach to underserved women to provide health-screening services free of charge and referring them to free of charge tertiary care.

3. Counselling

We provide counselling for unwanted pregnancies, relationships and teenage issues.

4. Advocacy

FHDA advocates for policy change to enable increased access to healthcare and employment for marginalized groups. Women's health screening service and education, outreach to places like factories, housing estates, and institutions of education. Comprehensive sexuality education (CSE) is advocated for young people to empower them to learn about family development and awareness of cyber sexual and gender based violence.

5. Aged care

FHDA conducts outreach projects to serve elderly in the community with home visits and activities at old folks' homes.

6. Training

FHDA runs training on contraception, sexuality, HIV, STI, SRHR for peer educators, young people, doctors and nurses. We obtained Continuing Professional Development (CPD) Provider status for Malaysian Medical Association and the Ministry of Health.

7. Publications

- Bicara Komuniti manual (a Malay language facilitators' guide)
- Guidelines for HIV testing (registered National Library Bar Code), 2011.
- Newsletters and annual reports.


Conclusion

Current challenges are reduction in volunteer enrolment and financial challenges for sustainable income. We welcome volunteers to help us design a sustainable income plan and be involved in projects. We look forward to students from different fields of study who are interested to intern with us. Visit us on our website [https : www.penangfhda.org](https://www.penangfhda.org).

For more information, contact Penang FHDA:

333 Jalan Perak, 11600 Penang, Malaysia.

Tel. 604-2813144; email: info@fhdapenang.org

Like and follow us on : Penangfhda

Message from the President



Working in reproductive health has always been challenging due to cultural attitudes especially with regards to women's status in society. The recent lockdown due to the Covid 19 epidemic has clearly exacerbated an already critical situation; reports show an alarming increase in domestic violence, unplanned pregnancies and abortion requests. Increased baby dumping has become one aspect of this problem.

FHDA continue to urge the Government authorities to be more proactive in promoting effective strategies to prevent STIs and unplanned pregnancies especially amongst the youth and to recognize that morality lectures on abstinence do not work.

In our joint advocacy workshop with Malaysian Pharmaceutical Society, Penang Branch, titled "Advancing Pharmacists' Role – Myths and Facts about Sexual Health and Family Planning" on 8th March this year ten days prior to the Movement Control Order, discussed postal access to prescribed contraceptives and pharmacists agree that prescriptions by doctors can be supplied to clients by post. This would be particularly important during lockdown. We feel there is now greater need to provide telemedicine services in future healthcare delivery.

The economic down-turn resulting in job losses added to difficulty of access to medical treatment and for some, basic needs. Sectors who depend on daily paid work such as street dwellers, were desperate. FHDA increased humanitarian aid in our project "Differentiated HIV Services for Key Populations" groups with food supplies donated by the Malaysian AIDS Council, the Theng Kah Loke and Wong Ah Yin Charity Trust, private donations and PPE to clients from well wishers.

Another marginalised group of women are migrant workers and also young refugee women who have been turning up with unplanned pregnancies. Factory workers' contracts stipulate "no romantic relationship" or celibacy, clearly an unrealistic assumption.

Therefore, we are very happy to be part of a research project "Piloting Health Interventions to Advance the Sexual and Reproductive Health of Women Migrant Workers in Malaysia" which was approved to commence training of peer educators by FHDA and mobile clinic by Reproductive Rights Advocacy Alliance Malaysia from May 2020 to October 2021.

This project involves multidisciplinary team of researchers from the Universiti Sains Malaysia, University of Westminster, Middlesex University and the factory partners are in the Bayan Lepas Free Industrial Zone. The funding award is from the Newton Fund Impact Scheme of the British Council and the Malaysian Industry Group for High Technology. The Principal Investigator in Malaysia, Professor Dr Noraida Endut and her research team from the Centre for Research on Women and Gender (KANITA) will be very hands-on in this project.



Dr Choong Sim Poey, KMN, DJN, JP
President

Message from the Chairperson



On 18 March 2020, due to the Covid-19 pandemic, a movement control order (MCO) was imposed in Malaysia. The latest phase, the recovery movement control order is from 10 June to 31 August. This has somewhat slowed down some of our activities. Many in the low- or middle-income groups find it difficult to access SRH care due to the limited services, providers and supplies as well as restricted mobility during the lockdown. However, FHDA has managed to deliver these essential services especially during the initial stages of the MCO while curbing virus transmission. We also provided counselling and virtual care especially in the form of referrals to health facilities and services.

I am proud to inform members that in 2019, FHDA conducted ample non-funded activities with networking, collaboration and volunteerism.

I was the co-organising chairperson of the “Lunchvaganza” Charity Food Fair held on 13 October 2019. FHDA was the secretariat for the fund raiser partnering with the Badan Sokongan Pesakit Kanser Seberang Perai, the Diabetic Society of Penang, Generasi Pemenang and Perlis Family Planning Association (FPA). The event took nine months and ten joint meetings to come to fruition.

The income raised came from cash donations, stall sponsorships and sale of food fair coupons. The final proceeds was shared by percentage of effort. Penang FHDA’s proceeds was RM28,190. We would like to thank the event patron, the Hon. Lim Siew Khim, State Assembly person for Sungai Pinang; FRHAM Vice Chairman Dr Kamal Kenny who came from Perak; and Ms Betty Lim, manager of Perlis FPA. We also greatly appreciate our partners, volunteers, staff, donors, patrons, vendors and collaborating agencies who helped make this event a success.

Training on HIV counselling and testing was conducted for FRHAM state member associations of Perlis, Pahang and Terengganu. FHDA Manager Ms Christine Low Bee Cheng led the training and sharing of experiences.

Monthly free-of-charge counselling services was held at the service centre of the Hon. Lim Siew Khim. This activity was anchored by our Senior Programme Officer Ms Chen Fong Theng, a registered counsellor and qualified social worker; and volunteer Ms Carlyn Gan, Masters in Counselling candidate.

Four health camps providing free services like pap smear and general health screening were conducted in collaboration with the Hon. Lim Siew Khim, reaching more than a thousand people in George Town. Kudos to Project Officer, Ms M. Jayaletchamsee for her untiring efforts as the coordinator.

The Private Medical Practice Control Section (Cawangan Kawalan Amalan Perubatan Swasta) of the Penang State Health Department paid us a visit in October. We reciprocated with a dialogue at their office in December. This has helped FHDA to re-align our clinic with their advice.

Our youth volunteers headed by Goh Yong Jian started an online sales platform, FHDA. Netizens. Goods (new and pre-loved) donated by members and well-wishers are posted for sale via Mudah.com and Carousell.com for sale to raise funds for FHDA.

I would like to thank Dr Yim Poh Yin our steadfast volunteer doctor, the exco members, staff, volunteers and donors who have helped us to make 2019 another successful year.

A handwritten signature in black ink, appearing to read 'Yeap Meng Chee'.

Yeap Meng Chee, BCN, PKT, PJK
Chairperson
Penang FHDA

OFFICIALS and COMMITTEE MEMBERS 2018 – 2021

TRUSTEES: Dato' Khoo Yeoh Gan Hong, DSPN, DJN, PPN, PKT, PJK, PJM
Dr Najeemu Hamzah
Dr Pyar Kaur
Dato' Dr. Yee Thiam Sun, DMPN, DSPN, KMN, DJN, PKT, PJM

PRESIDENT: Dr. Choong Sim Poey, KMN, DJN, JP

EXECUTIVE: Ms. Yeap Meng Chee, BCN, PKT, PJK – Chairman
COMMITTEE: Dr Dinesh Mahalingam – Vice Chairman
Mr Lim Beng Poh, DJN, PKT, PJK, PPN – Hon. Secretary
Mr Ong Lay Seong – Hon. Treasurer
Dr (Mrs) Gan Kam Ling, PKT
Pn Jubaidah Nagoor, PPN, PJM
Ms Tan Lay Pheng, PJM
Mr Damian Lee Wan Tong
Mdm See Cheng Kim, PJK, PPN

YOUTH: Mr Goh Yong Jian
REPRESENTATIVES: Ms Dashaini Mohan (resigned on 8th. September, 2019)
Ms Natalie Heah Tze-Shuen (co-opted on 5th. October 2019)

HON. INTERNAL: Mr Tan Tee Boon
AUDITORS: Ms Mallise Tong Mun Wah

EXECUTIVE COMMITTEE MEMBER	15/6/19	3/8/19	5/9/19	5/10/19	19/12/19	18/1/20	20/6/20	TOTAL
Ms Yeap Meng Chee, BCN, PKT, PJK – Chairman	P	P	P	P	P	P	P	7/7
Dr Dinesh Mahalingam – Vice Chairman	P	AP	P	AP	AP	AP	AP	2/7
Mr Lim Beng Poh, DJN, PKT, PJK, PPN – Hon. Secretary	P	P	P	P	P	P	P	7/7
Mr. Ong Lay Seong – Hon. Treasurer	P	P	AP	P	P	P	P	6/7
Dr (Mrs) Gan Kam Ling, PKT	X	X	P	X	X	X	X	1/7
Mdm See Cheng Kim, PJK, PPN	P	AP	P	P	P	P	P	6/7
Mr Damian Lee Wan Tong	X	P	AP	P	P	P	P	5/7
Ms Tan Lay Pheng, PJM	P	P	AP	P	AP	AP	P	4/7
Mdm Jubaidah Nagoor, PPN, PJM	X	AP	AP	AP	AP	AP	AP	0/7
Ms Dashaini Mohan (Resigned on 8/9/2019)	X	X	X	-	-	-	-	0/3
Ms Natalie Heah Tze-Shuen (Co-opted on 5/10/2019)	-	-	-	-	-	P	P	2/2
Mr Goh Yong Jian	P	P	AP	P	AP	P	P	5/7

P – Present

AP – Absent with apology

AB – X

SUB-COMMITTEES 2018 – 2021

Family Planning & Sexual Reproductive Health Services

1. Dr Choong Sim Poay - Chairman
2. Dr Dinesh Mahalingam
3. Dr Yim Poh Yin
4. Mdm See Cheng Kim (Gender Issues)
5. Matron Quah Moh Lee

Resource Mobilization

1. Ms Yeap Meng Chee – Chairman
2. Mr Lim Beng Poh
3. Mr Ong Lay Seong
4. Mr Damian Lee Wan Tong
5. Mdm See Cheng Kim

Young People & Sexual Reproductive Health

1. Mr Goh Yong Jian – (Chairman)
2. Ms Yeap Meng Chee
3. Ms Tan Lay Peng
4. Mdm See Cheng Kim
5. Ms Dashaini Mohan (resigned on 9th. September, 2019)
6. Ms Natalie Heah Tze-Shuen (co-opted on 5th. October, 2019)

AIDS / STIs

1. Dr Chow Ting Soo – Chairman
2. Dr Dinesh Mahalingam
3. Pn Jubaidah Nagoor
4. Dr Ang Peng Peng
5. Dr Guan Han Lin
6. Mr Goh Yong Jian – Youth Rep.

Management and Administration.

1. Mr Lim Beng Poh
2. Ms Yeap Meng Chee
3. Mr Ong Lay Seong
4. Dr Dinesh Mahalingam
5. Mdm See Cheng Kim

SUPPORTING STRATEGIES

Hon Legal Adviser	Ms Nadiah Abdullah
Hon AIDS Advocacy Adviser	Dr Chow Ting Soo, DJN
Hon MSM Programme Adviser	Mr Bakthiar Talhah
Volunteer Clinic Doctors	Dr Yim Poh Yin, PJK Dr Muzlifa Yusoff Dr Surinder Kaur



REPRESENTATIVES TO EXTERNAL AGENCIES

National Council of Women Organizations, Malaysia (Penang Branch)

- 1) Ms Yeap Meng Chee (Chairperson / Vice-President NCWO HQ)
- 2) Mdm See Cheng Kim (Committee member)
- 3) Ms Tan Lay Pheng (Hon. Auditor)

Majlis Kebajikan Masyarakat Pulau Pinang

- 1) Mr Lim Beng Poh

Federation of Reproductive Health Associations, Malaysia (FRHAM)

- 1) Ms Yeap Meng Chee (Vice-President)
- 2) Mr Ong Lay Seong (Hon. Secretary-General)

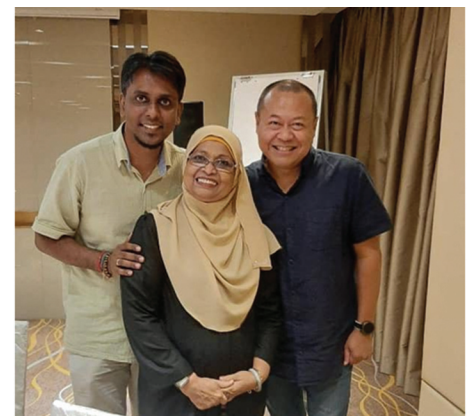
Delegates to FRHAM National Council

- 1) Mr Ong Lay Seong
- 2) Dr Dinesh Mahalingam
- 3) Mdm See Cheng Kim
- 4) Ms Dashaini Mohan (resigned on 8 Sept 2019)
- 5) Ms Natalie Heah Tze-Shuen (co-opted on 5 Oct, 2019)



Delegates to Malaysian AIDS Council (MAC)

- 1) Mr Bakthiar Talhah (President)
- 2) Pn Jubaidah Nagoor (Committee)
- 3) Dr Dinesh Mahalingam
- 4) Mr Damian Lee



MEMBERSHIP AS AT 31 DEC 2019

MEMBERSHIP TYPE	NEW 2019		CUMULATIVE C/F 31 DEC 2019			TOTAL MEMBERSHIP 2019	NEW 2018		TOTAL MEMBERSHIP 2018
	M	F	M	F	TG		M	F	
Ordinary	1	56	23	121	-	144	-	-	87
Life	-	6	90	132	2	224	1	3	218
ASSOCIATE	-	-	1	2	-	3	1	2	3
Youth	-	3	6	17	-	23	0	8	20
Total	1	65	120	272	2	394	2	13	328

During the year under review, the Association approved 66 new memberships. One male (M) member and 65 female (F) members were recruited in 2019. Total Membership is 394 including youth members under 24 years of age (YAC) of which three were females. Youth membership stands at 23.

UPDATING MEMBERSHIP RECORDS

Members and/or their family are urged to kindly notify the Hon Secretary of

- (a) change of address
- (b) current e-mail address and mobile phone number
- (c) awards and titles bestowed on members
- (d) demise of members.



STAFF LIST AS AT 31 DECEMBER 2019

Manager Christine Low Bee Cheng (1994 – present)
Business Dev. Manager *Engie Ng Lai Kin (1992 – retired 15.4.2019)*
Programme Manager Engie Ng Lai Kin (rejoined 1.6.2019 - present)
Finance Officer Cristal Lim Suan Choo (2010 – present)
Senior Prog. Officer Chen Fong Theng (April 2018 – present)
General Worker Goh Chue Ching (2000 – present)

Clinic Administrator: Halimah Bt Mohd Hanifah (2017 – present)
Clinic Assistant: Kam Min Ling (2000 – present)
 Siti Nor Tazirun Bt Mohd Elias (Aug 2016 – Feb 2019)

Programme Officer: M. Jayaletchamee (1977 – Jan 2020)
Programme Officer / Loh Yoke Peng (2011 – present)
Case Mgt. Officer : Nadja Rahim (2013 - present)
 Faizah Mohd Fodzi (2012 – May 2019)
 Bella Bistaman (2014 – May 2019)
Muhammad Roshamil Mokhtar (2013 – Jun 2019)
Nina Said (2014 – Jun 2019)

P/T Case Mgt Officer: *Mohd Redduwan Zairukaperi (2014 – Jun 2019)*

Outreach Officer (SW): Nur Syuhada Bt Jamal (Oct - Dec 2019)
Outreach Officer (TG): Bella Bistaman (Sept - Dec 2019)
Outreach Officer (MSM): Muhammad Roshamil Mokhtar (2013 – present)
 Nina Said (2014 – present)
 Raimie Czar Bin Zulkeper (Sept - Oct 2019)

P/T O/reach Officer (MSM): Mohd Redduwan Zairukaperi (2014 - present)



C C A S H P G G

Counselling

Sex, sexuality and relationship counselling relating to pregnancy, fertility, abuse and health

Counselling is a process where the counsellor helps clients in finding ways to cope with their issues. In addition to providing counselling services at FHDA, we have extended our counselling services to members of the public at Hon. Lim Siew Khim's service centre. This service is provided once a month w.e.f. June 2019. Throughout the half year, we saw cases on relationship, family issues, depression, communication and sexuality.

DIARY OF ACTIVITIES

No	Cases	Month	No. of Pax
1	Pregnancy related		1
2	Relationship / Marriage related counselling		3
3	Addiction counselling (Porn)		1
4	Sexuality related counselling		7
5	Counselling Services @ Pejabat KADUN Lim Siew Khim	Jun - December	17
TOTAL			29



C C A S H P G G



Contraception

Counselling and provision of contraceptives including emergency contraception, implants and long acting reversible contraception and referrals for permanent methods

Family Planning was non specific term for contraception in the 1960s. Up to 2008, our association was famously known as Penang Family Planning Association, a member of the Federation of Family Planning Associations, Malaysia which was renamed the Federation of Reproductive Health Associations, Malaysia (FRHAM). Despite the changes over time, family planning is a key service at our clinic, FHDA Kampung Kolam. Advice on contraception is given freely.



We received a small contraceptive supply grant from the International Planned Parenthood Federation (IPPF) through the FRHAM. The clinic is open from 8.30a.m. to 3.30p.m. from Tuesdays to Saturdays. The sessional volunteer doctor is Dr Yim Poh Yin, who recommended Implanon services (long acting reversible contraceptive).

Four interns and staff speakers gave talks on Sexual Reproductive Health and contraception on the invitation of SMK Sg Ara and Methodist Girls Primary School.

The Medical Committee met to organize a seminar on contraception with Malaysian Pharmaceutical Society, Penang branch but the event was postponed to 2020.

WOMEN'S DAY 2019 AT FHDA KG KOLAM

Volunteers and staff attended a grooming demonstration and talk conducted by personnel from a leading brand. The cosy group had an interesting and lively exchange.



KANITA SRHR campaign for Amphenol Factory workers.



Ms Chen

FHDA was invited by the Centre for Research on Women and Gender (KANITA), Universiti Sains Malaysia to conduct workshops for women factory workers at Amphenol Factory. This was part of a minor research project by KANITA faculty team headed by Professor Noraida Endut.



Dr Surinder Kaur



Dr SP Choong



Ms Engie Ng

Ms Engie Ng Lai Kin and Ms Chen Fong Theng began Workshop 1 on 20th September. They spoke on personal 'hygiene, urinary tract infections (UTIs), the menstrual cycle, menopause, period pain, vaginal discharge, self-breast exam, sexually transmitted infections and HIV.



Dr Choong Sim Poey and Dr Surinder Kaur conducted Workshop 2 on 27th September. The topics they covered were fertility, contraception, safe and legal abortion, pregnancy, female reproductive cancers and pap smear screening. Hands-on small group teaching was employed.



Close collaboration with lecturers Dr Lai Wan Teng and Dr Suziana Mat Yasin paved the way for a longer term research on SRHR interventions for women migrant workers from 2020-2021.



TABLE 1: CLINIC ACCEPTORS (FP) DATA

YEAR	2012	2013	2014	2015	2016	2017	2018	2019
TYPE OF CLIENTS								
New Acceptors	67	89	85	70	64	83	99	543
Continuing Acceptors	734	597	566	552	441	486	311	322
Individual Women Seen	801	686	651	836	894	569	410	1049
Revisits	604	364	635	601	397	485	248	184
TOTAL	2206	1736	1937	2059	1796	1623	1068	2282

TABLE 2: COMCEFP* ACCEPTORS (FP*) DATA

YEAR	2012	2013	2014	2015	2016	2017	2018	2019
TYPE OF CLIENTS								
New	121	0	0	18	0	5	0	356
Continuing Acceptors	413	186	583	583	392	361	212	215
Revisits	19	98	80	80	196	314	170	12
TOTAL	553	284	663	681	588	680	382	583

TABLE 3: CONTRACEPTION METHODS

YEAR	2012	2013	2014	2015	2016	2017	2018	2019
CONTRACEPTIVE METHOD (FP*)								
Oral	236	191	273	325	206	337	112	233
Emergency Contraception	0	0	21	7	3	1	0	0
EVRA Patch	15	13	53	32	25	0	0	0
Injection @ 3 months	9	13	25	43	33	88	25	299
Insertion:								
IUCD*	248	174	150	210	168	138	136	397
Implanon	1	0	0	2	0	0	0	5
Barriers:								
Male Condom	292	295	511	467	332	475	137	115
TOTAL	801	686	1033	1086	767	1039	410	1049

TABLE 4: SOURCE OF REFERRAL (New Acceptors) DATA

YEAR	2012	2013	2014	2015	2016	2017	2018	2019
TYPE OF CLIENTS								
FHDA clients	53	59	54	46	165	243	85	90
FHDA staff including IEC*, BCC*	6	29	31	24	58	25	5	5
FHDA members & volunteers	0	0	0	0	0	0	0	395
Others (facebook, website, etc)	8	1	0	0	12	22	9	53
TOTAL	67	89	85	70	235	290	99	543

DIARY OF ACTIVITIES – SEXUAL REPRODUCTIVE HEALTH & RIGHTS

No	Activities	Date / Month	Venue	No. of Act	No. of Pax
a	<u>Factory Based SRH Program:</u>				
	• Meeting with factory management & factory visit with KANITA, USM	22.3.2019		1	5
	• Meeting with Dr Choong	31.7.2019		1	1
	• Meeting with Dr Choong	14.8.2019	Amphenol TCS	1	5
	• Pre-Event Meeting	27.8.2019	&	1	5
	• SRH Talk to Factory Workers	20.9.2019	Klinik Rakyat	1	48
	• SRH Talk to Factory Workers	27.9.2019		1	48
b	• Social Media Advocacy for SRHR	24.10.2019		1	54
	<u>SRHR Related Talk:</u>				
	• FHDA & SRH Services	23.1.2019	Pg. Medical College	1	26
	• HIV/STI Talk	20.3.2019	Monash University	1	25
	• FHDA & SRH Services	21.3.2019	Pg. Medical College	1	25
	• FHDA & SRH Services	28.3.2019	Pg. Medical College	1	20
	• Akil Baligh & Perubahan	18.6.2019	SRK Methodist Girls	1	272
	• FHDA & SRH Services	5.7.2019	Pg. Medical College	1	40
	• HIV & Mental Health	12.7.2019	Segi College	1	29
	• Menjelang Dewasa – Apakah Peranan Saya	27.7.2019	SMK Sg. Ara	1	250
	• Breast & Cervical Cancer	19.10.2019	Sense Perfect Spa	1	44
• SRH & Career in NGOs Sector	30.10.2019	Disted College	1	12	
• HIV/STI & Remaja Sihat	19.11.2019	ILP Bukit Panchor	1	76	
c	<u>Health Campaigns - Timur Laut :</u>				
	• Meeting with YB Lim Siew Khim	18.6.2019	Pusat Khidmat YB Lim	1	7
	• 1 st meeting with Dr Anita	18.6.2019	KK Jalan Macalister	1	1
	• 2 nd meeting with Dr Anita	26.6.2019	PKD Timur Laut	1	11
	• Venue recce & viewed	27.6.2020	Taman Jelutong Jaya	1	3
	• Press conference	9.7.2019	Pusat Khidmat YB Lim	1	8
	• 1 st Health Campaign	4.7.2020	Taman Jelutong Jaya	1	120
	• Meeting with YB Lim	10.10.2019	Pusat Khidmat YB Lim	1	2
	• Venue recce & viewed	17.10.2019	Pu Xian Buddhist	1	5
	• 2 nd Health Campaign	24.10.2019	Temple, Bukit Dumbar	1	68
	• 3 rd Health Campaign	10.11.2019	Flat PPR, Jalan Sungai	1	95
	• Press Conference	20.11.2019	Loh Guan Lye Hospital	1	15
	• Venue recce & viewed	20&		1	3
	• 4 th Health Campaign	22.11.2019	Basketball Court,	1	4
	25.11.2019	Persiaran Karpal Singh	1	111	
d	<u>Health Campaign - Seberang Perai Tengah:</u>				
	• Courtesy visit to Pengarah Hospital Seberang Jaya	19.7.2019	Hospital Seberang Jaya	1	3
	• Stakeholder meeting	9.8.2019	KK Bukit Minyak	1	4
e	Kopitiam Series 1.0 series 2019: Malaysia Hub: Knowledge for Change	21.3.2019	Penang Institute	1	26

f	Forum Kepentingan Hubungan Manusia dari Aspek Latihan Praktikum	22.3.2019	Universiti Sains Malaysia	1	165
g	Orientation on FHDA activities for PLUSOS	20.4.2019	Penang FHDA	1	5
h	IPPF Survey: Advancing Gender Equality	4.7.2020	FHDA Office, Penang	1	2
i	SRH Exhibition	9.10.2019 17.11.2019	USM Balik Pulau	1 1	30 53
j	Asia Pacific Urban Forum 7 – Children & Youth Assembly – Comprehensive Sexuality Education session	14.10.2019	Spice Arena, Penang	1	44
k	Street-based SRH Awareness Programme	Jan-Mar 2019	George Town	3	85



C C A S H P G G



Safe ABORTION Care

Pre and post abortion counseling, contraception education and referrals

Malaysia has not legalized the use of medical abortion pills. While these pills are available for purchase online, these pills are unregulated and illegally imported. Medical doctors in the field of SRH explained that medical abortion pills can be safe alternative and more affordable than surgical abortions. However, FHDA cautions patients against purchasing abortion pills from unknown sources. Fake products or abortion pills without proper medical care could have disastrous consequences. Parents medical service providers, policy makers, counsellors and educators need to communicate to young people and vulnerable women regarding the availability of counselling services, NGO shelter for unwed mothers, baby hatches, emergency contraception pills and safe legal abortion services.

FHDA advocates prevention of consequences of unwanted pregnancy via comprehensive sexuality education (CSE) and access to contraception.

TALKS AT PENANG MEDICAL COLLEGE

FHDA's President Dr Choong Sim Poey was invited by Professor to give talks to batches of medical students attending the O&G semester (2019) at the Penang Medical College.

The talks are on FHDA's SRH services, and advocacy to address the challenges of unwanted pregnancy, baby dumping and comprehensive sexuality education for young people.



DIARY OF ACTIVITIES: Safe Abortion Care

Bil	Activities	Date / Month	Venue	No. of Pax
1	Counselling on abortion	Jan - Dec 2019	Jalan Perak	3
2	Abortion related services referral	Jan - Dec 2019	Jalan Perak	2

C C A S H P G G

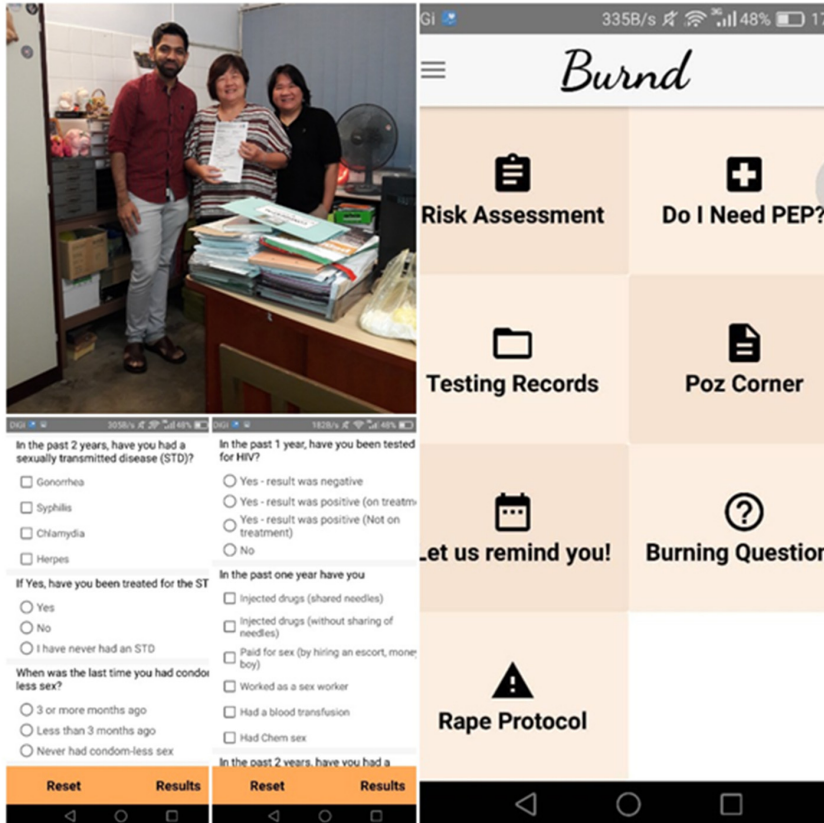
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STIs/RTIs

STI (Sexual Transmitted Infections) and RTI (Reproductive Tract Infections) information and counselling and laboratory tests

FHDA Kampung Kolam provided Hepatitis B vaccinations and HPV vaccinations and more blood tests for STI were done, for women and men, including younger non family planning clients. Hepatitis is sexually transmitted as also herpes which these vaccines do protect them. Our screening services for STIs through blood tests increased in clientele, perhaps partly through social media information and regular information about fortnightly laboratory sessions.

STIs/RTIs

No	Counseling & Services	Date	No. of Pax
	STI Testing	Jan – Dec 2019	26
	Hep B Testing	Jan – Dec 2019	251

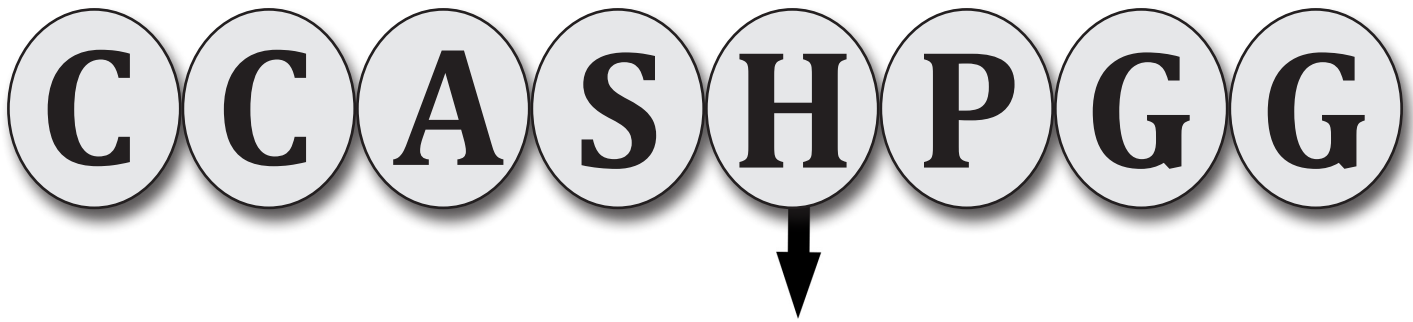


Burnd Apps

The Burnd Apps was designed and created by Dr Ashraf Shaik, volunteer of the Community Friendly Clinic.

This apps helps the user to do HIV risk assessment, with recommendation for HIV testing, Post exposure therapy.

It has a reminder function for medication timer, repeat testing and answers to Burning FAQ. It is user friendly for decision-making on HIV and STIs.



Human Immunodeficiency Virus (HIV)

Pre and post-test counseling and HIV tests, risk assessment, treatment adherence, psychosocial support and referrals

The advancement of medical technology has made HIV a manageable disease. The Malaysian government has come up with a strategic plan on ending AIDS by 2030. The goals Ministry of Health aims to achieve 95% of key populations tested for HIV and knows their results, 95% of people infected with HIV placed on HAART and 95% of these clients adhering to treatment emerged with suppressed viral load.

FHDA has been actively involved in HIV program since 1990 and had adopted many different approaches in reaching out to members of public as well as key populations.

In 2019, under Differentiated HIV Services to Key Populations (DHSKP) project, FHDA had reached out to 2720 clients who are at high risk of being infected by HIV. Out of this number, 22% are new clients and 78% are existing clients that we had served.

We have counselled a total of 761 high risk vulnerable clients. We are proud to share that 92% of all the clients that we had counseled came forward for HIV screening. Approximately 1% was found reactive and they were refined to go to government health clinic (klinik kesihatan) for confirmation test and treatment.

FHDA's Dr Yim Poh Yin saw a total of 31 Pre exposure and Post exposure clients who were given counselling, services or referral. Some clients were walk-ins , via phone in request for counselling, while others referred to our services by other medical professionals. This is a good start for community prevention services after training in 2018 conducted by Dr Chow Ting Soo, our AIDS Advocacy Programme Adviser, who is the Consultant Physician& Infectious Diseases Consultant Physician at Hospital Pulau Pinang.

(Percentage is based on figures on DHSKP TG/FSW &MSM tables)

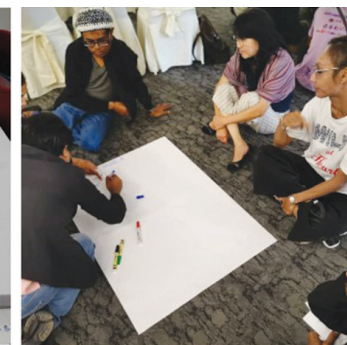
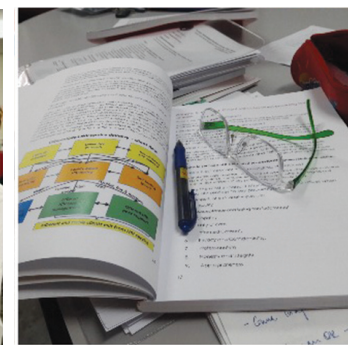
No	Counselling & Services	Date	No. of pax
1	Pre – Exposure Prophylaxis (PrEP) Counseling	Jan - Dec	16
2	Post Exposure Prophylaxis (PEP) Counseling & Referrals	Jan - Dec	15
3	HIV Testing Enquiry	Jan - Dec	7
4	STIs Testing Enquiry& Referral	Jan - Dec	12

DHSKP 2019 – SW/TG Penang

Month	Clients			HIV			STI			Distribution
	Existing	New	Total	Clients Counseled	Client Screened	Reactive	Client Screened	Reactive	Tx (Times)	Condoms/ lubricants (pcs)
Jan	43	6	49	28	26	1	12	0	1	960/448
Feb	55	14	69	36	23	1	13	0	0	1113/539
Mar	60	5	65	13	6	0	5	0	2	1080/504
Apr	87	7	94	28	23	0	9	0	3	1560/728
May	50	3	53	15	15	0	15	1	1	930/434
June	62	10	72	14	14	2	5	1	0	1185/553
July	51	37	88	41	39	0	10	0	1	1432/680
Aug	60	43	103	63	63	0	9	0	0	1650/770
Sept	85	12	97	25	25	1	4	1	1	1575/735
Oct	63	24	87	27	27	0	8	1	1	1500/700
Nov	80	30	110	38	38	0	13	0	0	2010/938
Dec	86	6	92	8	8	0	2	0	0	1515/707
Total	782	197	979	336	307	5	105	4	10	16510/7736

DHSKP (MSM Penang) 2019

Month	Clients			HIV			STI			Distribution
	Existing	New	Total	Clients Counseled	Client Screened	Reactive	Client Screened	Reactive	Tx (Times)	Condoms/ lubricants (pcs)
Jan	131	25	156	32	20	2	5	1	1	716/716
Feb	122	31	153	33	22	1	4	0	1	608/608
Mar	168	20	188	20	19	0	5	0	0	856/856
Apr	172	24	196	17	17	1	4	0	1	848/848
May	122	14	136	13	13	0	5	1	1	688/688
June	106	13	119	17	17	2	6	0	0	504/504
July	93	50	143	55	52	3	17	0	0	636/636
Aug	92	46	138	35	35	6	10	4	0	468/468
Sept	104	50	154	53	53	5	13	0	0	724/724
Oct	84	50	134	64	64	5	20	1	0	619/619
Nov	69	40	109	47	46	2	12	2	1	552/552
Dec	85	30	115	39	39	2	18	0	0	533/533
Total	1348	393	1741	425	397	29	119	9	5	7752/7752



Being A Community Based Testing (CBT) Provider

Community based HIV testing is one of the services offered by FHDA to encourage more people to know their HIV status. The service is available by appointment. I was involved in CBT before I was trained to be a provider. I appreciate the opportunity given to me.

I started out by accompanying Engie to all her VCT (Voluntary, Counselling & Testing) sessions. From these sessions I learnt how to prepare a client for the test by conducting pre and post test counselling. I was trained formally on how to use the test kits and informally through question-and-answer sessions with Engie.

In 2019, Christine asked me if I would like to be trained under the Ministry of Health to become a certified CBT provider. I found the training very enriching. A medical laboratory technologist from Klinik Kesihatan Jalan Macalister taught me the technical aspect of the rapid test kit. I learnt how and where to prick the client to draw blood. It was scary to prick my own fingers for the first time.

After I passed my training, Christine slowly involved me in hands-on CBT sessions with actual clients. It is from these sessions that I improved my skills. I realized that knowing how to use the kits and interpret the results is not sufficient.

Pre and post test counselling is vital to prepare the client to accept the test result whatever it may be. The technical process of testing is simple. However, I found that it is challenging my skill as a counsellor to inform any positive result of a rapid test to a client.

By Chen Fong Theng
Sr. Programme Officer



HIV / STI & REMAJA SIHAT



Bengkel kesihatan reproduktif dan HIV & STIs dijalankan untuk seramai 75 orang pelajar yang merangkumi 52 orang lelaki dan 23 orang perempuan pada 19.11.2019 di ILP Bukit Panchor.

FHDA dijemput oleh Pejabat Kesihatan Daerah (PKD) Nibong Tebal, Seberang Perang Selatan, Pulau Pinang.

Dalam bengkel ini, semua pelajar diberi penerangan berkaitan kesihatan seksual dan reproduktif.

Di antaranya, topik perbincangan seperti "HIV 101, jangkitan penyakit HIV dan penyakit kelamin, pencegahan dan rawatan diadakan.

Semua pelajar dimasukkan kedalam lima (5) kumpulan. Fasilitator terlatih dalam topik-topik berkenaan (Chen, Yoke Peng, Nina, Shamil dan Wan) memainkan peranan pemudahcara untuk menggalakkan semua pelajar mengambil bahagian.

Bengkel ini berakhir dengan sesi berkongsi maklumat daripada setiap kumpulan. Daripada sesi penyampaian secara berkumpulan menampakkan kegigihan pelajar-pelajar mencari maklumat menggunakan aplikasi sesawan dan risalah yang disediakan oleh pihak PKD. Ianya mengagumkan semua pegawai-pegawai kesihatan, ahli jawatankuasa PKD/pusat latihan dan pengajar masing-masing.

Muhammad Roshamil Mokhtar
Outreach Officer (MSM)

DIARY OF ACTIVITY – HIV/AIDS RELATED PROGRAMES

No	Descriptions	Date	No. Of Act	No. Of Pax
1	MAY4KID • Meeting with collaboration Agency for financial support • Cash Presentation to needy family	29.3.2019	1	11
		18.5.2019	1	7
2	PLHIV • Counseling cases • Case management	Jan–Dec 2019	2	3
			11	11
3	Community Friendly Clinic (CFC's attendance)	Jan–Dec 2019	22	69
4	<ul style="list-style-type: none"> • VCT screening during programmes (not inclusive of klinik kesihatan & CFC cases)FHDA Kampung Kolam& Jalan Perak • Daerah Timur Laut, Pulau Pinang • Daerah Seberang Perai Tengah, Pulau Pinang • Daerah Seberang Perai Selatan, Pulau Pinang 	Jan– Dec 2019	34	44
			4	129
			7	74
			3	81
5	Support Group	Jan–Dec 2019	7	42
6	Program Jalinan Kasih @ Purnama Beach Resort, Pulau Pangkor	18 - 20.1.2019	1	
7	HIV/AIDS Project Inception Meeting	20.2.2019	1	20
8	HIV Desensitization Workshop @ FRHAM Subang Jaya	5.4.2019	1	10
9	CCM Voting for Focal Point of Community Group	15.6.2019	1	5
10	SR Assessment for DHSKP GF Transition Funding Cycle	11.6.2019	1	2
11	Technical Review Panel (TRP) for next GF Phase	21.6.2019	1	1
12	Kedah State Stakeholder Harm Reduction Meeting	23.6.2019	1	52
13	PR-SR GF Grant Agreement	8.8.2019	1	3
14	Design Client Outreach Card (HIV Testing) Printing of “I Have Tested Card”	15.8.2019	1	1
		24.10.2019	1	3
15	Assessment Audit for GF project	20.8.2019	1	2
16	Exhibition & Info Booth in conjunction with School of Social Sciences Week: Let's Do It @ USM Style 2019	9.10.2019	1	30
17	Received Vest for Outreach Officer and Project Manager - DHSKP	24.10.2019	1	7
18	Research Project on “Social Stigma & Well Being of PLHIV” in Malaysia	25.10.2019	1	19
19	Mesyuarat Pencapaian SPU GTZ Siri 1/2019 @ Langkawi Seaview Hotel, Kedah	4–6.11.2019	1	2
20	World AIDS Day Kempen Kesihatan anjuran JKN Pulau Pinang dan PKD Barat Daya WAD 2019 – Community Participation @ Kita River Walk, Ipoh Jabil World AIDS Day 2019 @ Plant 1 Jabil World AIDS Day 2019 @ Plant 2	17.11.2019	1	53
		1.12.2019	1	10
		3.12.2019	1	220
		4.12.2019	1	114
21	Visitation from MAC and Coalition Plus	26.11.2019	1	6
22	Transfer of SYREX software to new computer	28.11.2019	1	1



C C A S H P G G

Prenatal Care

Confirmation of pregnancy, prenatal care and referral to obstetric care

There was a downward trend for urine pregnancy tests and referrals related to obstetricians for deliveries. This resulted from clients attending women's health screening at FHDA KampungKolam being past the ideal age of motherhood. Family planning for spacing the births supports the need for fertility counselling (five clients were helped) and treatment as more and more Malaysian women enter marriage after 30 years of age. FHDA's message is to encourage those couples who have busy careers to plan for early pregnancy instead of waiting.

Gynaecology

Pap smear, breast examination, HPV vaccination and referral

In 2019, only two clients attended HPV DNA tests, rather a slow start for DNA testing despite the government policy of HPV vaccination for adolescent girls. The number of pap smears done decreased compared to previous years.

We continued to send clients for mammograms provided by the Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN) based on clinical breast examination by the doctor.

A talk on clinical breast examination and pap smear was given by Exco member Jubaidah Nagoor and staff on the invitation of Sense Perfect Aesthetics and Spa. We thank Sense Perfect Aesthetics for their support with a generous cash donation and advocating self breast examination and annual wellness medical check up for women among their students and customers. The company also sponsored a stall at the Lunchvaganza Charity Food Fair and sold coupons to customers and their staff.



TABLE 1: SRH SERVICE DATA

YEAR	2012	2013	2014	2015	2016	2017	2018	2019
TYPE OF SERVICES								
Pap Smear	1445	1191	1335	1388	1081	1034	755	748
Breast Examination	1642	2357	1739	1469	1140	1418	812	841
General Check by Staff	4737	4575	4420	4329	3001	3751	2873	2714
Minor Gynecological Treatment	289	275	251	309	562	151	294	184
Ultrasound (since 2016)	0	0	0	0	386	568	567	625
Infertility Counselling	9	3	21	37	25	16	11	5
Marital Counselling	2	0	2	5	3	0	0	2
Pregnancy Testing	103	46	133	47	59	53	24	22
Hormone Replacement Therapy	222	239	189	150	150	122	105	76
Hepatitis B Immunization	85	120	138	122	87	64	93	80
HPV* Vaccination	158	66	77	70	34	20	17	30
Male Clients	442	444	309	312	510	314	142	284
Youth Friendly Clinic	36	83	99	87	212	88	53	103
Referral to Other Agencies	143	431	127	518	421	289	463	484

TABLE 2: PAP SMEAR READINGS

YEAR	2012	2013	2014	2015	2016	2017	2018	2019
New	148	119	85	231	125	91	78	124
Repeat	1297	900	1250	1157	956	848	677	624
TOTAL	1445	1019	1335	1388	1081	939	755	748

Normal	1229	822	1092	1079	940	823	644	687
Referral to specialist for abnormality / malignancy	7	73	68	72	51	21	21	10
Infection (trichomoniasis, moniliasis & actinomyosis)	209	124	175	237	141	95	90	51
TOTAL	1445	1019	1335	1388	1132	939	755	748



LUNCHVAGANZA! A Charity Food Fair to Raise Funds for the Community

The highlight of 2019 was a charity food fair to raise funds for the community. What was so unique about this event? Firstly, it was the first food fair that FHDA had ever embarked upon. Secondly, it was in collaboration with four other organisations having the same aim. They are the Diabetic Society of Penang, Generasi Pemenang, Perlis Family Planning Association (FPA) and Badan Sokongan Pesakit Kanser Seberang Perai (BSPKSP). The event was held at the Methodist Boys' School canteen from 12 noon to 4 p.m. It drew a large crowd of supporters.

The patron of the event was the State Assembly person of Sungai Pinang, Hon. Lim Siew Khim. There were several sponsored stalls selling food, snacks and dry goods. It was a learning curve for all involved.



Volunteers from the Perlis FPA came very early all the way from the north to set up their snacks stall. Nurses from BSPKSP were busy with their delicious nasi, drinks and muruku stall. Generasi Pemenang manned stalls and was responsible for collecting the money box. The Diabetic Society of Penang conducted glucose blood test and got a sponsor for lam mee. FHDA managed to get sponsors for stalls selling satay, ice cream, oriental cuisine, toiletries, antiques, fresh vegetables and spaghetti. Several individuals came to to sell their home-cooked delicacies as well as man the stalls themselves.

The event forged a bonding with our partner organisations besides adding a wealth of experience to all of us. Penang FHDA would like to thank everyone especially the sponsors and volunteers who made the event a success.





Piloting Health Interventions to advance the Sexual and Reproductive Health of Women Migrant Workers in Malaysia

The general objective is to address the SRH needs of factory women migrant workers in Malaysia, an especially marginalized workforce.

Services by FHDA are coordination of the multi-NGO implementation plan and conduct “Train the Trainers” programme, from October 2020 to June 2021, at two factories.

This research project is funded by the Newton Ungku-Omar Fund, through Impact Scheme of the British Council and Malaysian Industry Group for High Technology. In Malaysia, researchers from the Centre for Research on Women and Gender (KANITA) Universiti Sains Malaysia (USM) will conduct the research. The project is the brainchild of Dr Lilian Miles (University of Westminster), Dr Tim Freeman (Middlesex University) and Professor Dr Noraida Endut (USM).

Access to sexual and reproductive health (SRH) Services for Refugees Living in Penang 2020

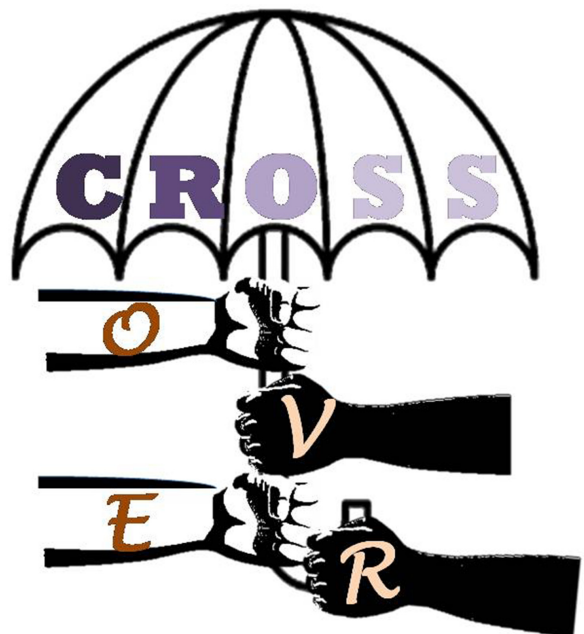
This new short term project is funded by UNHCR and at FHDA we refer to the services as CROSSOVER. It is a response to the health needs particularly on SRH. UNHCR is partnering with three local NGOs, FHDA, Persatuan Wanita Prihatin Perak and Reproductive Health Association, Kelantan. It is to enable needy refugees and asylum seekers timely access to SRH services. This project is on exceptional basis and part of the response to COVID-19. The project begins 15 August 2020 and ends 31 December 2020.

Focus objective:

Refugee population has optimal access to reproductive health and HIV services.

FHDA Services for refugees residing in Penang state:

- Network with stakeholder agencies.
- Conduct outreach for the mainly Rohingya community.
- Organise small group discussions on Sexual and Gender Based Violence (SGBV).
- Train peer educators on SRH.
- Provide SRH clinical services.
- Enable hospital deliveries of pregnant women.



World AIDS Day 2019 @ JABIL Plant 1 & 2, Penang



World AIDS Day 2019 @ Kinta River Walk, Ipoh, Perak



World AIDS Day 2019 @ Football Court, Persiaran Karpal Singh, Penang





COURTESY VISIT TO DATIN ROSE ISMAIL IN KUALA LUMPUR

In 2019, FHDA Exco Jubaidah Nagoor and staff took a trip to visit veteran member Datin Rose Ismail, the wife of our beloved past President the late Tunku Ismail Jawa.

Datin Rose showed us some of Tunku's precious mementos she had kept in impeccable condition like a pair of dolls that came with an interesting history.

Datin Rose has never forgotten FHDA – at the end of the trip she presented another donation to FHDA to support our work.

Young Southeast Asian Leaders Initiative (YSEALI) Professional Fellowship – Civic Engagement (Spring Cohort)

I feel very blessed to be selected for the YSEALI Professional Fellowship under the theme of Civic Engagement in 2019. YSEALI supports youth who are concerned with economic development, environmental protection, education and civic engagement in Southeast Asia. It aims to strengthen leadership development and networking in ASEAN, deepen engagement with young leaders on key regional and global challenges, and strengthen people-to-people ties between the United States and young Southeast Asian leaders. This is a 6-week fellowship programme funded by the U.S. government. I was attached to the Community Violence Intervention Center (CVIC) for four weeks. This organization is involved in Sexual and Reproductive Health and Rights (SRHR) with a focus on domestic violence. I also had the opportunity to meet different leaders from Southeast Asian countries.

I got to understand the different cultural aspects of the people I met and learnt from their experiences and initiatives. Discussions and sharing allow me to understand the SRHR issues faced by different countries. The openness in discussing and teaching sex education in Southeast Asian countries is similar to what we face in Malaysia.

We have come so far, but there is more to go...

I realize that Malaysia has really come a long way in providing access to SRH services to all, but we have not progressed much in disseminating Comprehensive Sexuality Education (CSE). CSE should come hand in hand with the SRH services as it allows people to make informed choices.

Sustainable solutions to social issues...

A good programme should not only focus on solving the issue but it should also look at the cause and nip it in the bud. Social issues will not occur without a reason and solving only the effect won't eradicate the issue totally.

In the name of development...

Sometimes things must make way for better things. But what is the ultimate picture of the "development" that we really want?

To show the world we are an advanced nation, we clear our land to build more high-rise buildings; we sacrifice our green lungs and our heritage buildings for a more modern infrastructure. We create a concrete jungle as opposed to nature's green hills. Is this our goal? This is food for thought.

**Chen Fong Theng,
Senior Programme Officer**



C C A S H P G G

↓
Gender Based Violence (GBV)

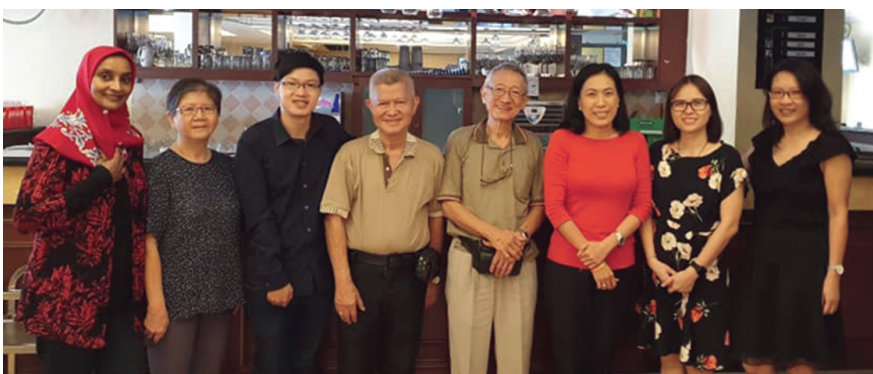
Awareness in addressing gender based violence has been embraced by the current Penang state government with Penang Go Orange, an annual effort involving elected representatives and multi agencies. FHDA representatives has been attending these functions. During the 2019 health camps, one of the activities for participants was awareness of GBV and garnered good response from young people who were attracted by the orange coloured balloons given away.

As advocates for increasing awareness of SGBV to decrease incidents and severity of the violence as well as providing solutions to victims, FHDA wanted to do more. We had written proposals to funders for education services for urban underprivileged children and youth to teach them that GBV happens in society regardless of age, ethnicity, religion, social economic class, and marital status. Anyone in public might be a victim, a perpetrator or a supporter of the perpetrator by complicity of silence, either unknowingly due to ignorance of the signs or knowingly due to relationship and power structure.

Besides, there are those who wanted to do something but did not know how to help the victim.

With the advent of Movement Control Order 2020 in the situation of COVID 19 endemic in Malaysia, GBV increased as seen from pregnancies of under-aged girls, and anonymous calls to the FHDA hotline regarding incest.

FHDA was unable to secure financial support for the programme in 2019, but we continue to provide information and referrals to other NGOs in the community, particularly those vulnerable and underserved, during outreach or training.



STAFF AND VOLUNTEER DEVELOPMENT

Project specific objectives:

1. Update the administration skills and management knowledge of identified staff and volunteers.
2. Orientate newly recruited staff and volunteers vis-à-vis their role, functions and responsibilities.
3. Strengthen leadership and governance of volunteers to increase proficiency for the association.

Leadership skills is important for

Effective leaders are essential to any organisation. They build strong teams to ensure work functions are performed successfully. Leaders possess multiple interpersonal and communication skills that can be shared to hone leadership skills of their team members.

Effective leaders increase employee engagement and support a positive environment. Good leadership is contagious and inspires colleagues to apply positive leadership traits in their own work.

Hence, relevant training is crucial in preparing staff towards a higher level of performance. This will ensure that an organisation will stay sustainable and strong in undertaking tasks to ensure continuum of services to the community.



Communication A special style of each individual

Grab the chance as it is
It come only once,
Only those who are aware
benefited from it,
A special moment where the
right person say the
right thing at the right time,
A special moment only for those
who are ready
Once gone, there

Self-Awareness, Communication and Team Building

“It was a pleasure to conduct this training with the diverse and enthusiastic group of FHDA staff and volunteers.” - **Gale Metcalf**

“Although our time together was brief, I believe the participants gained new insights which will enhance their performance as a team in serving FHDA’s clients.”- **Joel Wallach**



In September 2017, I moved to Penang to pursue my postgraduate studies in counselling. After browsing through websites of centres which provide counselling and support services, I stumbled upon FHDA, an NGO with an interesting and rich background. That's how my journey with FHDA began.

Every Saturday, I would volunteer at FHDA doing administration work like data entry. The ambience of the office is usually lively with chatter from staff, interns, other volunteers and an exco member hard at work. Ms. Engie would share her knowledge on sexual reproductive health and provide guidance on counselling. I also attended health campaigns, workshops, outreach programmes and fundraising events. One of my achievements was a membership drive among the clinic patients at our Kampung Kolam centre which recruited 105 patients.

In August 2019 the service centre of the Sungai Pinang Assemblyperson, Hon. Lim Siew Khim collaborated with FHDA to start a free monthly counselling service.

In 2020, the Covid-19 pandemic brought financial suffering and difficulty in obtaining food supply to the underserved community. With careful planning and strict SOP adherence, FHDA quickly set up a donation drive to purchase food items for them. Other NGOs realised our plight. They donated personal protective equipment during the movement control order period. During tough times like this, I learned that all individuals can work together and help each other to overcome adversities. I found my calling at Penang Family Health Development Association where I'm proud to call "my family" in Penang.

Carlyn Gan (FHDA Volunteer since November 2017)

DIARY OF ACTIVITIES: STAFF & VOLUNTEERS DEVELOPMENT

No	Training / Workshop / Meeting	Date	Venue	Participants / Resource Persons
1	FHDA Clinic Refresher Training	25.1.2019	FHDA Kampung Kolam	Dr Yim Poh Yin, Engie Ng, Chen Fong Theng, Halimah, Kam Min Lin,
2	HCV Diagnostic Advocacy Workshop	1.3.2019 – 3.3.2019	Copthorne Orchid Hotel	Redduwan
3	Women Day Fair	28.3.2019	Komtar	Yeap Meng Chee
4	HIV, STI, Hep.C Coordination Meeting	24.4.2019	USM	Pn Jubaidah, Loh Yoke Peng, Shamil, Nadja
5	FRHAM National Council Meeting	28.4.2019	FRHAM, Subang Jaya	Ong Lay Seong, See Cheng Kim
6	YSEALI Civic Engagement Professional Fellowship Program	24.4.2019 - 2.6.2019	Montana, North Dakota, Washinton D.C., USA	Chen Fong Theng
7	Healthcare for All: Trans-Inclusive Healthcare Seminar	2.5.2019	WP Hotel, Kuala Lumpur	Halimah
8	Mesyuarat Majlis AIDS Malaysia Kali ke-2 (2018/2019)	4.5.2019	Hotel Vistana, Kuala Lumpur	Jubaidah Nagoor, Bakhtiar Talhar
9	Awareness on Team Building and "Why Communication Workshop"	11.5.2019	Penang FHDA	Yeap Meng Chee, Lim Beng Poh, Ong Lay Seong, Jensen, Jacqueline Kan, Damien Lee, Graham, Tan Tee Boon, Benjamin, Pinnie Yeoh, Engie, Cristal, Jaya, Loh Yoke Peng, Shamil, Redduwan, Nina, Nadja, Bella, Halimah, Min Lin
10	Technical Review Panel (TRP)	21.6.2019	MAC Office	Chen Fong Theng
11	Mesyuarat Stakeholder Harm Reduction Peringkat Negeri Kedah	23.6.2019	JKN Kedah	Chen Fong Theng, Natalie Heah
12	Training of Trainers Duta Kenali Ubat Peringkat Zon Utara 2019	1.7.2019-3.7.2019	Swiss Inn, Sungai Petani	Engie Ng

13	TOT for Managing DHSKP Internal Program	23.7.2019-26.7.2019	UMCCED, Kuala Lumpur	Christine Low
14	TOT on Attitudes, Skills and Knowledge (TASK) for DHSKP	28.7.2019	UMCCED, Kuala Lumpur	Nina, Shamil, Bella
15	Driving Refugee Empowerment through Digital Inclusion in South East Asia	20.8.2019	Mercure Hotel, Penang	Chen Fong Theng
16	SWIT (Service Worker Implementation Tool) Workshop	21.8.2019-23.8.2019	SANI Hotel	Nina
17	State Managers Meeting	28.8.2019-29.8.2019	FRHAM, Subang Jaya	Christine Low
18	DHSKP Staff Training	8.9.2019	FHDA Office	Christine Low, Engie Ng, Chen Fong Theng, Loh Yoke Peng, Nina, Shamil, Redduwan, Nadja, Syuhada, Raimie
19	FHDA In-house Training: DHSKP Introduction	14.9.2019	FHDA Office	Christine Low, Engie Ng, Chen Fong Theng, Loh Yoke Pheng, Nina, Shamil, Redduwan, Nina, Nadja, Syuhada, Raimie, Cristal Lim
20	Training for Youth Leaders Program on Maternal & Child Health Management - Briefing	18.9.2019	JICA, Kuala Lumpur	Chen Fong Theng
21	Managing DHSKP – PM & PC Training	30.9.2019	Cosmo Hotel, Kuala Lumpur	Christine Low
22	Bengkel Latihan Pengukuhan Projek DHSKP dan Hep. C anjuran MAC dengan kerjasama KKM	30.9.2019-3.10.2019	Cosmo Hotel, Kuala Lumpur	Christine Low
23	Overcoming Challenges in HIV with Sciences, Innovation and collaboration in South-East Asia	4.10.2019-5.10.2019	Hilton Hotel	Christine Low
24	3 rd Malaysia AIDS Council Meeting	12.10.19	Cosmo Hotel, Kuala Lumpur	Dr Dinesh Mahalingam
25	Mesyuarat Koordinasi “STI Friendly Clinic”	18.10.2019	KOMTAR, Penang	Christine Low
26	Utara Region Roll Out Training & Workshop on Attitude, Skills and Knowledge for DHSKP	22.10.2019 - 25.10.2019	Rainbow Paradise Hotel	Syuhada, Bella, Syamil, Nina, Loh Yoke Peng, Redduwan, Nadja
27	Mesyuarat Jom Sihat Tanpa AIDS Peringkat Negeri Pulau Pinang	24.10.2019	PKD Barat Daya, Balik Pulau	Christine Low
28	Mesyuarat Penambahbaikan Program DHSKP (FHDA)	30.10.2019	FHDA Office	Christine Low, Engie Ng, Nina, Nadja, Shamil, Redduwan, Loh Yoke Peng, Chen Fong Theng
29	World AIDS Day 2019 – Community Participation in Kinta River Walk, Ipoh	1.12.2019	Ipoh, Perak	Christine Low, Engie Ng, Loh Yoke Peng, Chen Fong Theng, Redduwan, Shamil,



PLANNING, REPORTING, MONITORING AND EVALUATION

Project Specific Objectives:


1. To enable staff to plan activities using established systems.
2. To monitor and evaluate capacity of the Association for projects.
3. To ensure management staff utilize result based reports.

Every project is monitored and evaluated through Assessment and Planning. The charity food fair members met on 30th November 2019 with all partners present to evaluate the fundraising event and accept the audited statement.

GOVERNANCE, MANAGEMENT AND ADMINISTRATION

Project Specific Objectives:

1. To strengthen governance by policy makers for risk management of the association
2. To increase the leadership roles of volunteers and staff for programme sustainability

No	Diary of activities	Date	Venue	No. of Act	No. of Pax
1	Staff monthly meetings	Jan-Dec 2019	FHDA Jalan Perak	13	123
2	<u>FHDA Exco Meeting:</u> <ul style="list-style-type: none"> • 1st meeting @ 2019 / 2020 • 2nd meeting @ 2019 / 2020 • 3rd meeting @ 2019 / 2020 • 4th meeting @ 2019 / 2020 • 5th meeting @ 2019 / 2020 • 6th meeting @ 2019 / 2020 <u>Other meeting:</u> <ul style="list-style-type: none"> • Special ExCo meeting • 2nd Meeting of FHDA Medical Sub-Committee 2019 • Special Exco-Meeting 	15.6.2019 3.8.2019 5.9.2019 19.12.2019 18.1.2020 20.6.2020 20.4.2019 14.6.2019 16.10.2019	FHDA Jalan Perak FHDA Jalan Perak AnandaBhawan Restaurant Jesselton Crescent	1 1 1 1 1 1 1 1 1	9 8 7 7 9 10 4 7 6
3	Annual General Meeting	15.6.2019	FHDA Jalan Perak	1	31
4	Legal Adviser	14.11.2019	M/S Dharan & Co	1	3
5	Trustee	8.6.2019	FHDA Jalan Perak	1	1
6	Notarising letter for Grant Application	10.10.2019	FHDA Jalan Perak	1	2
7	New project: FHDA's Gallery Task Force 	5.9.2019	FHDA Jalan Perak	1	6



ONG HUCK TUAN & CO.

Firm No. AF: 0216

Chartered Accountants

48A, Abu Sittee Lane, 10400 Penang.

Tel: 04-2271680 Tel / Fax: 04-2278072

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF

PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION (Persatuan Perkembangan Kesihatan Keluarga Pulau Pinang) Registration No. PPM-003-07-16011962

REPORT ON THE FINANCIAL STATEMENTS

OPINION

We have audited the financial statements of PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION ("The Association"), which comprise the Balance Sheet as at 31st December, 2019 and the statement of Income, expenses and changes in Undesignated fund, Cash flow statement and notes to the financial statements including a summary of significant accounting policies as set out on pages 4 to 18

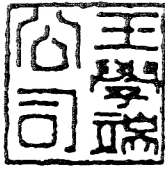
In our opinion, the accompanying financial statements give a true and fair view of the financial position of the Association as at 31st December, 2019 and of its financial performance and its cash flows for the year then ended in accordance with international Planned Parenthood Federation, ("IPPF") accounting policies and the provisions of the Societies Act, 1966 in Malaysia.

BASIS FOR OPINION

We conducted our audit in accordance with approved standards on auditing in Malaysia and International Standards on Auditing. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our Report. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

INDEPENDENCE AND OTHER ETHICAL RESPONSIBILITIES

We are independent of the Association in accordance with the By-Laws (on Professional Ethics, Conduct and Practice) of the Malaysian Institute of Accountants ("By Laws") and the International Ethics Standards Board for Accountants' Code of Ethics for Professional ("IESBA Code") and we have fulfilled our other ethical responsibilities in accordance with the By-Laws and the IESBA Code,



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RESPONSIBILITIES OF THE COMMITTEE FOR THE FINANCIAL STATEMENTS

The Committee of the Association is responsible for the preparation of financial Statements of the Association that give a true and fair view in accordance with IPPF accounting policies and the Societies Act, 1966 in Malaysia. The Committee is also responsible for such internal control as the Committee determine is necessary to enable the preparation of financial statements of the Association that are free from material misstatement whether due to fraud or error.

In preparing the financial statements of the Association, the Committee is responsible for assessing the Association's ability to continue as a going concern, disclosing as applicable, matters related to going concern, disclosing as applicable matters related to going concern and using going concern basis of accounting.

AUDITORS' RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements of the Association as a whole are free from material misstatement, whether due to fraud or error and to issue an Auditors' Report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with approved standards on auditing in Malaysia and International standards on Auditing will always detect a material misstatement when it exists. Mistatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with approved standards on auditing in Malaysia and International Standards on auditing, we exercise professional judgement and maintain professional scepticism throughout the audit. We also

- * Identify and assess the risks of material misstatement of the financial statements of the Association, whether due to fraud or error, design and perform audit procedures responsive to those risks and obtain audit evidence that is sufficient and appropriate to provide a basis of our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error as fraud may involve collusion, forgery, intentional omissions, misrepresentations or the override of internal control.
- * Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion of the effectiveness of the Association's internal control.



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- * Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Committee.

- * Conclude on the appropriateness of the Committee's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists we are required to draw attention in our Auditors' Report at the related disclosures in the Financial Statements of the Association or if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditors' Report. However future events or conditions may cause the Association to cease to continue as a going concern.

- * Evaluate the overall presentation, structure and content of the financial statements of the Association, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

OTHER MATTERS

The Report is made solely to the members of the Association, as a body, in accordance with the Societies Act, 1966 in Malaysia and for no other purpose. We do not assume responsibility to any other person for the content of this report.


ONG HUCK TUAN & CO.
NO. AF 0216


ONG CHOO EAN

No. 1401/7/20(J)

CHARTERED ACCOUNTANTS

PENANG


DATE: 2nd July, 2020.

**PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION
(PERSATUAN PERKEMBANGAN KESIHATAN KELUARGA, PULAU PINANG)
(Reg No: PPM-003-07-16011962)**

BALANCE SHEET AS AT 31 DECEMBER 2019

	2019			2018	
	RM	RM	RM	RM	RM
	Unrestricted	Donor Restricted	Total	Total	Total
ASSETS					
Current Assets					
Cash:					
At Bank And In Hand	25,092		25,092		34,262
Interest Bearing Deposits	86,806		86,806		164,045
Inventories	30,172		30,172		38,678
Receivables:					
Other Receivables	1,013		1,013		1,013
	143,083		143,083		237,998
Non-Current Assets					
Property And Equipment	57,785		57,785		66,651
Loan Receivables More Than 1 Year					
Security Deposits	13,777		13,777		13,777
Total Non-Current Assets	71,562		71,562		80,428
TOTAL ASSETS	214,645		214,645		318,426


Ms Yeap Meng Chee
Chairperson



Mr Ong Lay Seong
Hon Treasurer



Ms Lew Bee Cheng
State Manager


The annexed notes form an integral part of these financial statements

BALANCE SHEET AS AT 31 DECEMBER 2019 (CONT'D)

	2019			2018	
	RM	RM	RM	RM	RM
	Unrestricted	Donor Restricted	Total		Total
LIABILITIES AND FUND BALANCES					
LIABILITIES					
Current Liabilities:					
Payables And Accruals	12,604		12,604		22,340
Tenant Deposit	1,950		1,950		1,950
Deferred Income					
Total Current Liabilities	14,554		14,554		24,290
TOTAL LIABILITIES	14,554		14,554		24,290
FUND BALANCES					
Designated Fund	71,155	35,847	107,002		107,002
Undesignated Fund	93,089		93,089		187,134
Total Fund Balances	164,244	35,847	200,091		294,136
TOTAL LIABILITIES AND FUND BALANCES	214,645	214,645	214,645		318,426


 Ms Yeap Meng Chee
 Chairperson


 Mr Ong Lay Seong
 Hon Treasurer



 Ms Low Bee Cheng
 State Manager


The annexed notes form an integral part of these financial statements

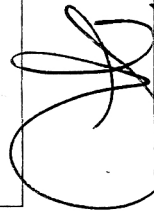
**Penang Family Health Development Association
(PERSATUAN PERKEMBANGAN KESIHATAN KELUARGA, PULAU PINANG)
(Reg No: PPM-003-07-16011962)**

STATEMENT OF INCOME, EXPENSES AND CHANGES IN UNDESIGNATED FUND BALANCE FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2019

	2019		2018	
	RM	RM	RM	RM
	Unrestricted	Donor Restricted	Total	Total
GRANT INCOME :				
FRHAM/IPPF – CONTRACEPTIVE GRANT		2,657	2,657	2,053
FRHAM/IPPF – HIV/AIDS INCEPTION GRANT		5,840	5,840	1,050
MAC/MOH – GLOBAL FUND TRANSITION FUND		100,496	100,496	221,477
MAC/GLOBAL FUND – DHSKP PROJECT		156,428	156,428	4,045
OTHER GRANTS AND DONATIONS				
OTHER INCOME :				
CLINIC INCOME	144,509		144,509	13,000
CONTRACEPTIVE INCOME	34,536		34,536	126,199
RENTAL INCOME	20,900		20,900	55,193
DONATION/SPONSORSHIP	52,677		52,677	12,000
FIXED DEPOSIT	2,760		2,760	164,495
FOOD FAIR DONATION	76,258		76,258	4,654
MEMBERSHIP FEES	1,180		1,180	-
SECRETARIAT FEES	2,000		2,000	620
WORKSHOP	750		750	-
TOTAL GRANT INCOME	335,570	265,421	600,991	604,786


Ms Yeap Meng Chee
Chairperson


Mr Ong Lay Seong
Hon Treasurer


Ms Low Bee Cheng
State Manager

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**PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION
(PERSATUAN PERKEMBANGAN KESIHATAN KELUARGA, PULAU PINANG)
(Registration no: PPM-003-07-16011962)**

STATEMENT OF INCOME, EXPENSES AND CHANGES IN UNDESIGNATED FUND BALANCE FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2019 (CONT'D)

	2019			2018	
	RM			RM	
	Unrestricted	Donor Restricted	Total	Total	Total
TOTAL INCOME BROUGHT FORWARD					
PROJECT EXPENSES :					
Outcome 1 : O1	1,265	-	1,265		327
Outcome 2 : O2	6,852	-	6,852		106
Outcome 3 : O3	171,407	273,013	444,420		492,199
Outcome 4 : O4	242,499	-	242,499		177,355
TOTAL EXPENSES	422,023	273,013	695,036		669,987

TOTAL INCOME BROUGHT FORWARD

PROJECT EXPENSES :

- Outcome 1 : O1 Advocacy & Champion Rights
- Outcome 2 : O2 Awareness & Empowerment
- Outcome 3 : O3 Integrated & Accessible Services
- Outcome 4 : O4 Governance, Management, Development & Sustainability

TOTAL EXPENSES



Ms Yeap Meng Chee
Chairperson



Mr Ong Lay Seong
Hon Treasurer




Ms Low Bee Cheng
State Manager


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**PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION
(PERSATUAN PERKEMBANGAN KESIHATAN KELUARGA , PULAU PINANG)
(Registration no: PPW-003-07-16011962)**

STATEMENT OF INCOME, EXPENSES AND CHANGES IN UNDESIGNATED FUND BALANCE FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2019 (CONT'D)

	2019			2018
	RM		RM	RM
	Unrestricted	Donor Restricted	Total	Total
EXCESS OF INCOME OVER EXPENSES	-86,453	-7,592	-94,045	-65,201
UNDESIGNATED FUND BALANCE AS AT 1 JANUARY	187,134		187,134	252,335
UNDESIGNATED FUND BALANCES AS AT 31 DECEMBER	100,681	-7,592	93,089	187,134


Ms Yeap Meng Chee
Chairperson


Mr Ong Lay Seong
Hon Treasurer


Ms Low Bee Cheng
State Manager


The annexed notes form an integral part of these financial statements.


**PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION
(PERSATUAN PERKEMBANGAN KESIHATAN KELUARGA, PULAU PINANG)**


STATEMENT OF FUNCTIONAL EXPENSES FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2019

Note :	O1	O2	O3	O4	2019	2018
	Advocacy & Champion Rights RM	Awareness & Empowerment RM	Integrated & Accessible Services RM	Governance, Management & Sustainability RM	Total RM	Total RM
Below is a sample of expenses						
Items of expenses may be added /deleted accordingly						
Accounting Fees				400	400	200
Affiliation fee				200	200	150
Assessment & quit rent				1,774	1,774	0
Audit fee			42	1,200	1,200	1,200
Banners/Posters			64	227	269	203
Bank charges			1,935	234	298	314
Contraceptives & Consumables			9,303	0	1,935	0
Clinic expenses				0	9,303	2,573
Depreciation				27,798	27,798	26,001
Domain & Hosting Fees				1,667	1,667	1,526
Electricity, Water, IWK			4,430	7,476	11,906	10,985
Gifts & Donation, Condolences		800	142	400	1,342	850
Honorarium	600	0	0	0	600	505
Insurance (Property, Fixed Asset)	0	0	750	1,317	2,067	1,599
Hire Purchase Interest	0	0	0	1,520	1,520	1,520
Medical expenses (Purchase of Clinic Medical Supplies)	0	0	50,502	0	50,502	41,672
414 Music Performance	0	0	0	0	0	2,300
Office expenses	0	0	1,102	9,093	10,195	8,856
Occupation (Rental, Maint fees)			10,742	13,426	24,168	19,537
Project Activities (Food Fair Expenses, Venue, Secretariat, Shared Proceeds)	0	0	0	69,021	69,021	1,300
Professional fee (Dr, Lawyer)	0	0	22,305	14,241	36,546	19,905
Printing	286	0	383	3,627	4,296	5,390
Postages / Courier	0	0	287	81	368	1,068
Stationery	7	0	822	100	929	2,224
C/F	893	800	102,809	153,802	258,304	149,878

Continued:									
B/F Refreshments	893	800	102,809	153,802	258,304	149,878			
	0	31	2,354	1,032	3,417	26,510			
Repairs & Maintenance	0	0	1,943	790	2,733	3,212			
Salary and Allowance	0	6,000	309,642	78,908	394,550	442,361			
Service tax	0	0	355	321	676	2,178			
Stamp duty	0	0	30	113	143	277			
Telecommunications (Reload Card)	0	0	9,937	2,714	12,651	12,908			
Travel & subsistence (Parking, Toll)	372	21	17,350	2,255	19,998	28,905			
Vehicle running cost (Rd)	0	0	0	2,564	2,564	3,758			
Tax, Insurance, Petrol)									
Total (RM)	1265	6,852	444,420	242,499	695,036	675,356			


 Ms Yeap Meng Chee
 Chairman


 Mr Ong Lay Seong
 Hon Treasurer


 Ms Low Bee Cheng
 State Manager

PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION
(Persatuan Perkembangan Kesihatan Keluarga, Pulau Pinang)
Registration No. PPM-003-07-16011962

NOTES TO THE FINANCIAL STATEMENTS

For the financial Year ended 31st December, 2019

1. Organisation Structure and Nature of Activities

The Penang Family Health Development Association (the "Association" or "FHDA") is a voluntary not for profit organisation registered in 1961.

OBJECTS

To promote Sexual and Reproductive Rights as Human Rights.

To encourage individuals to take control of their reproductive lives.

To educate the public on the relationship between population, resources, development, environment and family planning.

To promote equality between men and women.

To promote choices in Reproductive Health.

To act as the liason body between associate members the Federation of Reproductive Health Associations Malaysia, National Population and family Development, Ministry of Health and any other agencies interested in Reroductive Health.

To raise funds in furtherance of the above objects.

The FHDA shall not discriminate on grounds of race, creed, colour, political belief, or sex and providefor a widely based membership.

Its main programme is promoting access to Sexual an Reproductive Health, family health and family development services using five key strategies known as 5A's (Access, Advocacy, Adoloscents, Aids and Abortions). The administration office is located at 333, Perak Road 11600 PENANG and also houses:

One of the clinics (Klinik FHDA Jalan Perak)

Tuanku Ismail Jewa Centre (formerly known as Family Development Centre) launched on 24 October, 2009 in memory of the Association's late past President.

Youth Advisory Centre for youth-with-youth activities.

The Association is a member of the Federation of Reproductive Health Associations, Malaysia ("FRHAM")

The number of employees of the Association as at 31st December, 2019 is 16 (-2018 -15) .

PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION
(Persatuan Perkembangan Kesihatan Keluarga, Pulau Pinang)
Registration No. PPM-003-07-16011962

NOTES TO THE FINANCIAL STATEMENTS

For the financial Year ended 31st December, 2019

1. Organisation Structure and Nature of Activities (Cont'd)

Principal sources of revenue are project grants channelled through the FRHAM and International Planned Parenthood Federation ("IPPF"), Malaysian government, Malaysian AIDS Council, ("MACS") Global Fund and D'Me & U clinic services.

In order to carry out its tasks, the Association conducts the following services:-

- a) Providing clinical reproductive health screening and family wellness services, sexually transmitted infections (STI) clinic, contraception and abortion counselling;
- b) Supporting HIV/AIDS prevention, screening, treatment adherence, peer support at Hospital Sultanah Bahiyah and Hospital Seberang Jaya and charity supplies rendered to families living with HIV;
- c) Conducting health information, education and communication campaigns, which cover the underserved and underprivileged communities (such as lower income, elderly, disabled) through outreach mobile clinics and by applying audiovisual materials.
- d) Empowering young people on sexual and reproductive health and rights to make life choices through youth camps and youth peer activities;
- e) Improving access to family and sexual health services to marginalised groups and their families. The marginalised groups classified as key populations by the United Nations include sex workers (SW), men who have sex with men (MSM), transgender/transsexual (TG/TS), drug users (DU);
- f) To implement the programme by hiring staff, maintaining equipment and buildings for the office, centres and clinics at Perak Road, Kampong Kolam in Georgetown, Jalan Pegawai in Bukit Mertajam, Penang and Jalan Perusahaan Tandop, Alor Setar;
- g) Assessing and reporting the effect and conduct of the 5A's strategies undertaken

2. BASIS OF ACCOUNTING

The financial statements are prepared and presented in accordance with the IPPF accounting policies as stated in the notes.

3. SIGNIFICANT ACCOUNTING POLICIES

All significant accounting policies set out below are consistent with those applied in the previous financial year.

PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION
(Persatuan Perkembangan Kesihatan Keluarga, Pulau Pinang)
Registration No. PPM-003-07-16011962

NOTES TO THE FINANCIAL STATEMENTS

For the financial Year ended 31st December, 2019

3.1 PROPERTY, PLANT AND EQUIPMENT

Property, plant and equipment are stated at cost less accumulated depreciation except the following:-

- (a) Property, plant and equipment donated as gifts by IPPF are stated at IPPF's value.

Property, plant and equipment are depreciated on a straight-line basis to write off the cost of each asset over its estimated useful life at the following annual rates:-

Freehold building	5%
Leasehold building	5%
Equipments	5% to 20%
Furniture and fittings	20%
Motor vehicle	20%
Renovation	10%
Signboard	10%

The value of property, plant and equipment donated is credited to the property, plant and equipment fund and thereafter released to income over their estimated useful lives.

3.2 Inventories

Inventories are stated on the following basis:-

- (a) Inventories purchased locally are stated at cost.

- (b) Inventories donated by IPPF are stated at the landed cost of inventories at port of entry, customs clearing and forwarding charges are expensed during the financial year of acquisition.

- © Inventories donated by third party donors are capitalised at their estimated replacement cost. In cases where the estimated value is not provided by the donor and is otherwise unobtainable, valuation is established by using current IPPF commodity price list, or where this is not applicable, by consulting with the IPPF Regional Office. The value of inventories donated is credited to the investment fund and released to income when consumed.

PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION
(Persatuan Perkembangan Kesihatan Keluarga, Pulau Pinang)
Registration No. PPM-003-07-16011962

NOTES TO THE FINANCIAL STATEMENTS

For the financial Year ended 31st December, 2018

3.3 Receivables

Receivables are carried at the anticipated realisable value. Known bad debts are written off in the financial year in which they are identified.

3.4 Cash and Cash equivalents

Cash and Cash equivalents comprise cash and bank balances and interest bearing deposits.

3.5 Income Recognition

All grants are recognised on an accrual basis, Where income from donors is restricted for specific activities, the income is deferred and released to income when the funds are expended on those specific activities.

4. PROPERTY, PLANT AND EQUIPMENT

COST	Balance at		Disposals/	Balance at	
	1.1.19	Additions		31.12.19.	
	RM			RM	
Freehold Building	190,000			190,000	
Leasehold Building	90,025			90,025	
Equipment	261,072	2,282		263,354	
Furniture & Fittings	10,767			10,767	
Motor vehicle	110,694			110,694	
Renovation	52,360	16,650		69,010	
Signboard	1,858			1,858	
	716,776	18,932		735,708	

ACCUMULATED DEPRECIATION	Balance at		Disposals/	Balance at	
	1.1.19.	Additions		31.12.19.	
	RM			RM	
Freehold Building	152,000	9,500		161,500	
Leasehold Building	90,025			90,025	
Equipment	237,390	12,983		250,373	
Furniture & Fittings	10,754	12		10,766	
Motor vehicle	110,692			110,692	
Renovation	48,850	5,165		54,015	
Signboard	414	138		552	
	650,125	27,798		677,923	

PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION
(Persatuan Perkembangan Kesehatan Keluarga, Pulau Pinang)
Registration No. PPM-003-07-16011962

NOTES TO THE FINANCIAL STATEMENTS

For the financial Year ended 31st December, 2019

4. PROPERTY, PLANT AND EQUIPMENT (Cont'd)

NET BOOK VALUE	2019	2018
	RM	RM
Freehold Building	28,500	38,000
Leasehold Building	-	-
Equipment	12,980	23,682
Furniture & Fittings	1	13
Motor vehicle	2	2
Renovation	14,995	3,510
Signboard	1,307	1,444
	57,785	66,651

The buildings are held in trust by trustees for the Association. The title deed in respect of the leasehold building is registered in the names of the trustees while the title deed in respect of the freehold building is pending registration into the trustees' names as at 31st December, 2018.

5. INVENTORIES

Type of contraceptive/ medical supplies	Quantity	2019 Value RM	2018 Value RM
(a) Antibiotic (tablets)		207	180
(b) Anti fungal		1,630	2,135
(c) Condoms (gross)		18,148	21,180
(d) Hormone Replenishment Therapy		1,867	3,097
(e) Others		4,313	5,255
(f) Vitamins (tablets)		3,384	6,309
(g) Anti Hypertensive		361	384
(h) Lipid lowering		262	138
TOTAL		30,172	38,678

6. DESIGNATED FUND

2019	Unrestricted Termination Reserve	Clinical Service Reserve	Donor Restricted Global Fund	Total
Balance at 1st January	20,753	35,958	35,847	92,558
Transfer to unrestricted fund	-	-	-	-
Balance at 31st December	20,753	35,958	35,847	92,558

PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION
(Persatuan Perkembangan Kesehatan Keluarga, Pulau Pinang)
Registration No. PPM-003-07-16011962

NOTES TO THE FINANCIAL STATEMENTS

For the financial Year ended 31st December, 2019

6. DESIGNATED FUND (cont'd.)

2018	Unrestricted Termination Reserve	Clinical Service Reserve	Donor Restricted Global Fund	Total
Balance at 1st January	20,753	35,958	35,847	92,558
Transfer to unrestricted fund	-	-	-	-
Balance at 31st December	20,753	35,958	35,857	92,568

7. INVENTORIES FUND

	2019 RM	2018 RM
Balance as at 1st January	14,444	13,417
Inventories donated by IPPF	12,020	12,207
Amount released to income	-	-
	<u>14,444</u>	<u>14,444</u>

8. CASH AND CASH EQUIVALENTS

	2019 RM	2018 RM
Cash at bank and in hand	25,092	34,262
Interest bearing deposits	-	-
interest bearing deposits - building fund	86,806	164,045
	<u>111,898</u>	<u>198,307</u>

9. HIRE PURCHASE CREDITOR

	2019	2018
Total commitments payable:		
Payable not later than one year	7,680	11,520
Payable later than one year but not later than five years	-	7,680
	<u>7,680</u>	<u>19,200</u>
Less: Term charges	-	2,533
	<u>6,667</u>	<u>16,667</u>
Representing hire purchase liabilities		
Due not later than one year	6,667	10,000
Due later than one year but not later than five years	-	6,667

PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION
(Persatuan Perkembangan Kesihatan Keluarga, Pulau Pinang)
Registration No. PPM-003-07-16011962

NOTES TO THE FINANCIAL STATEMENTS
For the financial Year ended 31st December, 2019

10. PURCHASE OF PROPERTY, PLANT AND EQUIPMENT

	2019	2018
	RM	RM
Aggregate cost of property, plant and equipment acquired	18,932	980
	<u>18,932</u>	<u>980</u>

11. INCOME TAX

The Federation of Reproductive Health Association, Malaysia ("The Federation") and its affiliated members have been exempted from Income tax under Section 127 (1) (b) of the Income Tax Act, 1967 in Malaysia. However, under the Finance Act, 1986 in Malaysia, this exemption had been withdrawn with effect from the financial year ended 31st December 1987 (year of assessment 1988).

On 24 October, 1990 and 15 December, 1990 approval was obtained from the Director of Inland Revenue Board for the Federation and its affiliated members to be exempted from Income tax with effect from the Year of Assessment 1988 (financial year ended 31st December, 1987) under Paragraph 13 Schedule 6 of the Income Tax Act, 1967 (as amended) in Malaysia. Hence no provision for income tax has been made in the financial statements of the Federation. By virtue of the Association being a member of the Federation, no provision for income tax was made in the financial statement of the Association. This is consistent with the basis adopted in the financial statements of the Federation.

FHDA PREMISES

TUNKU ISMAIL JEWEL CENTRE
(FHDA Office)
NO. 333 JALAN PERAK,
11600 PENANG

Open on: Tuesdays – Saturdays
Time: 8.30am - 6.00pm
Close on: Sundays, Mondays &
Public Holidays

Tel No: 604 - 2825191 / 2813144
Fax No: 604-2819380
Whatsapp No: 011-36600297
Email: info@fhdapenang.org
Website: <https://www.penangfhda.org>
Facebook: @penangfhda

FHDA KAMPUNG KOLAM
16/18 KAMPUNG KOLAM,
10200 PENANG

Open on: Tuesdays – Saturdays
Time: 8.00am – 3.30pm
Close on: Sundays, Mondays &
Public Holidays

1) Doctor's Sessions:
Thursday: 9.30a.m – 12.00noon
Friday: 9.30a.m – 12.00noon
Saturday: 9.00a.m – 12.00noon

2) Blood Screening:
1st & 3rd Saturday of every month
Time: 8.30a.m – 10.00a.m

3) PrEP Clinic:
Friday 9.00a.m – 12.00 noon

Tel No: 604-2622225/ 2519654
Fax No: 604-2622225
Whatsapp No: 011-21778184

FHDA BUKIT MERTAJAM
18F JALAN PEGAWAI,
10400 BUKIT MERTAJAM

Open on: Tuesdays – Saturdays
Time: 8.30am - 6.00pm
Close on: Sundays, Mondays &
Public Holidays
Tel No: 604-5391191

APPRECIATION 2019

Penang Family Health Development Association (FHDA) Executive Committee wish to thank :-

International Planned Parenthood Federation (IPPF) and the Federation of Reproductive Health Associations' Malaysia (FRHAM) for commodity contraceptive grant

Lunchvaganza Charity Food Fair joint organising committee for raising a total of RM RM74,143.30 shared among FHDA (the Secretariat) and partners, Badan Sokongan Pesakit Kanser Seberang Perai, the Diabetic Society of Penang, Generasi Pemenang and Perlis Family Planning Association. Our gratitude to the Hon. Lim Siew Khim, State Assemblyperson for Sg Pinang, the generous cash donors, NGOs which supported us, stall sponsors, patrons, volunteers, staff and helpers

The Malaysian AIDS Council (MAC) and Ministry of Health for a project grant from Global Fund, Differentiated HIV Services to Key Populations (DHSKP); and the participating government clinics for their collaboration

The Penang State Health Department for providing HIV rapid test kits and certified training to enable community based testing

Universiti Sains Malaysia and Segi College for sending interns

The Hon. Lim Siew Khim for inviting FHDA to partner in four health camps in her constituency and our volunteers and staff on duty who conducted FOC health screening

The Centre for Research on Women and Gender (KANITA) Universiti Sains Malaysia for inviting FHDA to be resource persons at the SRHR project at Amphenol factory

Mr Paul Ang Siew Chuan for donation of glucometers, glucose test strips and lancets

Volunteers of the FHDA Community Friendly Clinic for providing FOC services.

Sponsors, donors, speakers, press, networking organisations, volunteers, supporters who helped us in one way or another

FRHAM STRATEGIC FRAMEWORK 2016-2022

Our Vision: All people in Malaysia have access to information and services on sexual and reproductive health and rights

OUTCOME 1	OUTCOME 2	OUTCOME 3	OUTCOME 4
<p>Policies and programmes that respect, protect and fulfil SRH and Rights and gender equality are implemented</p>	<p>People in Malaysia are fully informed and empowered to act on SRH and Rights</p>	<p>Provision of quality and integrated SRHR services accessible by all especially the marginalized and the underserved</p>	<p>A high performing, visible and accountable FRHAM</p>
<ul style="list-style-type: none"> Promote existing SRHR policies and programmes by FRHAM and partners Engage young people and activists to promote existing policies and programmes on SRHR and gender equality 	<ul style="list-style-type: none"> Enable 100,000 young people to receive CSE and SRHR services Engage and strengthen partnership with key government agencies, women's groups, media and young people to promote SRHR 	<ul style="list-style-type: none"> Step up delivery of SRHR services to all groups of population including the marginalized and underserved Establish aged-friendly programmes at 50% of State MAs 	<ul style="list-style-type: none"> Build a strong and committed volunteer base; skilled and competent staff Develop effective communication strategy to improve visibility and presence of FRHAM

Our Mission: To champion sexual and reproductive health and rights for all particularly the marginalized and the underserved

