

PRESS RELEASE

For immediate release

Golfers to tee-off with weights on wrists **- *Experiential learning to simulate mobility challenges of the elderly* -**

SINGAPORE, 21 OCTOBER 2015 - 136 avid golfers will have the opportunity to better understand the challenges faced by the elderly and empathise with their needs when they put on weights on their wrists at TOUCH Community Services' 12th edition of *Swing for Charity*, on **Friday, 23 October 2015, at the Tanah Merah Country Club (Garden Course)**.

The elderly can often experience stiffness and weakness of joints and limbs due to arthritis and lack of exercise. This slows down and restricts their movements; sometimes they feel weighed down by their limited mobility. Therefore, to simulate these mobility challenges of the elderly, golfers will be putting on a 0.5kg weight on one wrist as they swing their clubs at one point of the game. Through this simple experience, they can better understand the needs of the elderly.

Guest-of-Honour (GOH) Mr Baey Yam Keng, Parliamentary Secretary, Ministry of Culture, Community and Youth will officiate the event. *Swing for Charity* has so far raised more than \$300,000 to benefit 2,500 needy elderly under the care of TOUCH.

The elderly served by TOUCH includes those under the care of TOUCH Home Care (THC) and TOUCH Seniors Activity Centre (TSAC). THC helps the frail elderly receive a continuum of care ranging from social services and health services to help them age-in-place while TSAC helps the elderly keep fit and discover a lifestyle of active-aging and volunteerism.

Since 2004, *Swing for Charity* has been one of TOUCH Community Services' main fundraising initiatives, providing golf enthusiasts and the business community the chance to bond over a game of golf while doing their part for charity. For the 12th year running, this annual charity golf tournament has been helmed by the *Swing for Charity* Volunteer Organising Committee, comprising a passionate group of golfers who use their love for the game to make a difference in the lives of the needy.

TOUCH is pleased to invite your reporter and photographer / camera crew to cover the event.

Date: Friday, 23 October 2015

Time: 1.20 pm (Flag-off) / 1.30pm (Shot-gun Start)

- Media Registration will begin at 12 noon.

(Flag-off by TOUCH Executive Director, Mr Eugene Seow, and *Swing for Charity*, Volunteer Organising Committee Chairman, Mr Wan Siu Khuan)

Venue: Tanah Merah Country Club (Garden Course)

(see attached map)

Notes:

- GOH Mr Baey Yam Keng will officiate the evening function.

- The Experiential Learning activity will be held at Hole 3.

For media enquiries and attendance, please contact:

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About TOUCH COMMUNITY SERVICES

TOUCH Community Services is a not-for-profit charitable organisation, dedicated to meeting the needs of children from low-income or single-parent families, youths at risk, needy families, people with special and healthcare needs, and the frail elderly. Through its network of 17 services, as well as an international arm, TOUCH is committed to serving people of all ages, races, religions and backgrounds. Each year, its programmes and services meet the needs of more than 29,000 clients and 156,000 service users. TOUCH's vision is to see families strengthened and communities transformed by planting and building institutions of values in and through a network of integrated community services.