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## **PPIS-SportCares Grandparents' Day 2020**

*– Towards active ageing at home*

**Singapore, Saturday, 28 November 2020** - In celebration of Grandparents' Day 2020 which falls on 22 November 2020, PPIS and SportCares jointly organised the annual PPIS-SportCares Grandparents Day 2020 for PPIS children and their grandparents. Graced by Member of Parliament for Marine Parade GRC and Mayor of South East District, Mr Fahmi Aliman, the physical event was held at PPIS Family Service Centre (East) and on Zoom. Around 100 children and grandparents joined via Zoom, while 6 pairs of grandparents-children took part in the physical activities.

From 10am to 12pm, the children and grandparents took part in activities that were specially curated to foster inter-generational bonding, as well as to help the seniors maintain good physical health and mental well-being. The activities included online workout sessions conducted by students from PPIS SCCs and SportCares volunteers, cookie decorating activity, sharing sessions on the importance of healthy living and active ageing, and even a trivia quiz, hosted by radio presenters Mr Brian Richmond and Ms Rahimah Rahim from VintageRadio.SG. VintageRadio.SG is a Not-For-Profit Social Enterprise created to provide relief from isolation for our Seniors by helping them stay connected with their community, friends and family.

“As someone who enjoys sports myself, I strongly believe in the importance of staying healthy, both physically and mentally. Keeping fit is a lifelong journey and a lifestyle that we should aspire towards. I would like to commend PPIS and SportCares' efforts in going the extra mile to engage children and grandparents to stay active. Besides staying physically active, it is equally important to take care of our mental health. Through this event, I hope that we can better care for ourselves and look out for one another. Together, we can build a more inclusive and caring society that values our seniors,” said Mr Fahmi Aliman, Member of Parliament for Marine Parade GRC.

At the end of the event, grandparents were presented with cards of appreciation specially crafted by their grandchildren.

“In line with PPIS’ mission of strengthening families, we recognise the importance of engaging family members to provide the support and encouragement to seniors as they seek to age actively and gracefully. Through this event, we hope to further strengthen inter-generational bonding to build stronger ties between our children and their grandparents. As this is also the first time that we are holding this event online, we also aim to highlight the role that technology can play in the future of ageing,” said Mdm Rahayu Mohamad, President of PPIS.

In organising this event, PPIS and SportCares hope to empower seniors to stay active and mobilise communities to help seniors in their journey towards healthy living. “Ageing is not a liability but a force for good. Sport is a great way to connect family members and promote intergenerational bonding. It is heartwarming to witness children and their grandparents enjoying the activities together. We hope to co-create more opportunities of play for the different communities in Singapore.” said Chief of ActiveSG, Sport Singapore, Mr Sng Hock Lin.

Lastly, by moving the annual celebrations online, PPIS and SportCares also hope that this will encourage more grandparents to embrace technology as one of the means of connecting with their grandchildren. By bringing the digital experience to the grandparents, PPIS and SportCares hope to bridge the digital divide for seniors.

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### **About PPIS**

Founded in 1952, PPIS (Persatuan Pemudi Islam Singapura or Singapore Muslim Women's Association) is a social service organisation focused on services for women, family and children. Our focus is on 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 islandwide, the services work together to provide quality and holistic support as well as developmental programmes for women and their families across the different phases of their lives.

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

Our Student Care Centres focus on nurturing children through empowerment. We believe in the importance of instilling moral values, as well as equipping our children with life skills that they can take with them wherever they go.

PPIS Student Care Centres provide a platform for children under our care to broaden their horizons through holistic learning experiences that allow them to unleash their potential. With our wide variety of programmes and activities, we strive to offer children the opportunity to achieve much more by harnessing their talents. Most importantly, our centres serve as a second home to every child that walks through our doors, offering busy parents peace of mind knowing that their children are in safe hands.

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

### **About SportCares**

As the philanthropic arm of Sport Singapore, SportCares utilises the power of community-based sporting experiences to harness the life aspirations of vulnerable children, youth-at-risk, socially isolated seniors and persons with disabilities and special needs. SportCares aims to bring about positive long-term change to the lives of the vulnerable and disabled through sport and to address social issues in the community. At present, SportCares has impacted the lives of more than 36,000 constituents. Find out more about SportCares at <https://sportcares.sportsingapore.gov.sg>.