

**PPIS Does Active Ageing**

**– A day out with students and grandparents in celebration of Grandparents’ Day**

**Friday, 22 November 2019.** Today, PPIS collaborated with SportCares to organise the PPIS Grandparents Active Day Out 2019 at Pasir Ris Sports Centre. Officiated by Member of Parliament, Prof Dr Yaacob Ibrahim, the event saw some 70 students from two PPIS Student Care Centres bringing their grandparents out for an afternoon of fun games and activities. Through this event, the organisation hopes to promote active ageing by enabling seniors to maintain good physical health and mental wellbeing.

Cited in the Ministry of Social and Family Development (MSF)’s report on ‘Ageing Families in Singapore’ in 2015, families remain a key pillar of physical and emotional support for the elderly. Thus, it is important for families to express their appreciation to grandparents such that their value in the family does not go unnoticed.

As Singapore continues to develop, PPIS believes that grandparents will become increasingly indispensable, particularly in their roles of contributing to the well-being of generations succeeding them. Through events like this, the organisation hopes to strengthen the bridge between the young and old by providing opportunities for inter-generational bonding.

Mdm Rahayu Mohamad, President of PPIS, said, “In line with our mission of strengthening families, PPIS recognises the integral role of grandparents in the modern family life. We believe that they too play a part in building a strong family unit, especially given their wisdom and life experiences.”

Besides encouraging seniors to play a part in building a strong family unit, PPIS also believes that families should be supportive of seniors’ pursuit of active ageing as it plays an instrumental role in empowering them to take charge of their lives. Hence, familial support is crucial for seniors to age successfully.

Prof Dr Yaacob Ibrahim shared, “Active ageing can start from within the family. Events like this encourage interaction between grandparents and their grandchildren, as well as enable seniors to keep their body and mind healthy.”



Mdm Rahayu added, “We urge seniors to engage in lifelong learning. Today’s event brings together grandparents and grandchildren with the hope that they can not only foster a stronger bond, but also learn from one another.”

This event is part of our PPIS Gives Back initiative which sees our staff giving back to the communities that we serve. More than 20 PPIS staff were involved in today’s event as they organised various activities to encourage children and their grandparents to carry out active ageing activities at home. These activities included a telematch, which aimed to promote good physical health, and mind games like Bingo and Sudoku to improve mental health.

At the heart of this event is our organisation’s commitment to commemorate grandparents from the *Merdeka* Generation, born in the 1950s and many of whom had contributed greatly to Singapore during a time of struggle, hardship and sacrifice.

**Guest-of-Honour:**

Prof Dr Yaacob Ibrahim  
Member of Parliament, Jalan Besar GRC

**Event Details:**

Date: Friday, 22 November 2019  
Time: 2.30pm – 6.00pm (GOH will arrive at 3pm)  
Venue: Pasir Ris Sports Centre, 120 Pasir Ris Central, Singapore 519640  
The event was held in English and Malay.

**For media inquiries, please contact:**

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### **About PPIS**

Founded in 1952, PPIS (Persatuan Pemudi Islam Singapura or Singapore Muslim Women's Association) is a non-profit organisation focused on services for women, family and children. We are dedicated to working with women of all ages in carrying out their multiple roles in society. PPIS runs three core community services namely; Family Services, Student Care and Early Childhood Education (ECE). With 16 centres island wide, the services work together to provide quality and holistic support as well as developmental programmes for women and their families.

### **About PPIS Student Care Centres**

PPIS Student Care provides before and after school care services for school-going children (7-14 years old) who have no alternative care arrangements at home. Our Student Care Centres, focused on nurturing empowered children, serve as a second home as parents can go to work with peace of mind, knowing their child is in a safe, caring and loving environment.

PPIS Student Care Centres are where values, life and social skills are instilled and where healthy friendship, cooperation and teamwork are built. Our centres provide a platform for children under our care to be creative as well as a place for them to encounter new experiences and continue keeping up with their schoolwork. We provide a spectrum of learning activities that offer each child a wide variety of fulfilling adventures.

For more information, please visit: <http://www.ppis.sg>.