



Connecting Generations through E-Trishaw Rides

The 'Temasek Foundation Cares - Moving Generations Programme' encourages seniors from Pioneer and Merdeka Generations to share their stories with youths who bring them on e-trishaw rides.

Singapore, 29 August 2018 – It only takes a trishaw ride to bridge the past with the future. This was the motivation behind the 'Temasek Foundation Cares - Moving Generations Programme'. The innovative pilot programme, a partnership between Temasek Foundation Cares and Cycling Without Age, aims to connect seniors from the Pioneer and Merdeka Generations with our youths through sharing their personal stories and experiences of nation building.

Volunteer youth pilots will bring seniors from selected Senior Activity Centres¹ on specially-designed e-trishaws for curated rides at park connectors and familiar neighbourhoods. During these rides, the seniors are encouraged to relive and recount memories of the respective places and what it was like to grow up in the early years of Singapore. There will be ample opportunities for young and old to bond and engage in meaningful conversation during the leisurely journeys.

President Halimah Yacob officially launched the programme at Gardens by the Bay today with 140 invited guests including seniors and youth volunteers. At the launch, President Halimah joined other seniors in a tour of Gardens by the Bay on the e-trishaws piloted by youth volunteers.

Temasek Foundation Cares has committed \$530,000 to support this pilot programme over three years. The programme's 10 purpose-built e-trishaws will provide approximately 12,000 rides to 2,250 seniors. Seniors who can enjoy the rides will be those aged 60 years and above and who are regular clients of the neighbourhood senior care service providers. More than 200 youths will be trained to be pilots. These youth volunteers will be provided with eight hours of practical training on piloting the trishaws, as well as learn communication and empathy skills to better engage with seniors.

"The 'Temasek Foundation Cares - Moving Generations Programme' is about bridging the gap between today's youth and our seniors. In this way, we can effectively combat social isolation that is such a key concern in seniors of Singapore today, and at the same time, engage our youth in meaningful activities that can teach them about our history," says Temasek Foundation Cares Chairman, Mr. Richard Magnus. "This is the first programme we have to drive intergenerational bonding and we hope to see more creative initiatives that help the seniors remain connected to their communities." he added.

Ms. Marieke Bink, CEO of Cycling Without Age Singapore, said, "Social isolation and loneliness amongst seniors is a real problem and its effects on society are felt but rarely talked

¹ The Senior Activity Centres are SunLove Chai Chee Senior Activity Centre, Thong Kheng Senior Activity Centre, O' Joy Care Services, and COMNET Ang Mo Kio and Punggol Senior Activity Centres.

about. Moving Generations is an opportunity to raise the level of awareness of the youth on this social issue, and engage them to be part of the solution. This is where our organisation's values of generosity, without age and storytelling come into play. When the youth give even just an hour of their time to cycling the seniors, this generosity is repaid by life lessons they are able to pick up through storytelling."

In addition to the five Senior Activity Centres, two nursing homes, Methodist Welfare Services Home and Sree Narayana Mission Nursing Home, will partner with the 'Temasek Foundation Cares - Moving Generations Programme' to offer trishaw rides to their seniors starting in September 2018. The programme aims to establish long-term partnerships with at least 10 senior centres by the end of 2018.

To date, the programme has over 200 volunteer sign-ups since recruitment first started in May 2018.

Mr. Ding Si Han, a second-year student at Nanyang Technological University and trishaw pilot for the programme, shared, "This programme has the potential to impact each senior's life on a personal level. I realised that many of them have not had the opportunity to ride a trishaw for more than 40 years. By bringing them back on to the trishaw, I hope to help them relive the memories of the past and bond with them through this experience. Through each conversation, I want to let every senior know that we are deeply grateful for their labour of love in making Singapore what it is today."

The e-trishaws, custom-built in Denmark and shipped to Singapore, have the following features:

- **Safety:** The e-trishaws are equipped with safety belts and have speed limiters that cap the top speed at 25kmh. The pilot is positioned behind the passenger seat, so that he/she can see the way ahead yet carry on a conversation with the elderly.
- **User-friendliness:** The e-trishaws are powered and provide assistance to the pilot for the first 5kmh. The platform is designed to comfortably seat two passengers and is easily accessible by the elderly and persons with disabilities.
- **Streamlined body:** Measuring 1m across, the e-trishaws are able to navigate the narrow ground-floor corridors of HDB blocks.

The 'Temasek Foundation Cares - Moving Generations Programme' aims to build community and connectedness between youth and seniors through trishaw rides. In the next two years, the programme aims to build a volunteer network of 750 youth aged 16-35 to cycle seniors around Singapore and actively engage with them. Partnerships with more senior centres are also sought, so as to provide more seniors with opportunities to have trishaw rides. Interested parties can log on to cyclingwithoutage.sg/moving-generations-programme or email info@cyclingwithoutage.sg for more details.

For media enquiries, please contact:

Lim Mingyi (Ms)
Temasek Foundation Cares
H/P: 9021 5889

Ken Hickson (Mr)
Cycling Without Age Singapore
Email: ken@cyclingwithoutage.sg

About Cycling Without Age

Cycling Without Age is a movement started in 2012 by Ole Kassow. Ole wanted to help the elderly get back on their bicycles, but he had to find a solution to their limited mobility. The answer was a trishaw and he started offering free bike rides to the local nursing home residents. Cycling Without Age has now spread to all corners of Denmark, and since 2015 to another 28 countries around the world. In October 2015, Singapore became the first country outside Europe to have the Cycling Without Age movement. Today, we have a growing organisation of volunteers and senior care centres that work together to give more seniors the experience of trishaw rides and the right to wind in their hair.

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

About Temasek Foundation Cares

Temasek Foundation Cares is a Temasek funded non-profit philanthropic organisation that aims to help improve lives of underprivileged individuals, families and communities in Singapore; and to build capability and capacity of all people in Singapore to be prepared for emergencies. Set up in 2009 as an Institution of a Public Character, it works in partnership with various voluntary welfare organisations, non-profit organisations, government agencies, Ministries and other institutions to support programmes that contribute to the well-being, dignity, livelihood, and emergency preparedness of its beneficiaries.

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