

22 October 2017

## **MEDIA RELEASE**

### **RECORD NUMBER OF NSMEN AND FAMILIES SWIM FOR CHARITY AT NS50 EDITION OF SAFRA SWIM FOR HOPE**

A record of over 2,000 Operationally Ready National Servicemen (NSmen) and their families participated in the SAFRA Swim for Hope this year, raising a total of over \$155,000 for charity, close to 50 percent more than last year's edition. Participants also swam a total of 210,901 laps this year.

Into its seventh edition, the event was held over three days from 20 to 22 October 2017 at five SAFRA clubs. It also featured two new categories to commemorate 50 years of National Service (NS50) and encourage NSmen to keep fit and bond with NS buddies with 50-lap swims at each club or as a team. These categories proved to be very popular, attracting over 960 participants, including over 60 teams from the Naval Diving Unit.

The event also featured a Families for Life category for the second time, which saw 122 parent-and-child pairs swimming together, in addition to its Open category.

The Open category was won by Mr Quah Boon Long, who swam a total of 1,500 laps throughout the event, while the Families for Life category was won by parent and child pair, Ms Wong Hong Yan and son Marcus Khoo, who together swam a total of 506 laps. The NS50 Individual Challenge was won by Mr Bernard Soh, with a total of 808 laps across all five clubs.

Several national athletes also lent their support to the fundraising effort to help the underprivileged. Southeast Asian Games Gold medallist Pang Sheng Jun conducted swim clinics prior to the event and contributed all proceeds to charity. Other national swimmers Benedict Boon and Francis Fong, as well as Para athletes Danielle Moi and Chew Zi Ling also participated in the swim.

Speaker of Parliament Mr Tan Chuan-Jin graced the event's finale held at SAFRA Tampines today as the Guest-of-Honour. He presented prizes to the winners of each category and also the cheque to the four beneficiaries – Aquatics Heart and Hope, Singapore Disability Sports Council, Rainbow Centre Singapore and SAF Care Fund.

The event also drew strong support from the National University of Singapore Swim Team, Special Olympics and other Singapore Armed Forces units such as 191 Squadron, the Force Readiness Squadron and Personnel Command.

Mr Ching Wei Hong, Families for Life Council Chairman, said: "At Families for Life, we believe that when parents and family members make the conscious decision to spend time together, through a shared passion for swimming and giving back to society for example, the effort goes a long way in strengthening family relationships.

The time spent together also cultivates a stronger sense of identity and positive values that anchor the family. We are delighted to partner SAFRA for this year's Swim for Hope, and provide a family-bonding platform through the Families for Life Parent-and-Child category. NSmen can use this opportunity to nurture stronger ties with their children while creating memorable experiences."

Kindly refer to **Annex A** for more information on the event.

### **About SAFRA National Service Association**

SAFRA was formed in 1972 to provide for the social and recreational needs of NSmen and their families through quality sports, social, educational and cultural programmes to recognise NSmen for their contributions to National Defence. SAFRA currently has a network of six clubs conveniently located in Jurong, Mount Faber, Punggol, Tampines, Toa Payoh and Yishun. Complementing the modern facilities at SAFRA clubs are a host of quality membership benefits and activities specially packaged for over 600,000 members and their families.

### **About Families for Life**

Families for Life's vision is to build strong and resilient families because that makes for stronger communities and better individual well-being.

**We Listen.** We listen to the issues that Singaporean families are facing.

**We Explore and Promote.** We bring people and organisations together to create platforms for family bonding and to engage Singaporeans in conversations about families.

**We Voice.** We voice out concerns that people have on family issues and continue this conversation with our partners and the community.

The Council is chaired by Ching Wei Hong, Chief Operating Officer of OCBC Bank. Visit us at [www.familiesforlife.sg](http://www.familiesforlife.sg).

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## SAFRA SWIM FOR HOPE 2017

FACT SHEETBackground

Introduced in 2011 by SAFRA Tampines, the event provides an opportunity for Operationally Ready National Servicemen (NSmen) and their families to contribute to charitable causes, while promoting fitness and bonding through swimming.

Year	No. of Pax	No. of Laps	Funds Raised	Remarks
2011	300	5,000	\$5,000	-
2012	320	21,898	\$20,000	Singapore Record for 'Most number of laps swam in 6 hours'
2013	402	22,637	\$20,000	Singapore Record for 'Most number of laps swam in 6 hours' and 'Most number of laps swam by an individual in 6 hours'
2014	1,500	72,049	\$76,925	First time the event was held across five SAFRA clubs
2015	1,700	79,038	\$98,228	First time event was held across 3 days and featured a marathon concept.  Singapore Record for 'Most number of laps swam in consecutive days'
2016	1,954	132,752	\$106,592	Introduced Families for Life Parent-and-Child category

Event Schedule

Date	Venue	Swim Timing (each slot is 2 hours)
Fri, 20 Oct	SAFRA Jurong	12pm – 10pm
	SAFRA Mount Faber	
Sat, 21 Oct	SAFRA Toa Payoh	10am – 10pm
	SAFRA Yishun	
Sun, 22 Oct	SAFRA Tampines (Finale)	8am – 5pm

## **Highlights in 2017**

This year, two new categories have been introduced to commemorate 50 Years of National Service (NS50) and encourage NSmen to keep fit and bond with NS buddies.

- The *NS50 Individual Challenge* tests the endurance of participants as they swim at least 50 laps at each SAFRA club to clock a total of 250 laps or more. Participants will be able to collect the full set of medals from all five SAFRA clubs and also receive a limited edition '250 laps' finisher tee upon successful completion.
- The *NS50 Team Challenge* encourages NS buddies to swim together in teams of five with each completing at least 50 laps. Participants will receive a medal from the club upon successful completion.

For the full list of participant entitlements, visit [www.safra.sg/s4h](http://www.safra.sg/s4h).

## **Participant Breakdown**

<b>Category</b>	<b>Number of Participants</b>
NS50 Individual Challenge	360
NS50 Team Challenge	131 teams (655 pax)
Families for Life Parent-and-Child (Child 6 to 12 years old)	122 pairs (244 pax)
Open	886
<b>Total</b>	<b>2,145</b>

## **2017 Beneficiaries**

### **Aquatics Heart and Hope**

The Aquatics Heart and Hope programme consists of several efforts that enable national athletes from the Singapore Swimming Association (SSA) to give back to society. Funds raised under the programme will be used to sponsor learn-to-swim programmes for the underprivileged, where participants will also undergo SSA's Singapore Swimming Proficiency Award programme. The fund will also enable those who are talented to be given the opportunity to participate in the high performance athlete development pathway programme.

### **Singapore Disability Sports Council**

The Singapore Disability Sports Council (SDSC) – Singapore's national disability sports organisation – is the only organisation in Singapore which reaches across all disability groups, offering a wide range of sports at both elite and non-elite levels.

**Rainbow Centre Singapore**

Rainbow Centre is a registered charity serving children and young people with a diverse range of moderate to severe developmental needs, with many of them having multiple disabilities. The centre's programmes adopt a holistic developmental curriculum in the areas of language, communication, social and adaptive daily living skills. It also trains special education teachers and caregivers. The well-being and growth of the families of children with special needs are also supported through the work of Rainbow Centre Family Life Services.

**SAF Care Fund**

The Singapore Armed Forces (SAF) Care Fund is set up to provide additional support to SAF servicemen who are severely disabled due to military service, over and above MINDEF's existing compensation and welfare frameworks. The Fund enables members of the public to make contributions and show their support to injured servicemen.