

Annex A

FACT SHEET ON SPORTCARES AND ITS INITIATIVES FOR THE PAST 10 YEARS

Vision 2030 Master Plan

Throughout the Vision 2030 series of conversations, people were aligned on the need for inclusiveness in the sporting community. Everyone should be able to experience the benefits of living better through sports, regardless of ability, age, gender, status, race, or religion.

Enabling Care Through Sport

In 2012, Sport Singapore (SportSG) committed to creating sport without boundaries, so everyone can live an active and healthy lifestyle through sport. It set out to create opportunities for everyone to access sport and enjoy the benefits it brings. Sport can be a social development tool for persons at risk, disadvantaged persons, those living with physical disability, intellectual disability, or other special needs.

With this belief, SportSG launched SportCares in October 2012. Its initial objective was to engage youth-at-risk and mitigate youth delinquency using sport as a social glue for the formation of positive communities around them.

In March 2013, the first SportCares programme, Saturday Night Lights (SNL), was introduced to provide a platform for youth-at-risk to play and experience formal football training. Every Saturday night, youths gather under the SportCares banner for training. Once these youths were brought together, SportCares was able to expand its mandate and support these youths in character development and life skills training. The goal is for each youth to become a grateful constituent who gives back to society.

Prior to SNL, many participants only had opportunities to play football casually. SNL allowed them to engage in organised football games and enjoyed access to professional coaching. These youths became part of a structure that allowed discipline to be cultivated. From donning the team jersey to punctuality, to following training instructions from their coach, they learnt the importance and value of discipline. This has led to visible changes in their lives. For instance, those who were not attending school regularly, started to do so more consistently.

As the team at SportCares honed their capabilities and gained better understanding of the needs of vulnerable groups and the issues that beset them, SportCares gradually diversified its portfolio over the course of the following years and introduced more programmes for greater reach. The table below shows some of the initiatives that have been put in place since the advent of SportCares.

SportCares has also received support for its efforts from corporate funders such as Changi Foundation, Singapore Pools, Singapore Cricket Club, and Li Foundation.

Key Milestones of SportCares

Year	Event / Programme	Details
2013	Launch of Saturday Night Lights (SNL) football programme	SportCares started with its flagship SNL programme, which reached out to youths from at-risk or disadvantaged backgrounds. SportCares works closely with SSAs, schools, correctional agency to recruit youth-at-risks & youths from low SES into the programme. SNL adopts a positive youth development approach through

		football, with coaches playing a key role as a first layer of support and mentoring. SNL has since grown and is offered island-wide at eight stadiums across Singapore, serving close to 400 youths.
2016	Disability Sports Masterplan (DSMP)	<p>SportCares, under the umbrella of SportSG, begun executing the recommendations of the Disability Sports Master Plan (DSMP) under the guidance of the Ministry of Culture, Community, and Youth (MCCY). This is a work that continues till today via various initiatives and programmes such as:</p> <ul style="list-style-type: none"> • Play Inclusive, where persons with intellectual disabilities team up with students from mainstream schools to compete as unified teams; • Play-Ability, initiated by Temasek Foundation Cares and SportCares, was introduced to encourage regular participation in recreational sports; and • Inclusive Sports Festivals (ISF), featuring para and adaptive sports try-outs. This event sparks interest in sports participation among the PwD community.
2019	Launch of the Communities of Care	As part of the 'Vision 2030 Recharge' which reviewed the 'Vision 2030 Master Plan', SportCares established the Communities of Care (COC) construct to harness the collective resources of like-minded individuals and organizations to multiply efforts in promoting sport as a force for social good. This is enabled by grants, which allows individuals and organisations to develop a sport programme aimed at using sport for social good. SportCares has since awarded six grants, with results of positive outcomes from the population segments they serve.
2019	Launch of SportCares Sport Bursary	The SportCares Bursary is offered to children & youth on public financial assistance scheme to participate in various ActiveSG Academies and Clubs programmes. This is to lower the barriers for them to broaden their sporting and social experience.
2020	Launch of the Adaptive Sports Toolkit	Jointly developed by the Agency for Integrated Care (AIC) and SportSG, the "Fit & Fun" Adaptive Sports Toolkit is targeted at community care partners, as a resource pack to help them keep seniors fit and happy. The toolkit includes modified games that are suitable for seniors of all abilities, including seniors on wheelchairs, stroke-recovery patients, and seniors with early or intermediate stages of dementia. The toolkit aims to improve the physical, mental, and emotional wellbeing of our seniors as they stay fit, active, and socially connected when playing the sport activities. To date, SportCares has reached out to over 100 partners in the sector to introduce the toolkit.

		<p>SportCares is also working on a version of the Adaptive Sports Toolkit that will cater to pre-frail seniors. The toolkit will allow this profile of seniors, who mainly reside within the community, to also enjoy the benefits of active living and engagement in sports.</p>
2021	Launch of Youth Coaching Development Pathway	<p>SportCares has developed pathways for its youths to embark on a coaching career in a sport of their choice. Youths that go through this programme give back to SportCares by helping to coach the younger children in various programmes.</p>
2022	Launch of Youth Mentoring Programme	<p>Many youths in SportCares' programmes lack the consistency and intensity of caring adult support required to successfully navigate the challenging transitions and demands that are routinely encountered during development.</p> <p>To address this, SportCares launched the Youth Mentoring Programme in 2022 and currently 30 youths have been paired to an adult mentor from SportSG.</p> <p>Pairing youth with adults for companionship and support are a time-tested approach for increasing youths' access to mentoring, especially among those least likely to otherwise receive it. This also promotes healthy and successful transition to adulthood.</p>
2022	Social Service Corporate Membership Scheme	<p>The Social Service (PwD) Corporate Membership Scheme is a scheme that targets partnerships with Social Service Agencies (SSA) that serve PwDs, facilitate membership sign-ups, and encourage access to sports centres by members of these SSAs.</p> <p>By launching the SSCM, SportCares hopes to encourage organised, regular sports and exercise sessions for PwDs through the SSAs (particularly SPED schools and adult centres), as a segue to individual participation outside of these organisations. This will also address the challenges PwDs faced in signing up for membership using SingPass and usage of ActiveSG app.</p> <p>SportCares hopes that through the SSCM, it will encourage a strong take up rate of the scheme by SSAs (PwD), increased organised sports participation by PwDs through the SSAs; as well as the eventual normalisation of a sporting lifestyle for PwDs. The scheme will be refined based on members' feedback and utilisation patterns.</p>
2022	Launch of SportCares Scholarships	<p>Beyond the SportCares sport for development programmes, SportCares also wants to advance and uplift its youths to set them up for success despite</p>

		coming from challenging backgrounds. SportCares is committed to ensuring that this segment of society would have access to higher education. SportCares will be offering scholarships to youths in its programmes to do this.
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Future Plans

As SportCares celebrates its 10th anniversary, it aims to make a greater impact in the lives of the vulnerable and underserved.

- As part of the Steering Committee of the Enabling Masterplan 2030, SportCares will contribute to shaping Singapore's direction and goals for the disability landscape in the area of sport and physical activity.
- In line with the Ministry of Social and Family Development's push to provide comprehensive, convenient, and coordinated support to empower families with children living in public rental housing to improve their circumstances and build up resources for a brighter future, SportCares has also started actively engaging ComLink, with the aim to reach out to all 21 ComLink towns by 2025.
- SportCares will continue our partnership with the Agency for Integrated Care (AIC) and social service agencies serving seniors by using the Adaptive Sports Toolkit. The toolkit will allow seniors to experience sports and encourage active and healthy living. SportCares is working on a version of the Adaptive Sports Toolkit that caters to pre-frail seniors. This will expand the range of seniors that the Adaptive Sports Toolkit is able to cater to.

For more details on SportCares, visit: <https://sportcares.sportsingapore.gov.sg/>