The Council for Third Age, C3A, set up in May 2007, is an agency which promotes active ageing in Singapore through public education, outreach and partnerships. As an umbrella body in the active ageing landscape, with its focus on lifelong learning, senior volunteerism, and positive ageing, C3A works with and through partners to help third agers age well.

Our **Vision**
Fostering a society where seniors live full, active and meaningful lives.

Our **Mission**
To make active ageing a way of life.
National Silver Academy (NSA) is an initiative under the Action Plan for Successful Ageing. Launched in 2016, it is a network of post-secondary education institutions (PSEIs) and community-based organisations offering a wide range of learning opportunities for seniors aged 50 years and above. Most courses are also SkillsFuture Credit eligible.

**Categories of Courses:**
- Health & Wellness
- IT & Science
- Ageing & Lifeskills
- Humanities
- Finance & Business
- Media, Arts & Design

**NSA Highlights:**
- Over 1,000 course titles provided by 34 partners
- More than 31,000 learning places taken since launch
- Over 3.6 million pageviews
- Over 750,000 sessions since launch

*Statistics as of August 2018.*
**INTERGENERATIONAL LEARNING PROGRAMME (ILP)**

**AIMS TO ENCOURAGE INTERGENERATIONAL BONDING BY PAIRING YOUTHS AND SENIORS IN A GROUP LEARNING ENVIRONMENT**

- **126 SCHOOLS** since inception
- **12,797 SENIORS** benefited
- **18,825 STUDENTS** benefited

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**NSA @ THE COMMUNITY**

**BRINGING ACTIVE AGEING OPPORTUNITIES TO SENIORS IN THE COMMUNITY**

- **21,000 TOTAL OUTREACH**

**NSA ROADSHOWS**
- Held in the community to extend outreach to the heartlands
- NSA Roadshows were held at Toa Payoh HDB Hub in March 2018 and at The Star Vista in July 2018. Senior learning and volunteering opportunities were offered by over 20 partners.

**NSA TEASER TALKS & BITE-SIZED COURSES**
- Held in collaboration with NLB at various public libraries, teaser talks and bite-sized courses aim to introduce NSA and selected course topics to seniors in the community, to help raise awareness and sign-ups of NSA courses. Topics include mindfulness, crafts, financial literacy and more.
The C3A Portal is a one stop digital resource platform which aggregates senior-related news, activities, promotions and schemes to cater to the needs and interests of seniors.

To instil a positive mindset towards ageing and help seniors in their self-discovery journey, C3A organised the Positive Ageing Conference and developed the Positive Ageing Toolkit, which is a DIY tool to aid seniors to discover and track their wellness levels through the 7 Dimensions of Wellness.

Eligible organisations can apply through C3A for the Silver Volunteer Fund (SVF) - an initiative under the Action Plan for Successful Ageing. The Silver Volunteer Fund supports programmes organised by community-based organisations that offer volunteer opportunities and training to seniors to do the volunteer services. Interested organisations may contact C3A at svf@c3a.org.sg

Available in English, Chinese, Malay, as well as online at www.c3a.org.sg