



## Runninghour Co-operative Limited

Office number: 90505398

Email: [info@runninghour.com](mailto:info@runninghour.com)

Website: <http://runninghour.com>  
(UEN: T14CS0003K)

Runninghour, an inclusive running club that promotes integration of people with special needs through running. We have friends who are mildly intellectually challenged, physically challenged and visually challenged joining us to keep fit. As a registered co-operative, Runninghour is a structured social enterprise where 100% of our income goes to funding our thrice weekly inclusive runs as well as outreach programmes. In 2015, we received President's Volunteerism & Philanthropy Award.

Our key objectives are:

- Promote and provide support to persons with special needs in physical recreation i.e. mainly running.
- Provide opportunities for persons with special needs to interact with their peers, ordinary youth and adults to build bonds and enlarge their social networks.
- Promote inclusion through our school and corporate educational outreach programme.

We offer:

1. Educational Talk On Inclusion.
2. Motivational Talk.
3. Hands-on Workshop To Promote Inclusion and Value Of Empathy.
4. Hands-on Disability Sports Workshop.
5. Customised programmes.

### ***Our partners***

*Central Singapore CDC*

*Singapore National Co-operative Federation*

*Sports Singapore*

*Singapore Disabled Sports Council*



## 1. Talk On Inclusion And Empathy

### Audience

1.School Students, Corporate and General Public

### Objective

- 1.Participants will gain an insight into challenges faced by the visually challenged and intellectually challenged population.
- 2.Promote empathy towards people with special needs.
- 3.Building confidence with proper approach towards people with special needs.
- 4.Situation awareness when guiding a visually or intellectually challenged person.

**Duration: 1 hr**

**Recommended Size: 50 pax**

**Fees : \$300**

\$500 (Above 50 pax)



## 2. Motivation Talk

### Audience

School Students, Corporate and General Public

### Objective

- Participants will gain an insight into challenges faced by the visually challenged and intellectually challenged population.
- Participants will be able to reflect on their own lives and discover new strength to face daily challenges and adversities.

**Duration: 1 hr**

**Recommended Size: 50 pax**

**Fees :** \$300  
\$500 (Above 50 pax)

### ***Our clients and past participants***

*West Spring  
Ngee Ann Polytechnic  
Republic Polytechnic  
Nanyang Technological University*

*Standard Chartered Bank  
People's Association  
InterNation  
Hwa Chong Institution*





### 3. Hands-on Workshop (Disability Sports- Goalball, Blind-Soccer & Soundball Tennis)

#### Audience

School Students, Corporate  
and General Public

#### Objective

- Participants will gain an insight into challenges faced by the visually challenged and intellectually challenged population.
- Participants will acquire skills to help the special population.
- Participants will be able to reflect on their own lives and discover new strength to face daily challenges and adversities.

**Duration: 2 hr**

**Recommended Size: 30-50 pax**

#### Fees:

**Option 1:** (Minimum pax: 30 pax)

- \$25 per pax (Schools)
- \$30 per pax (Tertiary Institutions)
- \$40 per pax (Corporate)
- All participants will receive a

Tee shirt, blindfold and tether.

**Option 2:** (Minimum pax: 40 pax)

Without Tee Shirt, Blind fold  
and tether

- \$15 per pax (Schools)
- \$20 per pax (Tertiary Institutions)
- \$30 per pax (Corporate)

**Option 3: Customisation**

