

# 30 Seconds Challenge

## Overcoming COVID-19 and YES to Social Inclusion



### Let's Do The 30 Seconds Challenge!

#SUNDACares #SGUnited #30SecondsChallenge #PassionWaVe

This year SUN-DAC marks 30 years of community care service for persons with disabilities and their caregivers. In this current challenging COVID-19 situation, we wish to encourage Singapore and communities that together we can overcome COVID-19, and we also want to encourage Persons with Disabilities (PWDs) and vulnerable groups, to do the same!

The 30 seconds challenge may be simple, but it may not be so for our vulnerable groups. Take part and spread hope and encourage others! COVID-19 can't stop us. See our website, Facebook and Giving.sg account for more details.

<https://www.sundac.org>

<https://www.facebook.com/sundacctr/>

[https://www.giving.sg/sun-dac/30\\_sec\\_challenge](https://www.giving.sg/sun-dac/30_sec_challenge)

Help us support and promote social inclusion of vulnerable groups like the persons with disabilities and their caregivers we serve. Donations will be used for client and caregiver well-being and emergency needs; to engage and support them during this COVID-19 period, especially when they are staying home. Needs such as their basic needs, finances, telecommunication with our staff, daily checking-in and communication, engagement stay home activities, materials etc.

Together we can overcome COVID-19!  
Together we can do this Singapore!  
Together we can say YES to Social Inclusion!

### What can your donation provide?

#### **S\$500**

Provide emotional and psychological support for clients, caregivers and staff. Help defray centres disinfection cost. Support care and activities for our vulnerable clients post COVID-19.

#### **S\$100**

Help us, clients and caregivers in IT tools and apps to support and engage clients and caregivers during and after COVID-19. Provide financial subsidies to low income families.

#### **S\$50**

Help us support clients and caregivers in stay home activities, engagement, entertainment and materials.

#### **S\$10**

Help us remotely support our clients and caregivers while they are at home during circuit breaker period. Support daily needs, thermometers and telecommunication expenses.

All donations of S\$10 and above are eligible for 250% tax deduction.