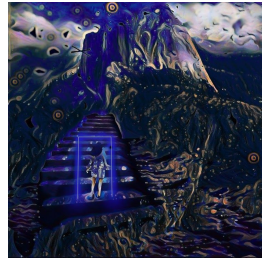




Project Surmount: Group 7-31

Members: Kelvin Hou 4O2 (6), Shen Yuncong 4O2 (22), Jaedon Foo 4O1(8),
Daniel Ng 4O2 (19), Josh Lai 4O2 (10)



Section 1: Overview

1. Area of Concern:

1. Engagement:
 - Public are not familiar of ways they can engage with PWD(s)
2. Awareness:
 - Some PWD(s) are unaware of resources and means available to assist them
3. Outreach:
 - Providing an accessible platform to encourage more PWD(s) to play sports
4. Support:
 - We hope to serve as a pillar of support for PWD(s) who require motivation

2. Challenges Identified:

PWDs are assumed to be unable to play sports as well as the public. PWDs are unaware of communities or facilities which can teach them sports. There are stereotypes of PWDs such as them not being able to accomplish anything by themselves. PWDs feel that they no longer have capabilities to achieve as much as able-bodied people. PWDs are unaware of means to seek assistance in pursuing their dream. Different disabilities require different types of support.

3. Underlying Problem:

PWDs face surmounting challenges in having opportunities to participate in sports and are thus easily discouraged. How might we inspire them to take part in sports more so they can continue to lead healthy lives in future?

4. Plan of Action:

Our plan of action is in the table below, indicating the date of each completion. In order to meet concerns in our underlying problem, we focused on creating resources online to inspire and raise awareness for PWD(s)

Research:

INTRODUCTION

Go to:

The World Health Organization (WHO) describes physical activity (PA) as any bodily movement produced by skeletal muscles that requires energy expenditure.¹ Exercise is a subgroup of PA where the activity is planned, structured, repetitive, and aims to improve or maintain one or more components of physical fitness.¹

In 2011, the UK Chief Medical Officers (CMOs), as the statutory medical advisors to government, issued age-specific guidelines on PA for the general population.² Around one in two females and a third of males in England are not achieving the targets of these guidelines, and are damaging their health as a result. More than one in four females and one in five males are classified as 'inactive' by doing less than 30 minutes of PA per week.^{3,4} Physical inactivity is among the top 10 risk factors for disease and disability in England.⁵ It is an unsustainable situation, and is costing the UK an estimated £7.4 billion a year, including £0.9 billion of preventable costs to the NHS.^{6,7}

From: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5604830/>

Combating Discrimination against Persons with Disabilities

Over 650 million people around the world live with disabilities. In every region of the world, in every country, persons with disabilities often live on the margins of society, deprived of some of life's fundamental experiences. They have little hope of going to school, getting a job, having their own home, creating a family and raising their children, socializing or voting. Persons with disabilities make up the world's largest and most disadvantaged minority. The numbers, according to the UN handbook "From Exclusion to Equality: Realizing the Rights of Persons with Disabilities", are damning: 20% of the world's poorest people are with disabilities, 98% of children with disabilities in developing countries do not attend school, around a third of the world's street children live with disabilities, and the literacy rate for adults with disabilities is as low as 3%, and 1% for women with disabilities in some countries.

From:

https://www.ohchr.org/EN/Issues/Discrimination/Pages/discrimination_disabilities.aspx

Description

Elderly people and persons with disabilities require long term exercise to keep healthy like any other individuals. One cheap and sustainable way is to hit the gym nearby the estate which is included in the Vision 2030 drawn up by the Sport Singapore and is also part of the Disability Sports Master Plan. However, many have reservations about going to public gyms for workout due to accessibility to the seemingly sophisticated equipment. Some wheelchair users have difficulties getting onto the machines; others with medical condition do not know what the safety limits are; some may sustain injuries from incorrect usage of the equipment.

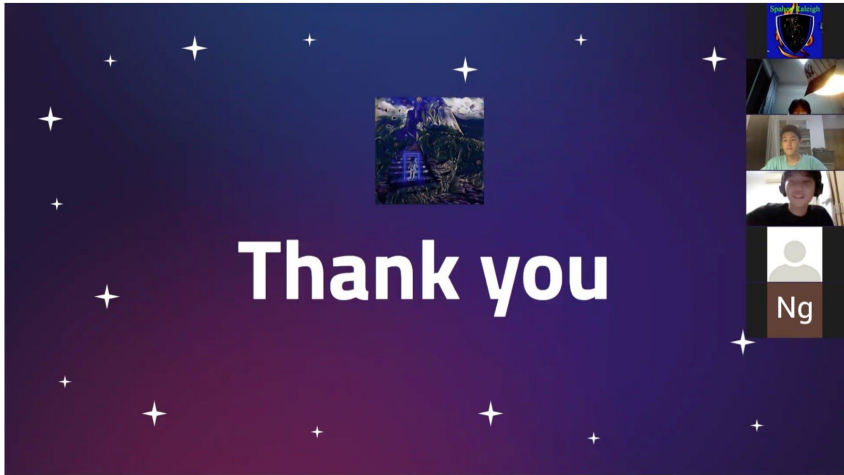
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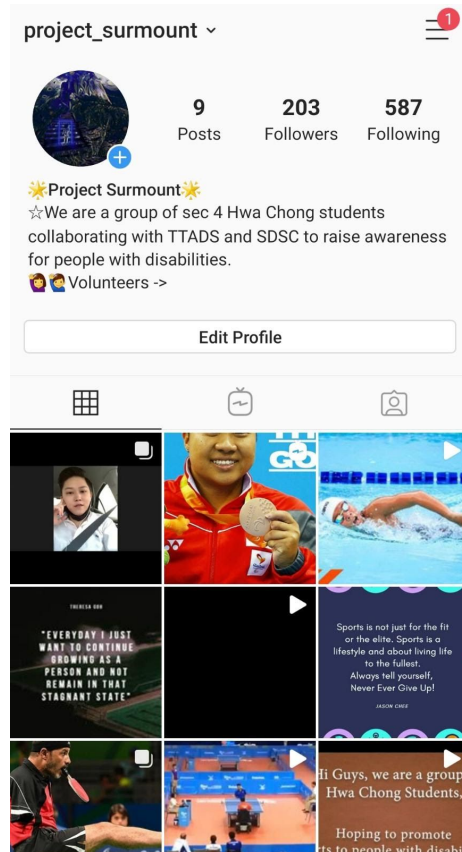
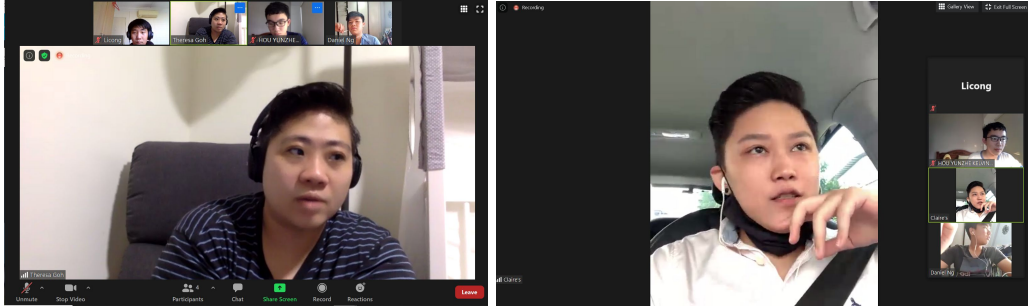
<https://www.sportsingapore.gov.sg/Athletes-Coaches/Course-Calendar/2020/Strength-Training-for-Inclusive-Fitness-using-HUR-Activ8>

Section 2: Implementation of Action Plan

<u>Date (2020)</u>	<u>Action</u>
Phase 1:	Setting foundation
January	Contacting mentor Mr Daniel Siew
January	Identifying main issues and underlying problem PWDs face
January	Deciding to use sports, mainly table tennis to help PWDs
Phase 2:	Brainstorming and planning
January	Discussing with mentor on tackling underlying problems
February	Contacting relevant organisations like Table Tennis Association for the Disabled Singapore (TTADS), Singapore Disability Sports Council (SDSC), Rebound with Resilience (RWR)
February	Creation of Instagram page to introduce project and members
Phase 3:	Preparation and Organisation
February	Getting volunteers to join the weekly interactive sessions with PWDs from TTADS
February	Getting PWDs from SDSC to sign up for table tennis training in TTADS
February	Planned friendly competitions where PWDs and student volunteer can play together
Phase 4:	Implementation of Action Plan
February-July (*Blue colour* means ACTION(s) without COVID-19)	<p>Visits to TTADS to train with PWDs</p> <ul style="list-style-type: none"> • Through interaction, we can further understand and identify the difficulties they face • Serves as a platform for PWDs and us to enjoy sports • Opportunity for PWDs and us to exercise together and keep ourselves fit and healthy
	<p>Host competitions and bring student volunteers to TTADS to interact with the PWDs</p> <ul style="list-style-type: none"> • Students, PWDs can enjoy the intensity of table tennis through friendly competitions • Interact with each other and exchange skills

	<ul style="list-style-type: none"> • Let students understand the difficulties PWDs face • Teaches student how to effectively communicate with PWDs
	<p>Interview para-athletes and create our own inspirational video series</p> <ul style="list-style-type: none"> • To learn about their past experiences and how they deal with setbacks • To motivate and build confidence in PWDs
	<p>Created resources on how to interact sensitively with PWDs</p> <ul style="list-style-type: none"> • Posters • Videos • Quotes
	<p>Hosted zoom meetings with teenagers to raise awareness for PWDs and teach them how to communicate with them</p>
Phase 5:	Outreach and publicity
	<p>Updated PWDs, volunteers and public through our instagram pages</p> <ul style="list-style-type: none"> • Posted our many inspirational videos of para-athletes • Informed the public and volunteers about which organisations our project are working with • Posted motivational quotes from para-athletes around the world





Section 3 : Project Outcomes

1. Accomplishments:

Outreach:

Posters - Tips and Motivational Quotes depicting inspirational life stories

We created motivational posters which are aimed at PWDs who are interested in sports and to promote para sports. These quotes are obtained from our very own interviews and used to promote our video series.

Video series - Interviews with motivational Para-athletes

Due to Covid-19, we had to think of a new plan as most of our plans were not feasible. Hence, we created our own inspirational video series so we can motivate other PWDs and at the same time increase publicity of our project to the public. Through our video series, we hoped people would be inspired and be motivated to make the most out of their lives.

Instagram - Posts of inspirational quotes, snippets of interviews

2. Reflection:

We feel that we completed the project successfully, however there is still room for improvement. We planned for physical meetings such as sparring sessions to interact with PWDs to understand the difficulties they face and think of ways we can help them. However, due to Covid-19, we could not execute them. Regardless, we were still able to come up with alternative solutions to achieve our objectives of raising awareness for the PWDs and integrating them back into society by promoting inclusiveness through sports. We are delighted that people and organisations are willing to spend their time, money and effort to help the PWDs. The success of our initiatives proves that there is considerable impact on our society. We should have predicted the COVID-19 restrictions earlier and quickly adapted to the situation by implementing essential measures but we are satisfied with what we have achieved and managed to reach our objectives.

3. Scope of Impact:

Community impact:

We interviewed numeral para-athletes and posted these interviews on social media to motivate more PWDs to consider taking up sports and shared the benefits of sports.

Jason Chee, Theresa Goh, Claire Toh

Community involvement:

We conducted several zoom meetings with teenagers from different schools to raise awareness for PWDs and educate them on how to interact with PWDs respectfully. We shared our knowledge and resources on social media, hoping that it will impact others positively and indefinitely.

Resolutions for AOC/UP:

Through our resources:

- The PWDs are inspired to work harder and realise their goal
- Other PWDs are exposed to sports and interested to take them up

- Public can better empathise with PWDs and create a more inclusive society for them