

Media Release

To News Editors

RECORD NUMBER OF PARTICIPANTS SWAM FOR CHARITY AT SAFRA SWIM FOR HOPE 2023

A record of over 5,000 participants took part in the SAFRA Swim for Hope this year, including many NSmen and their families. The Republic of Singapore Navy supported the event with over 3,000 participants while the 250km Team category saw teams as large as 80 swimmers participating.

Into its 13th edition, the event was held over two months from 1 September to 29 October 2023. Funds were raised through registration fees, corporate and individual donations, with many participants crowdfunding for donations among their supporters to raise funds for charity.

A total of \$250,000 was raised, which will go towards helping those in need from five beneficiaries – Care Corner Singapore, Children's Aid Society, President's Challenge, SAF Care Fund and the Singapore Aquatics Development Fund.

Chief of Defence Force Vice Admiral Aaron Beng graced the event's finale held at SAFRA Tampines this afternoon as the Guest-of-Honour, and presented the cheque of the funds raised to the five beneficiaries.

The top individual fundraiser was Mr Stanley Fu who raised over \$7,300 for charity. He was part of team 'WeAreSteadfast', which participated in the 250km Team category and also emerged as the top team fundraiser at a total of over \$15,500.

Also lending their support this year were national swimmers Ardi Azman, Quah Zheng Wen, Quah Jing Wen and Teong Tzen Wei, as well as para-athletes Nicholas Lee, Sophie Soon and Vanette Lim.

Organised by SAFRA Tampines, this year's SAFRA Swim for Hope adopted a hybrid format. Participants continued to be able to swim at their own convenience at any swimming facility islandwide during the two-month swim period, while they could also choose to complete their swim in part or in full at selected SAFRA clubs.

Kindly refer to the following for more information:

- Annex A – Fact sheet on SAFRA Swim for Hope 2023

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About SAFRA National Service Association

SAFRA was formed in 1972 to provide for the social and recreational needs of national servicemen and their families through quality sports, social, educational and cultural programmes to recognise national servicemen for their contributions to National Defence. SAFRA currently has a network of seven clubs conveniently located at Choa Chu Kang, Jurong, Mount Faber, Punggol, Tampines, Toa Payoh and Yishun, along with another facility at 29 Carpenter Street. Complementing the modern facilities at SAFRA clubs are a host of quality membership benefits and activities specially packaged for over 540,000 members (as of 31 March 2023) and their families.

Issued by SAFRA National Service Association on 29 October 2023

SAFRA SWIM FOR HOPE 2023

Fact Sheet

Organised by SAFRA Tampines, the charity swim event was first introduced in 2011 to provide an opportunity for SAF national servicemen and their families to contribute to charitable causes, while promoting fitness and bonding through swimming. Each year, the event adopts various beneficiaries to help those in need.

Swim Categories

Category	Age	Format Options	Fee
Open Individual 1km	13 years old and above	- Virtual - Physical	\$22
Open Individual 15km	13 years old and above	- Virtual - Hybrid - Physical	\$38
Open Individual 55km	13 years old and above	- Virtual - Hybrid	\$55
Families for Life 1km	1 parent + 1 child (6 to 12 years old) Additional pax (max. up to 2)	- Virtual - Physical	\$35 + \$12 per pax
Families for Life 5km	1 parent + 1 child (6 to 12 years old) Additional pax (max. up to 2)	- Virtual - Hybrid - Physical	\$50 + \$12 per pax
Team 250km (Min 5 pax to form a team)	13 years old and above	- Virtual - Hybrid	\$45 per pax

Physical & Hybrid	
Dates	Locations
14 to 15 Oct	SAFRA Choa Chu Kang
21 to 22 Oct	SAFRA Toa Payoh
28 to 29 Oct	SAFRA Tampines

- Virtual – Participants swim at their own convenience at any swimming facility islandwide and simply log their distances online.
- Physical – Participants complete their swim at a selected SAFRA club.
- Hybrid - Participants swim 1km at a selected SAFRA club and the remaining registered distance virtually.

Beneficiaries

Care Corner Singapore

Care Corner Singapore Ltd was founded in 1981 and evolved along the years into a leading social service agency. Over the years, Care Corner has evolved into a leading social service agency. With 43 service points across Singapore, they serve children with special learning needs or from disadvantaged backgrounds, youth-at-risk, troubled families, vulnerable seniors and individuals with counselling and mental health needs.

Children's Aid Society

In 2019, Children's Aid Society set up Melrose Care, a community-based agency that strives to play a bigger role in preventive work. Melrose Care provides counselling and specialised therapies to children and youths aged 18 or younger who have difficulties managing emotions, as well as adult caregivers of young persons aged 18 or younger who have been impacted by adverse childhood experiences, and whose own trauma interferes with meeting the needs of their child. We offer Art Therapy, Play Therapy and Trauma-focused Cognitive Behavioural Therapy (TF-CBT), serving an average of 200 children, youths and families at any one time.

President's Challenge

The President's Challenge is a national movement led by the President to rally Singaporeans to build a caring and cohesive society. It aims to bring people from all walks of life together to help those who are less fortunate. Every dollar donated to the President's Challenge goes directly to the beneficiary organisations.

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.

Singapore Aquatics Development Fund

The Singapore Aquatics (SAQ) Development Fund is set up to provide an opportunity for every child and youth in Singapore to learn how to swim. Through an annual grant program and by partnering with swim lesson providers and water safety advocates across the country, it helps to support swimming lessons and educate children and their families on the importance of learning how to swim.

The Past 3 Editions

Year	No. of Pax	Funds Raised	Beneficiaries
2020	4,317	\$170,937	Autism Resource Centre, Singapore Swimming Association's One Team Singapore Fund, SAF Care Fund
2021	4,400	\$213,046	Muscular Dystrophy Association Singapore, Singapore Swimming Association's One Team Singapore Fund, SAF Care Fund
2022	4,816	\$260,710	Rainbow Centre, President's Challenge, SAF Care Fund, Singapore Swimming Association Development Fund, Special Olympics Singapore