

COUNCIL FOR THIRD AGE YEAR-IN-REVIEW FY2024

Age with Purpose Learn with Passion



Introduction

The Council for Third Age (C3A), set up in May 2007, promotes active ageing in Singapore through public education, outreach and partnerships. Focusing on lifelong learning, senior volunteerism, and positive ageing, C3A works with and through partners to help seniors live full, active and meaningful lives.

C3A is the administrator of National Silver Academy (NSA) and the enhanced Silver Volunteer Fund (SVF), as part of the initiatives under the Action Plan for Successful Ageing.

NSA courses are conducted in partnership with many established educational institutions and community organisations, offering seniors a wide range of learning opportunities catered to their varied interests.

C3A supports senior volunteerism through a network of Volunteer Host Organisations (VHOs) across Singapore. Through the network, we offer diverse and meaningful volunteering opportunities tailored for seniors, including training and appreciation platforms to enrich their volunteering journey.





Learning with



To empower seniors in navigating the evolving landscape of active ageing, National Silver Academy (NSA) continues to enhance its offerings by diversifying learning pathways and formats. These efforts aim to make lifelong learning more accessible, stimulating, and relevant - enabling senior learners to stay connected, confident, and engaged in today's dynamic world.

The broad network of Post-Secondary Education Institutions (PSEIs) and Community-Based Organisations (CBOs) under the National Silver Academy provides a wide range of learning activities for seniors aged 50 and above. Most of these courses are eligible for SkillsFuture credits.



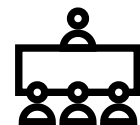
>1000

Course Titles



>60

Partners



>275,000

Learning Places



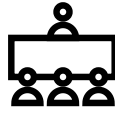
Intergenerational Learning Programme (ILP)

Our Intergenerational Learning Programme presents a unique opportunity for both youths and seniors to acquire new knowledge together and facilitates intergenerational bonding by bringing different generations together through collaborative education.



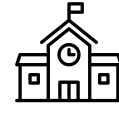
>75

Schools and Organisations Engaged



>6,200

Learning Places (Seniors)



>7,200

Learning Places (Students)



C3A Curated Curriculum & Packaged Courses

C3A remained actively involved in designing courses and developing a customised curriculum to curate senior learning pathways and cater to diverse interests.

Additional, bundled courses offered at discounted rates cover a range of themes- including digital skills, ageing well, and caregiving - to support seniors in beginning their learning journey.



>1,800 Learning Places

Asynchronous Curated Courses



>1,200 Learning Places

Synchronous Curated Courses



14

Packaged Courses

*Total Learning Places achieved based on C3A curriculums



Volunteering

With their wealth of experience and knowledge, seniors are well-positioned to make meaningful contributions to society through volunteering, which in turn offers them a renewed sense of purpose. Volunteer Host Organisations (VHOs) offer diverse opportunities for seniors to serve in roles such as befrienders, facilitators, or urban farmers. To support this spirit of giving, the Silver Volunteer Fund was enhanced in 2023, aiming to make more sustainable and fulfilling volunteer programmes for seniors.



>4,400

Senior Volunteers
Participated



>110

Volunteering
Programmes



>235,000

Volunteering Hours
Clocked by Senior
Volunteers





Expanding Opportunities in Active Ageing

C3A is committed to expanding inclusive, accessible learning and volunteering opportunities for all. By collaborating with diverse stakeholders, we build strong partnerships that create synergies and drive meaningful change—advancing our mission to make active ageing a natural and empowering part of everyday life.

Geragogy Guidelines

Since the inception of the Geragogy Guidelines in July 2021, our continued efforts to elevate and build a more inclusive environment had reached a cumulative outreach of more than 4,000 individuals. This includes those who have either downloaded the Geragogy Guidelines resources, completed the “Introduction to Geragogy Guidelines” 2-hour facilitated workshops (114 facilitated workshop sessions were conducted successfully) and/or partake in the asynchronous e-learning modules on Geragogy Guidelines on SSI’s LearnHere online platform.

C3A strives to further extend the accessibility of the Geragogy Guidelines for individuals and relevant professionals involved in senior learning by offering the set of asynchronous e-learning modules on the weLearn@NSA, to support the cultivation of an inclusive learning environment for all - physically and digitally.

Different Touchpoints

C3A Active Ageing Fiesta 2024

The C3A Active Ageing Fiesta 2024, a meaningful event dedicated to promoting active ageing through senior learning and volunteerism, attracted more than 5,300 participants throughout its 2-day event from 14 to 15 June 2024 at the Plaza, National Library Building. Themed “Turn Your Silver Years into Sparkling Adventures”, this free-admission event featured a rich showcase of over 1,000 opportunities for seniors to engage in learning and volunteer activities. Over 40

partners participated, adding to a vibrant blend of experiences in diverse environments.

The Fiesta provided a variety for all, featuring 34 engaging booths, 10 memorable stage performances, and 10 insightful talks, all aimed at inspiring active and purposeful ageing. The inaugural C3A Seniors' Showcase was included in the Active Ageing Fiesta, highlighting a variety of paintings and crafts made by seniors who participated in the NSA courses.



Mini Pop-ups

As part of its ongoing efforts to provide greater accessibility to seniors, C3A continues to bring learning and volunteering opportunities closer to seniors through a series of mini pop-ups held at popular public libraries across the heartlands. These events aimed to make learning and volunteering more accessible and convenient for seniors by giving partners additional outreach platforms throughout the year. Between April 2024 and March 2025, a total of 8 pop-ups were conducted, attracting 1,050 senior participants who enjoyed a variety of enriching programmes and engagement opportunities.



Lifelong Learning at Your Fingertips

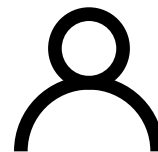
The C3A website continues to serve as the go-to digital platforms for most seniors, providing them with easy access to a wide array of content, from the latest news and events to special deals tailored to their interests. The platform empowers seniors to conveniently explore a broad spectrum of learning and volunteering opportunities anytime, anywhere.

In addition, seniors can tap into a library of digital learning resources, including on-demand videos and online courses, offering flexibility and convenience in their lifelong learning journey.



>1,240,000

Website Pageviews



>340,000

Website New Users



>865,000

Website User Engagements



>19,000 Views

Digital Learning Resources

*Includes videos, online courses and more





Partnerships & Collaborations

Community of Practice (CoP) session

To foster senior volunteerism, C3A invited the Volunteer Host Organisations (VHOs) to form a Community of Practice (CoP). The CoP will focus on sharing knowledge, best practices, and exploring collaboration to enhance volunteer programmes as well as recruitment and retention of senior volunteers.

48 VHO representatives attended the first CoP Session on 20 March 2025 for an afternoon of sharing and networking. The session concluded successfully and majority of the participants shared that the workshop has helped them to get to know more people in the sector and agreed that the content discussed is relevant to their work in driving senior volunteerism.

The VHOs are also committed to implement action points generated from the discussions and progress will be tracked and shared at subsequent CoP sessions.





Turn any room into a classroom with



C3A's Digitalisation Pilot Programme continues to convert existing courses into interactive and engaging online formats where seniors can learn anytime, anywhere. This effort aims to broaden learning opportunities for seniors, deepen insights into their learning preferences, strengthen the capabilities of NSA partners, and inform the development of long-term plan for digital learning.

As of end FY24, C3A has launched 9 online courses on our Learning Management System (LMS) – weLearn@NSA - with 3,621 learning places taken by seniors. These courses include topics on TCM, dementia, mental well-being, caregiving and money management. Concurrently, 13 partners have attended the capability-building workshop to acquire knowledge and skills on designing and developing online learning content using online tools, and positive feedback was received.



Mental Well-Being: Ageing Well with Resilience



Can I Hold You a While Longer?



Basics of Traditional Chinese Medicine

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