

EXAMPLE CHARITY: FOOTBALLPLUS



Photo: Footballplus.

www.footballplus.org

IN A NUTSHELL

FootballPlus is a football academy that blends an integrated values-based curriculum with football training to help youth achieve their full potential in life. 'Value-based curriculum' is where each month a skill and a related value are emphasised within the training sessions.

In 2019, Footballplus will incorporate “Habitudes”, a character-based programme that uses images and relatable stories to reinforce value-based teaching.

Footballplus engages 150-200 players on a weekly basis, many of whom are from disadvantaged and low-income families. Encouraged by its success, Footballplus has expanded regionally, to Indonesia, Thailand, and Mongolia.

REGISTRATION STATUS

Footballplus is a small-size registered charity and IPC in the sport sector.

ZOOMING IN

Impacting lives through football

Footballplus's main activity is its academy, which uses a value-based curriculum to provide weekly football training and character development opportunities for youths aged 7 to 17. Coaches are encouraged to do home-visits to connect with participants' parents and understand the home environment so that youths are given the right support they need.

The organisation's other services include Champions, a 16-week mentoring programme, where youths receive 1-on-1 mentoring sessions every other week. These sessions are to encourage and facilitate goal-setting, celebrate successes, reflect, and review decision making of mentees.

Players from low-income families can join Champions Unlimited, which is a combination of weekly value-based football training and mentorship. Footballplus also offers financial assistance for eligible players.

Footballplus also runs football clinics at family services centres as well as school-based programmes. The organisation supports schools by providing coaches as well as delivering ad-hoc football-based parenting workshops.



Photo: Footballplus

HOW FOOTBALLPLUS MAKES A DIFFERENCE?

As part of its Champions project initiative in 2018, 20 mentors, most of whom are volunteers, underwent 8 hours of mandatory mentor training. Training included learning the needs of young people, practical ways to handle some of the issues facing youth today, and role playing of the mentoring sessions.

These **20 mentors** went on to impact **31 mentees** over the span of **more than 11,000 minutes of 1-to-1 adult guidance**. This programme has not only benefited mentees, but mentors also found it very rewarding. Most mentors expressed interest in continuing with the programme.

“I am glad to be given this opportunity to serve the players through this mentoring programme. The training has provided me with the tools and the confidence to guide the young person through the goal-setting process. It is very rewarding, at the end of the programme, to see your mentee achieved what we had set together and for them to realise that their potential is more than what they initially thought of.” – mentor

“I like having mentoring because I know my mentor is listening to me. I used to get into fights with people but because of training and mentoring, now when someone say something bad about me, I will tell my teacher or coach instead.” – mentee, 11 years old

EXAMPLE PROGRAMME: GYM TONIC



Photo: Gym Tonic.



www.gymtonic.sg

IN A NUTSHELL

Gym Tonic is a strength training programme for seniors conceived in Singapore by the Lien Foundation in partnership with Finnish research institutions and PulseSync Pte Ltd. The programme uses air-powered gym machines designed to be gentle on seniors and has been proven to reverse frailty. Frail seniors are more prone to falls, fractures, disability, and even death. According to a survey by the Institute of Mental Health, nearly half of Singaporean seniors aged 60 and above are either frail or pre-frail*.

As of March 2019, more than 4,000 seniors were registered with Gym Tonic across 29 sites, including senior care centres, day rehab facilities, nursing homes, community and senior activity centres, and shelter homes. Each site is set up as partnership between the Lien Foundation and a partner organisation. The Foundation funds the equipment, software, IT, and training, while the partner organisation is responsible for daily operations and covering operational costs.

REGISTRATION STATUS

Gym Tonic is initiated and funded by the Lien Foundation. The programme's IT system is provided by PulseSync Pte Ltd.

ZOOMING IN

Effective and senior-friendly strength training programme

Gym Tonic is a **structured 12-week programme** that involves **twice-a-week strength training sessions** (30-40 mins) **on software-enabled senior-friendly machines**. Participants are guided by specially qualified trainers.

During the programme, participants' **performance data, such as the weight they can carry and the number of repetitions they can do, are tracked continuously** for monitoring and evaluation purposes. They are also put through physical tests at the beginning and end of the 12-week programme to gauge their grip, muscle strength, muscle mass, walking speed and so forth.

After completing the 12-week programme, seniors can sign up for more. Cost of the programme varies depending on the partner organisation, and can range from complimentary to \$5-\$10 per session.

In 2017, the Lien Foundation commissioned a **study to evaluate the effectiveness of Gym Tonic**. It involved 400 seniors, most of whom lived in nursing homes or attended senior care facilities. After 3 months on Gym Tonic, respectively, **41% and 55% of the frail participants progressed to the pre-frail state**. The programme has also proven effective for those who are relatively healthy and visit senior activity centres - **25% of such seniors participating in the programme improved from pre-frail to robust state**.



Photo: Gym Tonic

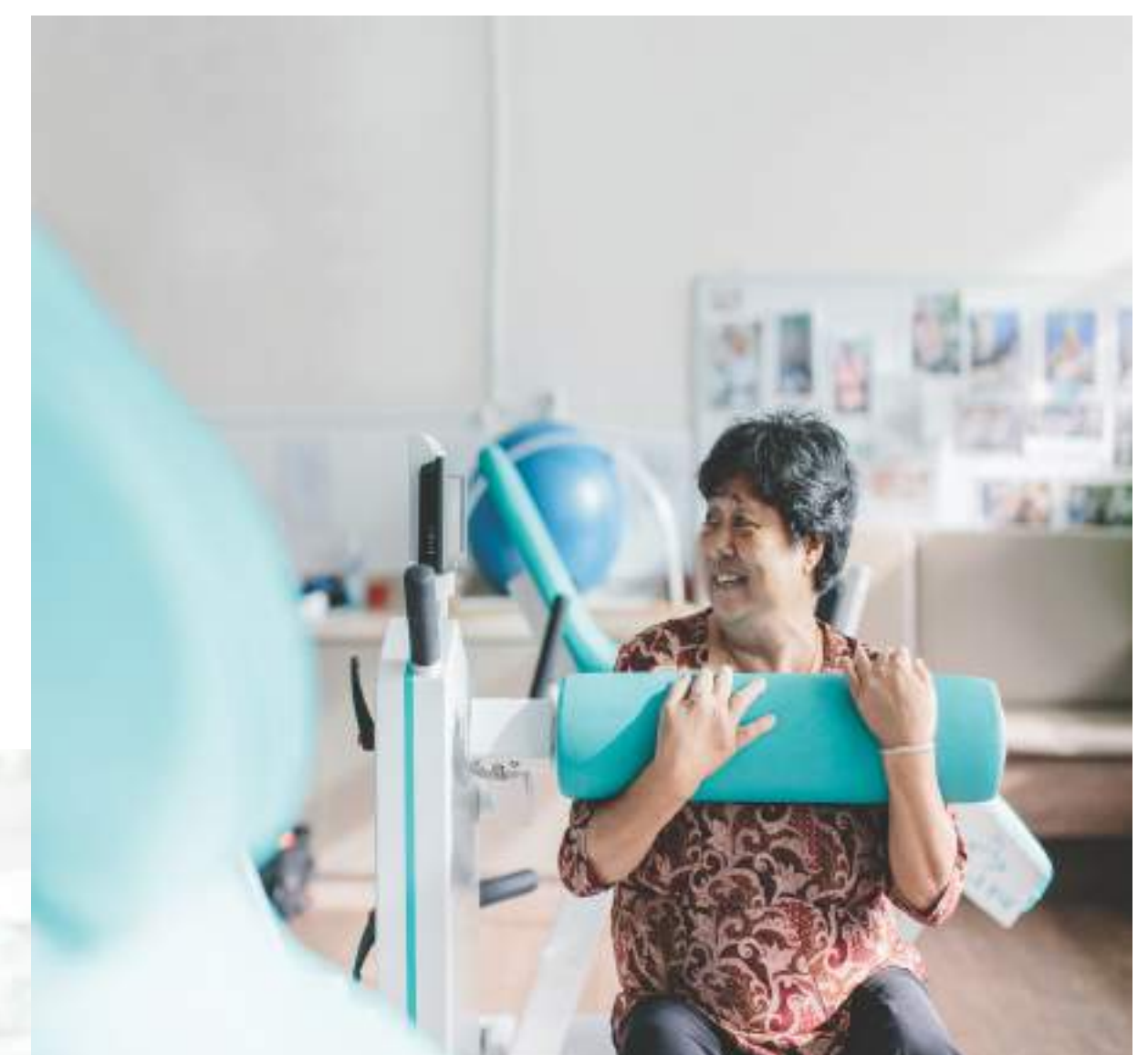


Photo: Gym Tonic



Photo: Gym Tonic

HOW GYM TONIC MAKES A DIFFERENCE?

Mdm Tong Lay Choo, 71, has been an active member of the Gym Tonic programme at St Hilda's Community Services since December 2016. Gym Tonic has helped improve the strength of her leg muscles and she can now climb the overhead bridge near her home with less effort. She also experiences muscle cramps less frequently these days.

She does strengthening exercises at least once a week and encourages other residents to join in the programme. Mdm Tong is very pleased with Gym Tonic as it has **brought senior-friendly gym facilities to her neighbourhood**. She is a positive influence to fellow members during Gym Tonic sessions. She **often acts as a mentor to encourage and help her peers** who have difficulties operating the machines.

*Frailty is characterised by weakness, exhaustion, slow walking speed, low activity and weight loss. According to researchers and the medical community, anyone who meets 3 out of these 5 criteria is "frail" and those who has 1-2 symptoms are "pre-frail". Those without any symptoms are classified as "robust". Source: <https://www.ncbi.nlm.nih.gov/pubmed/11253156/>.

EXAMPLE CHARITY: NETBALL SINGAPORE



Photo: Netball Singapore

www.netball.org.sg

IN A NUTSHELL

Netball Singapore is the national governing body for the promotion, development, and regulation of netball in Singapore. Netball is one of the most popular sports in Singapore, and is the most popular sport among females across all ages and races. Almost 85% of schools offer netball as a co-curricular activity for their students.

The Singapore National Netball Team was crowned champions at the 2012 and 2014 Asian Netball Championships and was runner-up in 2018. The team also won a gold medal and a silver medal at the 2015 and 2017 SEA Games, respectively. Netball will be featured again in the 2019 SEA Games in Manila.

In 2015 and 2016, the Singapore National Netball Team was recognised as the Team of the Year at the Singapore Sports Awards for their performance at the Asian Netball Championships and the SEA Games.

REGISTRATION STATUS

Netball Singapore is a medium-size NSA. It is a registered charity and IPC in the sport sector.

ZOOMING IN

Promoting a world-class netballing nation

Netball Singapore's objectives are to support the national team to achieve international success as well as to elevate the quality of netball in Singapore. The organisation provides **comprehensive support to its athletes**, giving them access to development pathways, training opportunities, and exposure to international competitions. It also **sets qualifying criteria** for international competitions.

Netball Singapore, in partnership with the Ministry of Education, produced a holistic **Primary School Netball Coaching Resource** for students that contains detailed coaching manuals as well as lesson plans to infuse character building aspects into the training sessions. As a follow up, the **Secondary School Netball Coaching Resource** was also launched in March 2019. These materials aim to **elevate and standardise netball coaching standards across schools** to enhance the development and skills of the students.

Netball Singapore also organises **local competitions and community events** to promote the sport among the general public and uses these platforms to identify future athletes. It also organises weekly **netball clinics** to provide playing opportunities for those who do not belong to any clubs.



Photo: Netball Singapore

HOW NETBALL SINGAPORE MAKES A DIFFERENCE?

Netball Singapore is committed to supporting their athletes' successes both on and off the court. The organisation emphasises the importance of education as well as developing and enhancing their players' professional careers while playing netball and after retiring from the sport. In-line with this goal, over the past 10 years, Netball Singapore has sourced for **bursaries** and given out **interest-free loans** to more than six of their national athletes from financially deserving backgrounds to cover their school and tuition fees. Athletes can then repay the loan over a 36-month period after they graduate from university.

Recognising Netball Singapore's limited resources, forging good partnerships has always been essential for the organisation. In 2015, **Netball Singapore and Deloitte announced a partnership** to offer **internship and scholarship opportunities to qualified netballers**. This partnership aims to nurture netballers professionally even as they maintain their athletic commitments. Through Netball Singapore's close relationship with Deloitte, some of their national team players are also employed by the company through the Deloitte Ignite programme. Netball Singapore is always actively looking for potential corporate partners to broaden the support given to their athletes.

EXAMPLE CHARITY: SINGAPORE CYCLING FEDERATION (SCF)



Photo: SCF.

IN A NUTSHELL

SCF is the national governing body for the promotion and development of 5 main cycling disciplines, which are Road, Track, Mountain Bike, BMX, and BikeTrial.

With the support of SCF, Singaporean cyclists won 1 bronze, 1 silver, and 1 gold medal at the 2017 SEA Games.

In 2018, SCF received the Charity Transparency Award from the Charity Council.

REGISTRATION STATUS

SCF is a medium-size NSA. It is a registered charity and IPC in the sport sector.

ZOOMING IN

Promoting cycling and contributing towards a safe cycling culture

One of SCF's missions is to help Singaporean athletes achieve success at major international competitions. The organisation provides **comprehensive support to its athletes**, giving them access to development pathways, training opportunities, and international competition exposure. It also **sets qualifying criteria** for international competitions.

One of SCF's major flagship programmes is **Cycle Safe** that teaches basic knowledge and skills needed to bike safely in Singapore. SCF also organises **local competitions** as well as **leisure and community cycling events** to promote general participation.

SCF also runs **Academy**, which is a year-long training programme for **students** to promote cycling as a mass sport. It would also serve as a platform to identify future cyclists. The Academy aims to reach 150 students in 2019.

SCF is very active in its efforts to reach out to **at-risk youth and persons with disabilities cycling**. In 2018, SCF expanded the Cycle Safe programme to include participants with special needs (e.g.: autism, ADHD) and those with disabilities (hearing impairment, cerebral palsy among others).



Photo: SCF



Photo: SCF.

HOW SCF MAKES A DIFFERENCE?

Cycle Safe is a 4-level programme that that equips participants with the necessary knowledge and skills needed to cycle safely on cycling paths and roads, and to participate in local cycling events. The course covers equipment and personal safety checks, cycling environment and potential hazards, as well as cycling knowledge and skills.

Cycle Safe was initiated to fill the need for a structured curriculum to teach young children or novice cyclists to cycle safely. Since its inception, it has become a **national programme with 97 sessions** already held for a range of participants (see below for details).

- Schools: 40 sessions
- Government agencies: 17 sessions
- Community organisations: 26 sessions
- Private corporations/Non-profits: 26 sessions
- Open sessions for individuals: 4 sessions

Cycle Safe is a **self-sustaining programme** without any government funding. Costs are covered by fees and generous donations/sponsorships by NETS, Singapore Pools, and Goldbell Foundation.

EXAMPLE CHARITY: SINGAPORE DISABILITY SPORTS COUNCIL (SDSC)



IN A NUTSHELL

SDSC is the national sports body for the disabled in Singapore. The goal of SDSC is to enable persons with disabilities to realise their potential through sports.

SDSC has been an advocate of disability sports for the past 45 years. It is the only organisation in Singapore that reaches across all disability groups, offering sports at both elite and non-elite levels across 20 sports. Today, there are 350 athletes who train with SDSC regularly.

REGISTRATION STATUS

SDSC is a medium-size registered charity and IPC in the social & welfare sector.

ZOOMING IN

Promoting inclusivity through sports

SDSC's objectives are to promote **sports excellence among Singaporean para athletes** as well as to **advocate for inclusivity** for persons with disabilities through sports.

SDSC conducts basic **outreach programmes** to encourage persons with disabilities to regularly participate in physical activities for their social and physical well-being.

SDSC also **supports hospitals and special needs schools** incorporate sports and physical activities into their rehabilitation programmes.

To promote disability sports and identify future athletes, SDSC holds regular **local competitions and community events**. It also delivers educational programmes to schools to educate both able and disabled students about inclusivity and para sports.

The organisation provides **comprehensive support to its athletes**. Athletes get access to development pathways, training opportunities, and international competition exposure. SDSC also **sets qualifying criteria and supports athletes** who meet the qualifying criteria for international competitions.

HOW SDSC MAKES A DIFFERENCE?

Tay Wei Ming is a 31 year old champion in badminton. He was born with **Erbs Palsy** that affects his right arm.

He was discovered while playing in the 2007 National Disability League, a tournament organised by SDSC for Singaporeans with disabilities. There, he was scouted by a representative of SDSC and was invited to join their training programme. SDSC together with his coach then developed an individual training pathway for Wei Ming that would help him excel at the sport.

Since then, with the support of SDSC, Wei Ming has travelled all over the world to compete in international competitions with great success. He was the first Singaporean to win a **bronze medal** in both the men's singles and doubles at the **World Championship in 2013**. He also bagged a **bronze medal in the men's singles at the 9th ASEAN Para Games in 2017**. Within the same year, Wei Ming was also crowned **Singapore's first-ever para badminton world champion** in a men's double event (together with Suryo Nugroho of Indonesia).

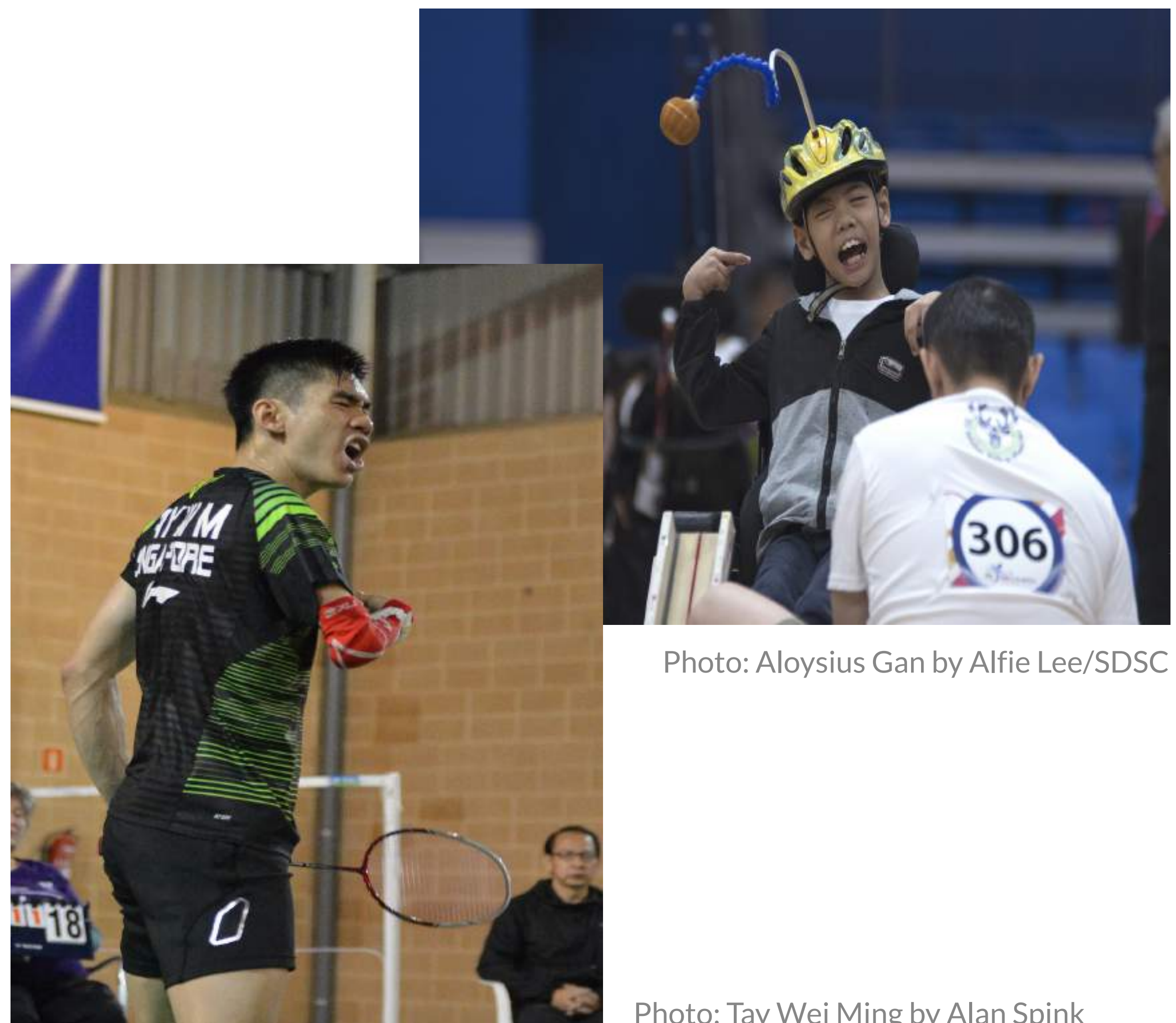


Photo: Aloysius Gan by Alfie Lee/SDSC

Photo: Tay Wei Ming by Alan Spink

EXAMPLE CHARITY: SINGAPORE FLOORBALL ASSOCIATION (SFA)



Photo: SFA.

www.revolunionsise.sg/sgfloorball

IN A NUTSHELL

SFA is the national governing body responsible for the promotion, development, and regulation of floorball in Singapore. The association aims to increase participation in floorball and provide more playing opportunities for Singaporeans of all ages. Floorball is the 4th and 6th biggest sport for primary and secondary/JC students, respectively.

With the support of SFA, both Men and Women teams won gold medals at the 2015 SEA Games. Both teams are also in the top 16 in the World Championship.

REGISTRATION STATUS

SFA is a small-size NSA. It is a registered charity in the sport sector.

ZOOMING IN

Promoting floorball in Singapore and within the region

SFA manages the development and promotion of the game to more than **15,000 players**, more than **200 schools** and **100 clubs**. SFA aims to encourage, develop and manage the sport of floorball at national and international levels in Singapore as well as to countries within the region.

The organisation provides **support to its athletes**, giving them access to development pathways, training opportunities, and international competition exposure. It also **sets qualifying criteria** for international competitions.

SFA also organises **local competitions and community events** to promote the sports and identify future athletes.

SFA is active in its **outreach programmes**. It has partnered with the Ministry of Education and ActiveSG Floorball Club to bring the sport to students and people of all ages. The association has also embarked on a **pilot programme together with the Health Promotion Board and SportCares** that uses floorball to reach out to at-risk secondary school students.

As floorball is not a core SEA Games sport, the association's role is also to **lobby for the inclusion of the sport in future SEA Games**.



Photo: SFA



Photo: SFA.

HOW SFA MAKES A DIFFERENCE?

SFA has gone through a challenging journey since **2016, when their ex-president was convicted for embezzlement**, leaving the organisation in **serious debt and disarray**. SportSG has stepped in to help by providing a loan for SFA to settle their debts as well as sending a senior director to SFA on secondment to take on the role of interim General Manager and revamp the organisation.

Over the last 2 years, **SFA has been working hard to rebuild their reputation and regain the trust and confidence of the community**. SFA attained its charity status in 2017 and has managed to repay most of the loan extended to the organisation by SportSG.

Within the community, SFA has been focusing on **expanding floorball outreach to students**. For sport excellence, they have managed to assist **both men and women floorball teams to achieve international success** (golds in 2015 SEA Games and top 16 in world championship). SFA has also been successful in **lobbying for the inclusion of floorball in the 2019 SEA Games in the Philippines** after it was omitted in the 2017 SEA Games. The organisation will continue to advocate for the inclusion of floorball in subsequent SEA Games to elevate the profile of floorball in Singapore and the region.

SFA's **next goals are to retain the gold medals** for both men and women in the next SEA Games and to **attain IPC status** within the next 2 years.

EXAMPLE CHARITY: SINGAPORE SWIMMING ASSOCIATION (SSA)



Photo: SSA.

www.swimming.org.sg

IN A NUTSHELL

Singapore Swimming Association (SSA) is the national governing body for the promotion, development, and regulation of swimming, waterpolo, artistic swimming, diving, and open water swimming in Singapore.

With the support of SSA, the national teams in all 5 aquatic sports collectively won 23 gold, 15 silver, and 18 bronze medals in the 2017 SEA Games, and 2 gold, 1 silver, and 3 bronze medals in the 2018 Asian Games.

In 2017, SSA received the Charity Transparency Award from the Charity Council.

REGISTRATION STATUS

SSA is a medium-size NSA. It is a registered charity and IPC in the sport sector.

ZOOMING IN

Promoting world-class aquatic sports in Singapore

SSA aspires to be the leading NSA in Singapore to help Singaporeans live better through sport. It supports Singapore to become a **world-class aquatic nation** with athletes that compete and win at the highest levels. SSA also thrives to host world-class events as well as to organise and conduct quality programmes and courses that are high in demand.

Across the 5 aquatic sports that SSA is responsible for, there are approximately 4,000 participants in various competitions at all levels, including schools and clubs.

SSA's **elite athletes have won many medals for Singapore at major Games**, making our nation proud. In addition to Singapore's first Olympic gold medal in 2016, SSA's aquatic sports have won more medals for Singapore in the 2015 and 2017 SEA Games and the 2018 Asian Games than any other sport.

For many years, SSA has been working towards these successes through building their pipeline of athletes, bringing in and organising the FINA Swimming World Cup, strengthening their affiliate clubs, members, and coaches, as well as rolling out quality swimming and aquatic programmes. The organisation has also made efforts to increase participation in water polo, diving, and artistic swimming.

SSA's mission goes beyond simply pursuing medals. The organisation pursues its **"Every Singaporean A Swimmer"** goal through its Learn-to-Swim programme, which currently has approximately 50,000 non-competitive participants annually.



Photo: SSA



Photo: SSA

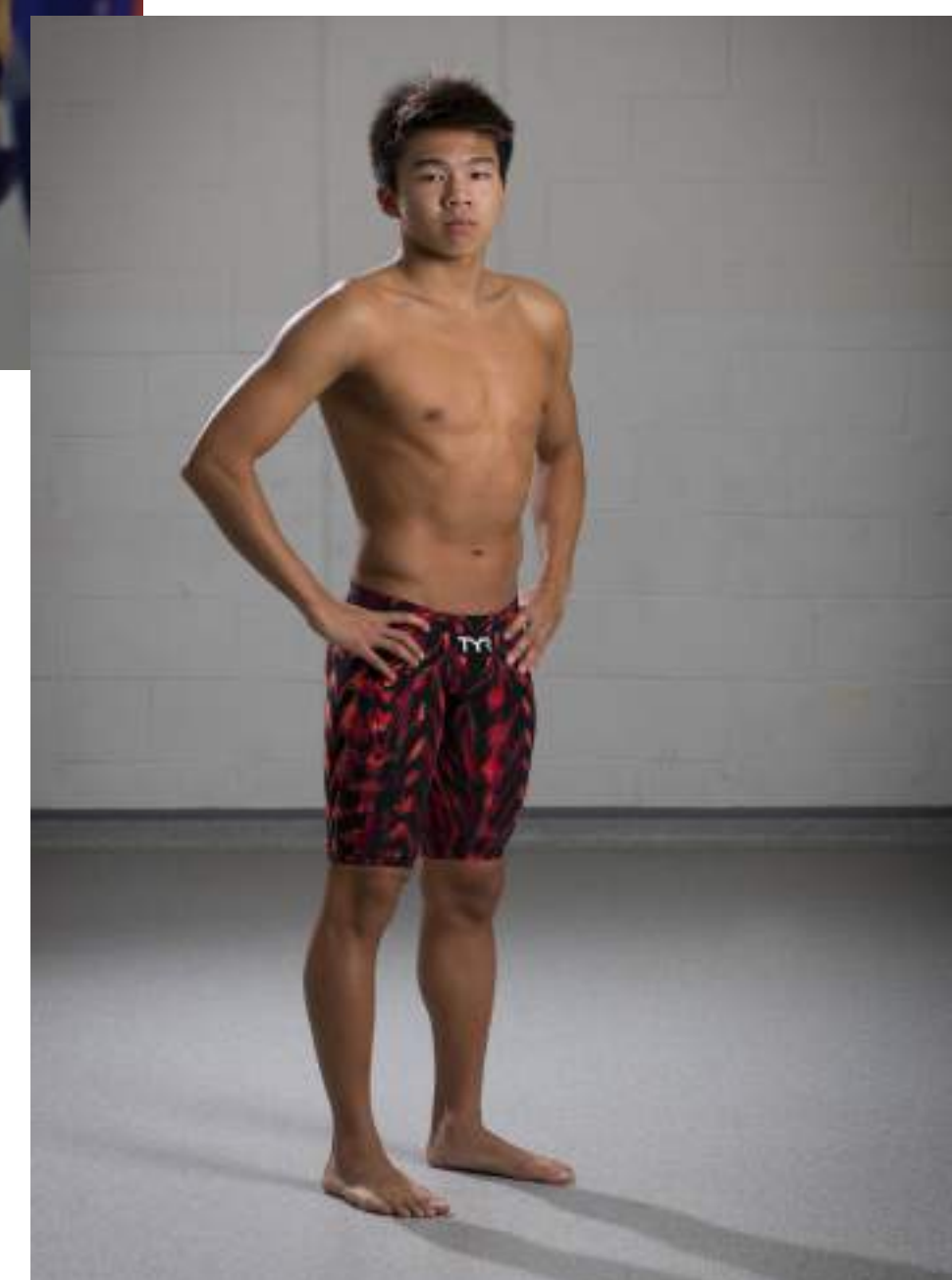


Photo: Jonathan Tan. SSA

HOW SSA MAKES A DIFFERENCE?

Jonathan Tan is a 16 year old swimming champion. He started swimming at age of 5 and began competitive swimming when he turned 8. Based on his performance in local competitions, SSA invited him to join the national training centre. He has been training with SSA since 2015.

With SSA, he has **expanded his training programme and gained access to services such as sport science and sport medicine**. SSA has also funded all his expenses for **training camps and international competitions**. Despite being only 16 years old, Jonathan has already won **bronze medals in the 2017 Commonwealth Youth Games and the 2018 Asian Games**.

"Coming to SSA from my previous club was a huge transition. I receive so much more support and much higher level of coaching from experienced coaches at the national training centre. My big dream is to win an Olympic medal for Singapore, and SSA is doing everything they can to help me make that dream come true."

EXAMPLE CHARITY: SINGAPORE SILAT FEDERATION (PERSISI)



Photo: PERSISI

www.persisi.org

IN A NUTSHELL

Singapore Silat Federation, also known as Persekutuan Silat Singapura, (PERSISI) is the main governing body for Pencak Silat* in Singapore and is responsible for the management of Silat-related activities, coaching, talent-scouting, coordinating competitions worldwide, technical officiating, and cultural promotion of the sport to educational institutions, corporations, and communities.

PERSISI is one of the founding members of the International Pencak Silat Federation (PERSILAT), and contributes directly and actively to the promotion of the sport worldwide. In recent years, Pencak Silat has transcended into many countries outside South East Asia including the Netherlands, Germany, Italy, South Africa, France, Japan, and many more.

**Pencak Silat is a martial art originating from the Malay Archipelago and Indonesian. It translates to "fighting by many techniques of self defense". It has four main components – mental spirit, art and culture, self defense, and sport. In the sports context, Silat is categorized into two categories: Match and Artistic.*

REGISTRATION STATUS

PERSISI is a medium-size registered charity and IPC in the social & welfare sector.

ZOOMING IN

Promoting and preserving our heritage through Silat

PERSISI's objectives are to support the national team to achieve international success as well as to elevate the awareness of Silat's heritage among the general public. The organisation provides **comprehensive support to its athletes**, giving them access to development pathways, training opportunities, and exposure to international competitions. It also **sets qualifying criteria** for international competitions.

PERSISI has an extensive development programme, **starting as young as 3 years old**, there are **5 age groups** under developmental paths towards elite level.

It also organises **local competitions and community events** to promote the sport among the general public and uses these platforms to identify future athletes.

As part of the outreach efforts, PERSISI organises **courses and workshops** to educate the public about the heritage of Silat. There are also a variety of Silat-based activities targeting different segments of the community, e.g. **Educative Silat** (recreational for self-defence), **Silat for Tots** (developing motorskills for 3-5 year olds), **Silat for Health** (slow movement for elderly), **Silatorbics** (with music for fitness).

The organisation also has plans to **reach out to schools** to expand Silat's awareness among primary and secondary school students.

HOW PERSISI MAKES A DIFFERENCE?

After 14 years, Singapore once again became the host country to organise the **World Championship for Pencak Silat**, which took place 13-16 December, 2018. The event gathered representatives from **49 countries**, with a total of **400 athletes** competing for the titles.

The World Championship was opened by the President of the Republic of Singapore, Madam Halimah Yacob. Team Singapore made the country proud, achieving a **new record of wins with a total medal tally of 7 Gold, 6 Silver, and 7 Bronze**. It is a testament to the quality of development paths available to our athletes that out of our 7 world champions, 5 were newly crowned.



Photo: PERSISI



Photo: PERSISI

EXAMPLE CHARITY: YOUNG MEN'S CHRISTIAN ASSOCIATION OF SINGAPORE (YMCA of Singapore)



Photo: YMCA of Singapore

IN A NUTSHELL

The YMCA of Singapore is a volunteer-based Christian organisation that seeks to serve and impact all members of the community regardless of race, language or religion, through programmes, services and enterprises to develop the body, mind and spirit.

It partners with 42 Social Service Organisations to serve a large variety of clients, such as persons with disabilities, financially disadvantaged elderly and children, youths-at-risk and families in need, through 13 structured and sustained community service programmes. These programmes are all primarily supported by volunteers, who take on a variety of roles from organisers and planners to mentors and coaches.

REGISTRATION STATUS

YMCA of Singapore is a large-size registered charity and IPC in the social & welfare sector.

ZOOMING IN

Volunteer-based community service programmes

As part of the YMCA-Tan Chin Tuan Community Service Programmes, YMCA of Singapore offers several programmes to promote a healthy lifestyle, focusing mostly on persons with disabilities. These programmes encourage persons with disabilities to take part in modified sporting activities and exercises alongside YMCA of Singapore's volunteers. Brief descriptions of the sports programmes offered by YMCA of Singapore are listed below:

Y Sports: Programme run in partnership with Movement for Intellectually Disabled of Singapore (MINDS) to offer modified sporting sessions to students with special needs aged 18 and below. This programme aims to improve their motor skills and overall health.

Y Camp Challenge: Biannual 2-day, 1-night camp featuring pool sports, ball games, and high-element activities for youths with special needs.

Y Camp Challenge Day Camp: Biannual day camp for youths with special needs, who require high support, to help develop their social and motor skills. Highlight activities include kayaking and a suite of modified sporting activities. This programme is made possible by the generous support of the Chua Foundation.

Y Nature Walk: A monthly programme to promote active aging, in which volunteers and elderly clients bond over a comfortable walk along one of Singapore's many hiking trails.

Photo: YMCA of Singapore



Photo: YMCA of Singapore

HOW YMCA OF SINGAPORE MAKES A DIFFERENCE?

Annie* was one of the 168 clients Y Sports served in 2018. At first, **she was reluctant to participate in the sporting activities.** However, with the strong support from the special-needs training and development centre she belongs to, and the encouragement of the Y Sports staff and volunteers, Annie gradually became more sociable.

She also began to **proactively participate in the sporting activities.** She became **so comfortable with the Y Sports staff that she would occasionally hug them.**

Y Sports staff maintains that they did not bring about all these positive changes in Annie and others like her on their own. The programme owes its success to YMCA of Singapore's committed Social Service Organisation partners who work in unison with the organisation to transform the lives of persons with disabilities through its programmes.

*real name withheld to protect privacy