



**ST. ANDREW'S
AUTISM CENTRE**



21 September 2024

Saturday, 8am – 12pm

**St Andrew's Junior College (Start Point);
St Andrew's Secondary School (End Point)**

Guest of Honour:

Mr Edwin Tong

Minister for Culture, Community and Youth and Second Minister for Law

**E-PROGRAMME
BOOKLET**

Welcome to Walk of a Lifetime (WOAL) 2024!

WOAL 2024 is a community celebration of persons with autism and their different, diverse abilities. Organised by St Andrew's Autism Centre, it aims to promote greater awareness and understanding of autism, and garner support for persons with autism and their families.

In addition, we hope to raise \$600,000 to fund the programmes and services at our day activity centres and residential home that support persons with autism and their families.

We want to give a big shoutout to all our participants, partners, donors and volunteers at WOAL 2024.

Thank you for advancing our mission to provide quality care to those we serve so they can lead meaningful and dignified lives.

ENSURING WOAL 2024 IS AUTISM-FRIENDLY

We recognise that individuals with autism may have heightened sensitivities to noise and their surroundings, and we understand that some caregivers may have concerns about this.

To ensure a welcoming and supportive environment for persons with autism, we have conducted a thorough risk assessment and are excited to share our autism-friendly initiatives for the upcoming event:

Sensory-Friendly



There will be no loud music, clapping, or cheering during this event.

Express Queue & Registration



Keep an eye out for the blue lanes, which serve as an express queue for persons with autism and lead to the designated holding-area.

Calm Rooms & Rest Spaces



There will be calm rooms and rest spaces available. Keep an eye out for the signs directing you to these areas.

Social Narratives & Visuals



A visual-story, one-page communication board and mini schedule are ready for download from the WOAL website so you can prepare child for the sequence of events.

Support Team



Our dedicated coaches, teachers and allied professionals will be present at the event as additional support.

Download visual resources:

[Social Story](#)

[Communication Board](#)

[Schedule](#)

We are committed to making this event enjoyable for all families and look forward to creating a positive experience together!

EVENT DAY PROGRAMME

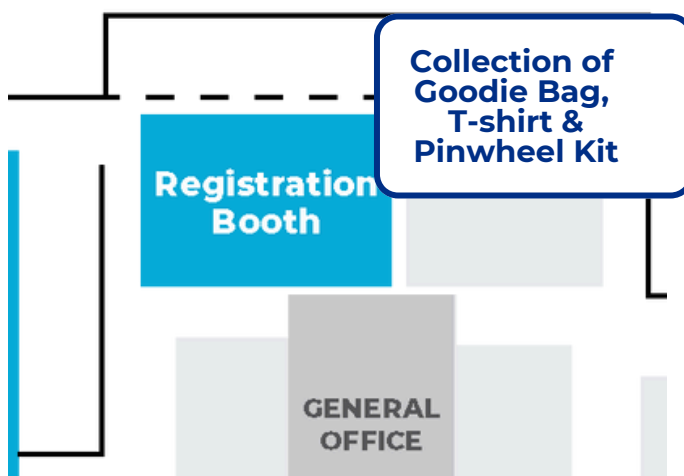
TIME	ACTIVITY
8.00am - 10.00am	<ul style="list-style-type: none"> • Arrival of Participants and Registration @ St Andrew's Junior College • Collection of Goodie Bag, T-shirts & Pinwheel Kit
	<ul style="list-style-type: none"> • Pinwheel Assembly • Proceed to Autism Learning Zone
10.00am	<ul style="list-style-type: none"> • All participants to gather at the field
10.15am	<ul style="list-style-type: none"> • Opening Address by Guest of Honour: Mr Edwin Tong, Minister for Culture, Community and Youth and Second Minister for Law
10.20am	<ul style="list-style-type: none"> • Present Token of Appreciation
10.30am	<ul style="list-style-type: none"> • Silent Ovation for our Beneficiaries
10.35am	<ul style="list-style-type: none"> • Flag-off • Dignity and Solidarity Walk Lap Commence
11.15am - 12.00pm	<ul style="list-style-type: none"> • Walk ends @ St Andrew's Secondary School • Pinwheel Planting • Unveil SAAC Friendship Mural • Visit Partner Booths
12.00pm	<ul style="list-style-type: none"> • End of WOAL 2024. See you next year!

REGISTRATION DETAILS

General Public

Where?

Registration booth located **outside the General office.**



At the Registration Booth
Please present your confirmation slip. You can easily retrieve it from your email.*.

**Check your junk or spam folder if the confirmation slip is not in your inbox.*

After registering and picking up your Goodie Bag and T-shirt, head over to the Lecture Theatre to assemble your pinwheel.

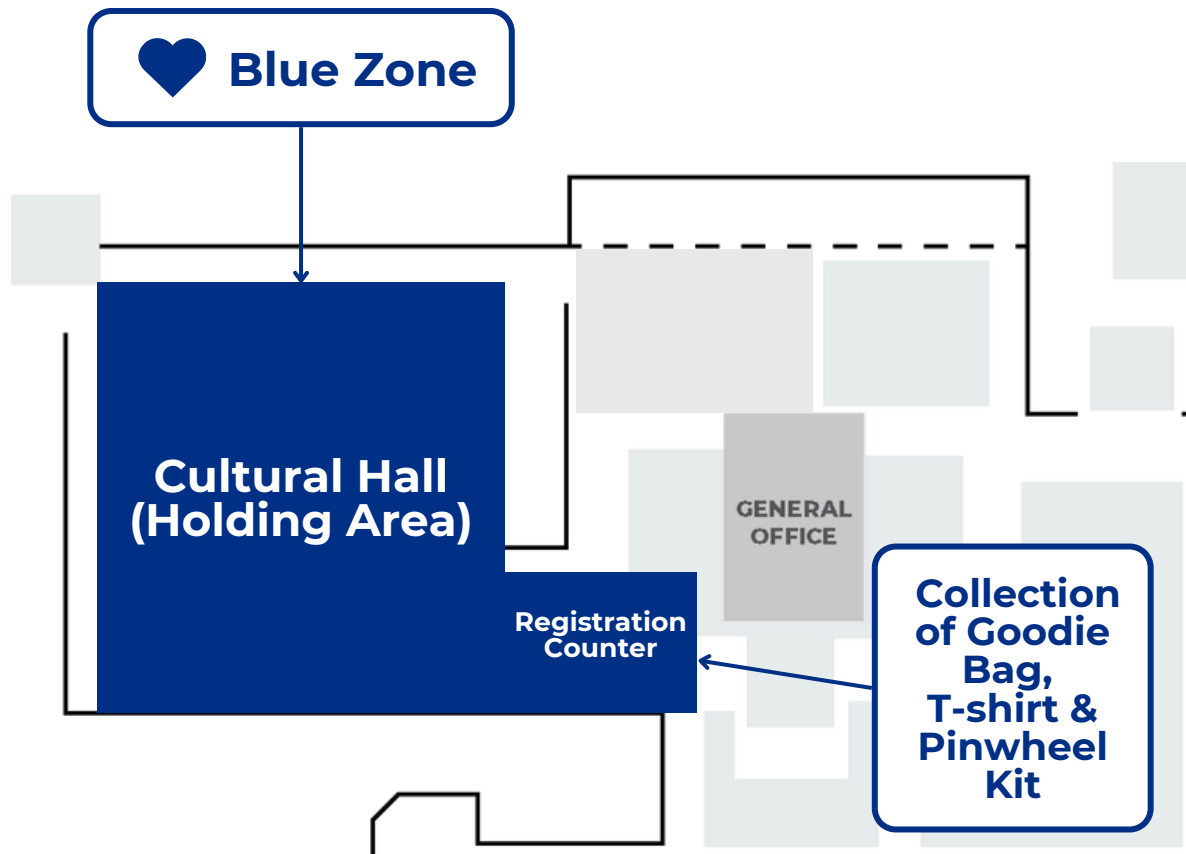
Enjoy the experience!

REGISTRATION DETAILS



ST. ANDREW'S
AUTISM CENTRE

For Persons with Autism & their Families 



A dedicated holding area has been arranged for you at the **Cultural Hall**.

Please feel free to approach our friendly staff and volunteers for directions to the hall for registration.

ENTITLEMENTS

Event Medal



T-Shirt



Tumbler



Goodie Bag



Foldable Frisbee Fan



& Many More!

CATEGORY	ENTITLEMENT
Child (5 - 12 Years Old)	Event Goodie Bag, Event Medal, Kids T-shirt
Adult	Event Goodie Bag, Event Medal, Event T-shirt
Group Ticket (min. Pax: 4 Adults)	Event Goodie Bag, Event Medal, Event T-shirt

*Goodie Bag and T-shirt collection will be available on **21 September from 8am to 9am at St Andrew's Junior College (Event Site)**

Participants who have registered in groups may send a representative to collect the Goodie Bags and T-shirts for the group members.

OFFICIAL SYMBOL



Why Pinwheel?

A pinwheel symbolises life, serenity, and perseverance. With its multitude of colors and designs, it also represents diversity. Just as the pinwheel continues to spin, your acceptance can help individuals with autism thrive.

Timeline and Process

July to September

July

SAAC beneficiaries create personalised pinwheel designs.

September

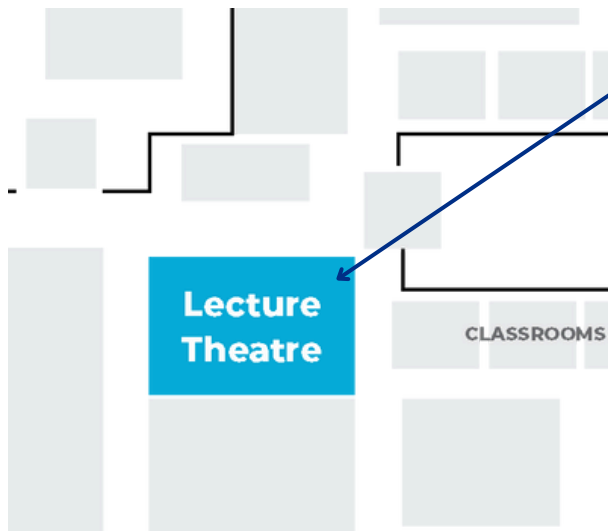
Event Day

1. Register at St Andrew's Junior College and receive your pinwheel.
2. Gather in the designated area to assemble your pinwheel.
3. Join us on a 1.9km walk, proudly carrying your pinwheel.
4. At the end of the walk, plant your pinwheel in the inclusive garden.

PINWHEEL ASSEMBLY

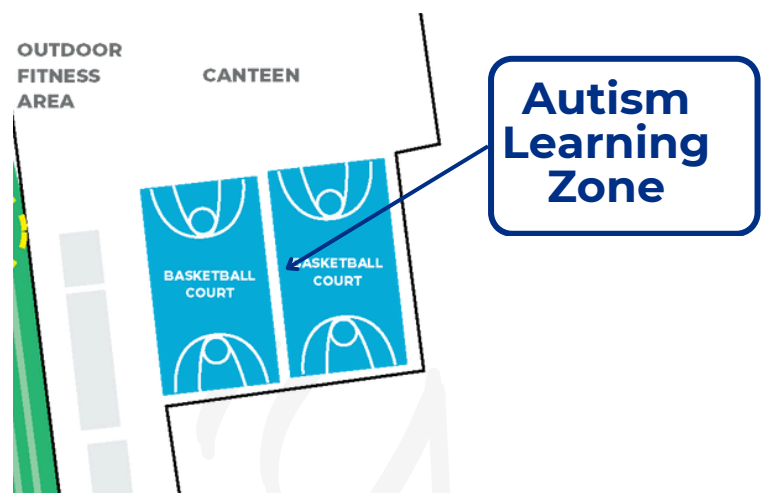
General Public

Pinwheel
Assembly



After registering, please proceed to the **Lecture Theatre** to assemble your personalised pinwheel.

Once completed, proceed to the basketball court to participate in interactive activities to learn more about autism.



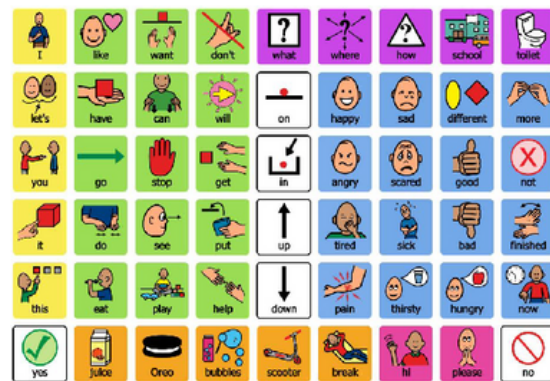
AUTISM LEARNING ZONE

is located @ the basketball court at St Andrew's Junior College.

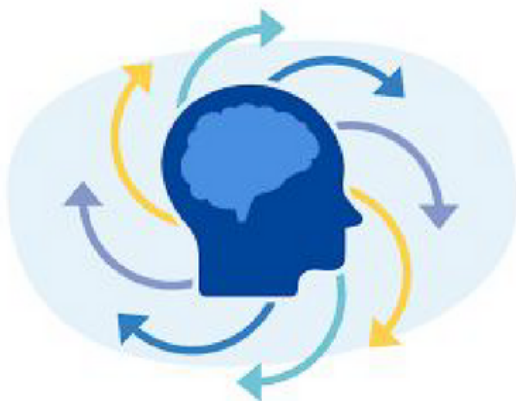
The **Autism Learning Zone** consists of 4 interactive booths that will help participants appreciate the challenges of living with autism and understand how caregivers and professional staff support persons with autism to lead a dignified and meaningful life.



Bingo Booth



Communication Booth



Behaviour Booth



Sensory Booth

WALKING ROUTE

LEGEND

1.9KM 

 **START POINT** - St Andrew's Junior College

 **FINISH POINT** - St Andrew's Secondary School



- The Walk of a Lifetime will feature a distinctive Silent Ovation, during which participants will show their support and acceptance for the beneficiaries and their families through silent cheers and waving of hands as they arrive at the track field.
- Following the flag-off, the first group, consisting of the beneficiaries, their families, Guest of Honour and invited guests, will start by walking one round on the track at SAJC before continuing on to SASS. All other participants will be able to join in the walk following the lead of the first group

4 THINGS NOT TO MISS!

At St Andrew's Junior College

1



Collect Your Goodie Bag, T-Shirt & Pinwheel Kit!

Pick them up upon arrival at St. Andrew's Junior College.

Pinwheel Assembly

2



3



Autism Learning Zone

To learn more about autism.

Silent Ovation

A powerful gesture to honour our beneficiaries and their families.

4



3 THINGS NOT TO MISS!

At St Andrew's Secondary School

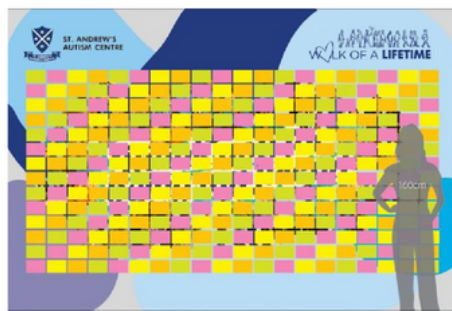
1



Plant your pinwheel in the Inclusive Garden.

Unveil SAAC Friendship Mural.

2



3



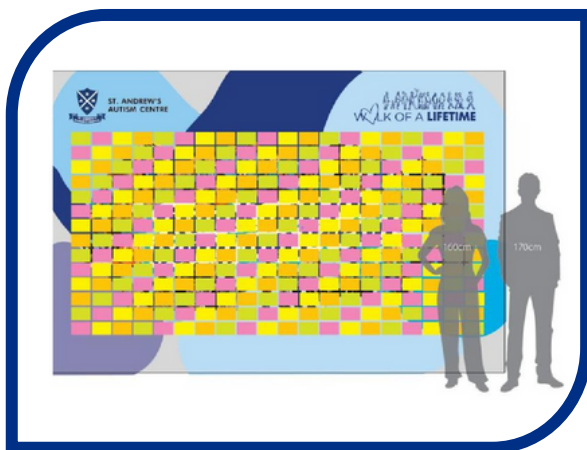
Visit merchandise booths set up by various inclusive partners.

INCLUSIVE GARDEN & SAAC FRIENDSHIP MURAL



Inclusive Garden

Participants will have the opportunity to plant the vibrant pinwheel in the inclusive garden. This serves as a powerful symbol of unity and diversity.



SAAC Friendship Mural

Participants will arrive at a mural wall adorned with sticker notepads representing barriers to public acceptance of autism. By removing these notepads, they will unveil a digital illustration of our beneficiaries learning and making friends at SAAC.

INCLUSIVE PARTNER BOOTHS

Meet caregivers, parents and partners at the WOAL 2024. Check out their unique handcrafted products and services and hear their stories.



A Gift of LOVE - Tevy'En



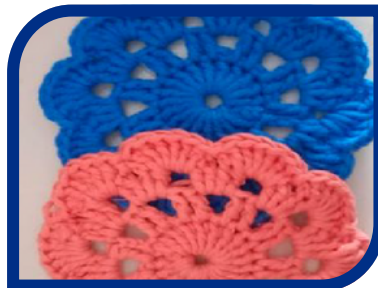
Crochet_Connectz



Crunchy Teeth



YoungStar



Shyda_aliya shop



Blue Acres



SAAC DAC Merchandise



Red Dot Penguins

Sales of merchandise will be processed via QR payment codes at the designated partner booths.

GETTING THERE



PUBLIC TRANSPORT

- Alight at Potong Pasir MRT Station and take Exit C.
- At street level, take Bus 142 at the bus stop 60621 (you will see Old Chang Kee).
- Alight at Bus Stop 61101 (Blk 120, opposite Kwong Wai Shiu Hospital).



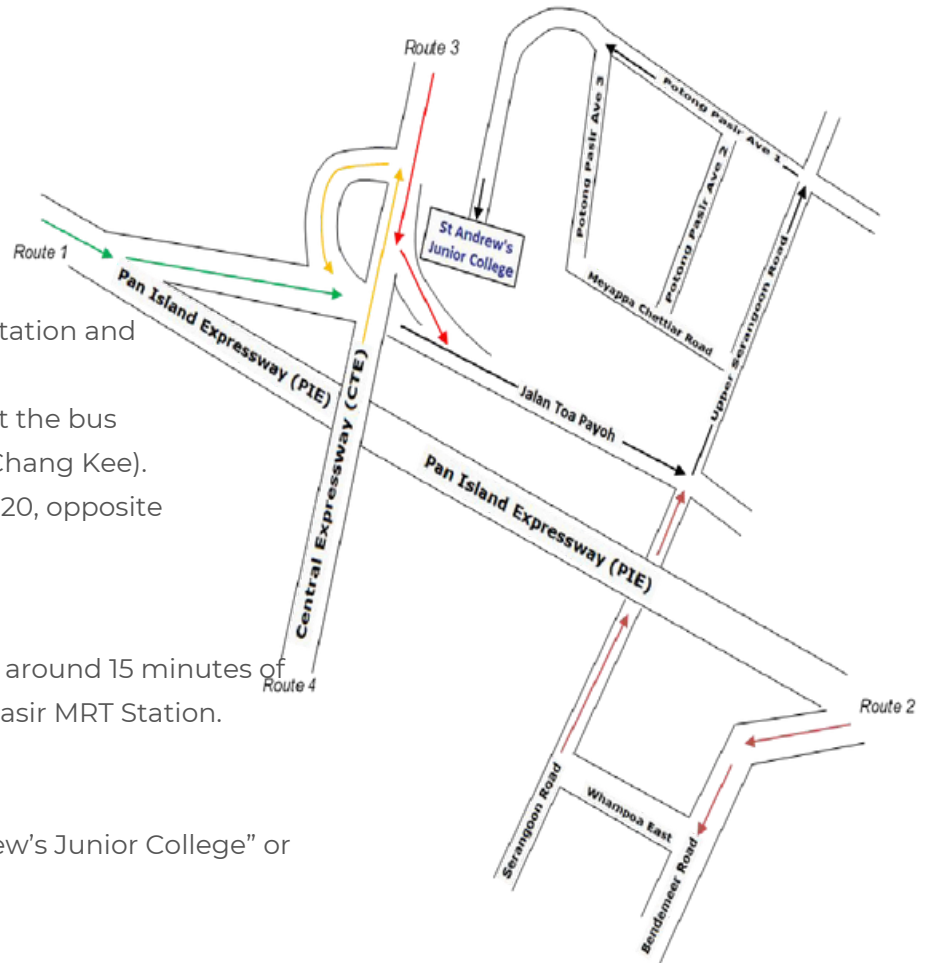
BY FOOT

If you do choose to walk, SAJC is around 15 minutes of walking distance from Potong Pasir MRT Station.



TAXI / PRIVATE HIRE

Set your destination to "St Andrew's Junior College" or postal code 357691.



Please be advised that on-site parking is not available. For those who wish to drive, public car parks are available at HDB Blocks 118-120 (closer to SAJC, opposite Kwong Wai Shiu Hospital) and Blk 143-145 (closer to SASS). Participants will need to walk from there to the venue.

Route 1 - From PIE (Towards Changi)

(See Green and Black Arrows)

- Take Exit 15 for CTE towards SLE/TPE
- Keep right at the fork and merge onto Jalan Toa Payoh
- Make a left turn into Upper Serangoon Road
- Make a left turn into Potong Pasir Ave 1
- Travel along Sorby Adams Drive

Route 2 – From PIE (Towards Jurong)

(See Maroon and Black Arrows)

- Take Exit 12 for Bendemeer Road
- Make a right turn into Whampoa East
- Make a right turn into Serangoon Road
- Travel along Upper Serangoon Road
- Make a left turn into Potong Pasir Ave 1
- Travel along Sorby Adams Drive

Route 3 – From CTE (Towards City)

(See Red and Black Arrows)

- Take Exit 8B for PIE
- Merge into Jalan Toa Payoh
- Make a left turn into Upper Serangoon Road
- Make a left turn into Potong Pasir Ave 1
- Travel along Sorby Adams Drive

Route 4 – From CTE (Towards Ang Mo Kio)

(See Yellow and Black Arrows)

- Take Exit 8B for PIE
- Merge into Jalan Toa Payoh
- Make a left turn into Upper Serangoon Road
- Make a left turn into Potong Pasir Ave 1
- Travel along Sorby Adams Drive

SITE MAP



ST. ANDREW'S
AUTISM CENTRE

♥ **Blue Zone**

For Persons
with Autism
&
their
Families

**Cultural
Hall
(Holding
Area)**

**Collection
Point
General Public**

Registration
Booth

GENERAL
OFFICE

**Pinwheel
Assembly
General Public**

Lecture
Theatre

CLASSROOMS



OUTDOOR
FITNESS
AREA

CANTEEN

**Autism
Learning
Zone**

BASKETBALL
COURT

BASKETBALL
COURT

**Gathering Area
for Flag-off**

Flag-off



ESSENTIAL CHECKLIST



ST. ANDREW'S
AUTISM CENTRE

Before the Event

Plan Your Arrival

Determine the best route to reach St Andrew's Junior College.

Pack Essentials

Prepare your walking gear, comfortable shoes, water, snacks, and any necessary medications.

Minimise Valuables

Avoid bringing unnecessary valuables to the event.

Event Day

Registration and Collection

Arrive from 8:00 AM to 9:00AM to collect your Goodie Bag, T-shirt and Pinwheel kit.

Flag-off

Be ready to start the walk at 10.35am.

Hydration

Stay hydrated by drinking plenty of water before and during the event.

Personal Belongings

Bring only essential items to avoid carrying unnecessary weight.

Well-being

If you feel unwell or uncomfortable, do not hesitate to seek assistance from our first-aid team or event volunteers.

Change of Clothes

Bring a change of clothes if needed.

Rules & Regulations

- **Wristband:** All participants must wear the provided paper wristband for identification. Wristband will be issued upon collection of Goodie Bag and T-shirt.
- **Stay on Course:** Follow the designated walking routes throughout the event.

ESSENTIAL INFORMATION



Goodie Bag, T-shirt & Pinwheel Kit Collection

The Goodie Bag, T-shirt and Pinwheel Kit will be available for collection at the registration counter at St Andrew's Junior College from 8am – 9am.



Lost & Found

Items found will be placed at the Lost & Found booths located at both St Andrew's Junior College & St Andrew's Secondary School.



Payment Mode

Payment for merchandise can be made using the QR code at the designated partner booths at St. Andrew's Secondary School.



Event Updates

Follow our Facebook (sg.saac) and Instagram (@saacs) for important updates on the event day!



Wet Weather Contingency

In the event of wet weather, the 1.9km walk may be adjusted. However, do still come to St. Andrew's Junior College to collect your T-shirt, goodie bag and pinwheel. Enjoy the indoor activities planned for you.

SAFETY & MEDICAL ADVISORY

- While every reasonable precaution will be taken by The Organiser to ensure participants' safety, participants are advised to exercise due care. The Organiser shall not be liable for any loss and/or damage, whether personal or otherwise, and howsoever arising.
- Due to safety reasons, bicycles, in-line skates, push carts, shoes with built-in or attached rollers and any other wheel-run objects are strictly not allowed on the course other than official event and medical vehicles.
- The Organiser reserves the right to stop any participant from continuing the race for safety reasons.
- Should any participant feel unwell in the course of the walk, he/she should stop and seek immediate medical attention at the designated medical posts.
- A participant must retire from the walk immediately if requested by an official medical officer.
- Participants should ensure that they are well-rested and well-hydrated prior to the walk.
- Participants are advised not to attend the Event should they have fever, cough, breathing difficulties or severe muscle ache.
- Participants who have doubts about their suitability to participate in this Event (e.g. those on medication or those who have had recent health conditions) are advised to consult their medical practitioner prior to participation in the Event.
- To minimise injuries, always do at least 15 minutes of warm-up/stretching before the start and at the end of training and the walk.
- Participants are advised against the consumption of alcohol, stimulants, or any kind of drugs before the walk.

ORGANISER



ST. ANDREW'S
AUTISM CENTRE

DONORS

AMBASSADOR



Anonymous Donor
-to the glory of God-

SUPER FAN



FANS



GUAN CHOON FOUNDATION



K I N G



FRIENDS



Mr Danny Wong



Ms Ng Jia Ming



Mr Khoo Chee Been



DONATION-IN-KIND



MEDICAL CARE PARTNER



OTHER PARTNERS

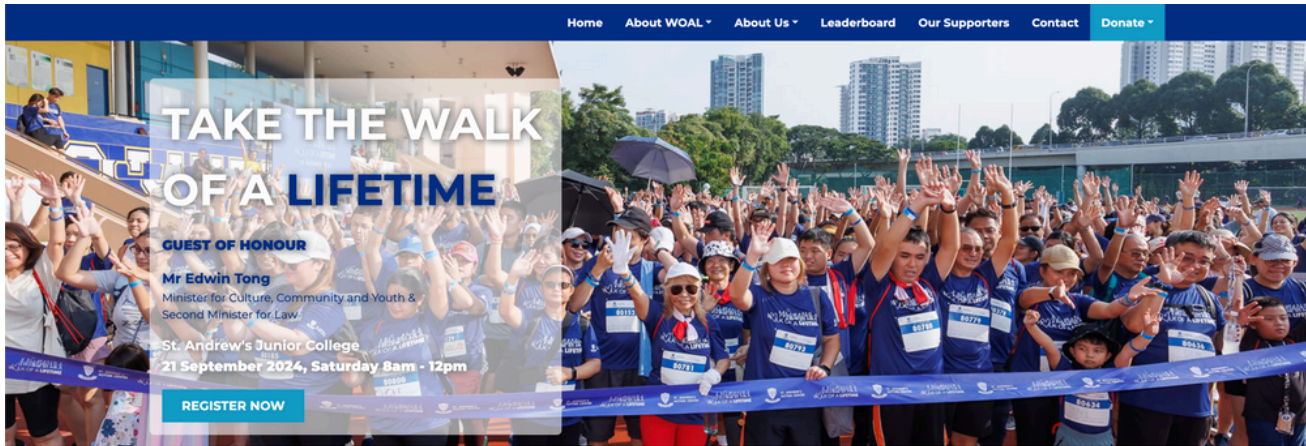


HOW TO MAKE A DONATION

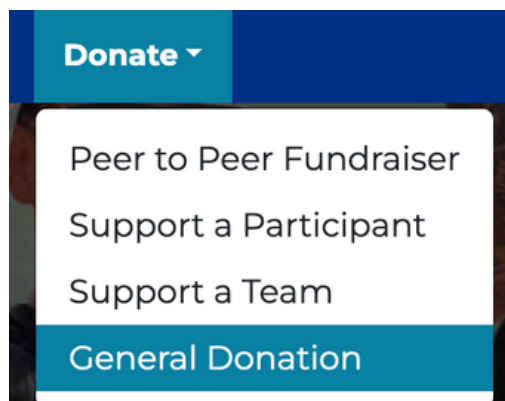
Event Website

STEP 1

Visit <https://walkofalifetime.sg/>



STEP 2



Click on the 'Donate' button on the main page. Choose **General Donation**.

STEP 3

Select the donation amount to donate.

TAX DEDUCTIBLE

DONATION FORM

Please use Visa or MasterCard credit/debit card when making the payment. A valid FULL NRIC No./FIN/UEN is required for auto-inclusion of 2.5 times tax deduction purposes. All monetary donations/transactions will be in Singapore Dollars.

Required fields are denoted by *.

Donation Amount (SGD) *

\$50	\$100	\$200	\$500	Other Amount
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HOW TO MAKE A DONATION

Event Website

STEP 4

Your information

I am donating as an *
 Individual Organization/Corporate

Salutation *
- Select One -

Full Name (As in NRIC/FIN) *

Email Address *
A confirmation email will be sent after successful donation.

Confirm Email Address *

Contact Number
8123 4567

Address

Do you wish to receive tax deduction? *

Key in your particulars and credit card details.

STEP 5


PDPA Consent

I consent to and allow St. Andrew's Autism Centre to collect, use, disclose and/or process my personal data in order to process, administer, facilitate, maintain and/or manage my relationship with St. Andrew's Autism Centre as a donor ("Purpose"), including communications on St. Andrew's Autism Centre's activities, programs and services; donation requests; carrying out research, analysis and development activities for St. Andrew's Autism Centre's purposes, and making disclosures required by law or a competent authority. St. Andrew's Autism Centre may, for the above Purpose, disclose my personal data to its third party service providers and/or agents, which may be sited outside of Singapore (subject always to requirements under applicable law having been met).

I agree that St. Andrew's Autism Centre and/or its partners, affiliates, subsidiaries, agencies and contractors may send me marketing/promotional material regarding the Event and any future editions of the Event by email or post.

Click on the 'Donate' button to process payment.

STEP 6



A great big thank you!

enya, your contribution means a lot and will be put to good use in making a difference. We've sent your donation receipt to meowyingB5@gmail.com.

Help us out by sharing with friends and followers that you supported the cause!

An acknowledgement message will be generated.

HOW TO MAKE A DONATION PayNow



STEP 1

Scan the PAYNOW QR code using your banking app.

STEP 2

Input the donation amount and ensure that the UEN is
T08CC3017C007.

STEP 3

Include Reference Code for 'Walk of a Lifetime' in
the **REMARK** section:

Reference Code- [WLT24] [NRIC] [DONOR'S NAME]

HOW YOUR GIVING MAKES A DIFFERENCE

Day Activity Centres

Improving Quality of Life



Our Day Activity Centres (DACs) equip clients with essential life skills and vocational training, so they can look forward to meaningful engagement in the community.

Programmes are curated to suit different needs and abilities, and integrate interests with practical skills. These also incorporate customised Positive Behaviour Support to help avert challenging behaviours and increase independence and confidence.

HOW YOUR GIVING MAKES A DIFFERENCE

St Andrew's Adult Home

Residential Care for Life



Singapore's first purpose-built residential facility for persons with autism, it is supported by care staff to look after residents 24/7. With a focus on Daily Living Skills and Emotional Behavioural Management, we create a caring and compassionate environment to make communal living possible even for adults with autism. We also organise activities for recreation and wellness, and interaction with the community at large.

See you at the

