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FAMED MARATHONER MR LIM NGENE HUAT, 64, TO REPEAT HIS 320KM FEAT AT THE ULTRA GREAT BRITAIN RUN FOR HCA HOSPICE CARE

- This is the SG50 ultra-marathoner's second run to raise funds for HCA beneficiaries

10 July 2017, Monday - HCA Hospice Care (HCA) is again privileged to have the support of Singapore's renowned ultra-distance runner Mr Lim Ngee Huat (age 64) as he takes on this gruelling challenge in the United Kingdom, between 19 to 23 August 2017. Mr Lim is undertaking this marathon to raise funds for the betterment of HCA's beneficiaries who are faced with life-limiting illnesses. Last year, in a similar feat, Mr Lim raised about S\$200,000 for HCA.

"Each marathon presents its own unique challenge, but this is my second year at this event, so I am more prepared. Also, it is my motivation to help a compelling cause which seeks to accord dignity to the dying," says the father of three, with three grandchildren.

Of this inspiring feat, HCA President Dr Tan Poh Kiang says, "We are humbled that Ngee Huat has again agreed to contribute to our fundraising efforts. As an individual, he has gone beyond the humanly possible, all for the benefit of our patients. Perhaps more inspiring is the fact that he is doing this as a volunteer, one who embodies perseverance, dedication and fortitude.

"These are the values that resonate within HCA's service philosophy. We hope that, through his courageous spirit, we will inspire more volunteers to come forward and offer their commitment. We are all given an opportunity to change someone's life for the better, so we hope volunteers will step up in the service of others."

This year, HCA aims to raise at least an equivalent amount of funds, and the occasion is graced by Member of Parliament for Pasir Ris-Punggol GRC Mr Teo Ser Luck, with HCA Patron Mr Lim Boon Heng as our special guest.

The event is held at the Marina Mandarin Hotel on 14 July 2017 (Friday), and seats are available from \$400, and tables from \$3,000

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About HCA Hospice Care HCA 慈怀护理

HCA Hospice Care (HCA) is Singapore's largest home hospice provider and has been a registered charity since 1989. The organisation provides comfort and support to patients with life-limiting illnesses regardless of age, religion, ethnicity, nationality and financial status.

HCA's core service, home hospice care, is provided at no charge to about 3,500 patients annually. Besides medical care for patients, this service also entails psychosocial support for patients and caregivers. A 24/7 hotline ensures help is available round-the-clock.

HCA is a NCSS Centre of Specialisation for palliative care, and conducts palliative care training for its patients' caregivers. Its other services and programmes include day hospice care, paediatric palliative care (Star PALS), bereavement support, and outreach programmes such as the Young Caregivers Programme.

慈善组织 HCA 慈怀护理成立于 1989 年，是新加坡规模最大的居家临终护理机构。我们为末期病患提供慈怀护理与支援，不分年龄、宗教、种族、国籍与贫富。

HCA 慈怀护理每年为超过 3800 名病患提供免费的居家慈怀护理服务。除了为病患提供医疗服务之外，我们也为病患和看护者提供心理社会支持。此外，我们的热线服务每天 24 小时开放，确保病患和其家属随时获得所需的帮助。

HCA 慈怀护理是国家福利理事会的临终护理专项中心，我们也为看护者提供临终护理培训，让他们具备照顾病患所需的知识与技能。其他的服务与计划还包括日间护理中心、儿童慈怀护理（“星光伙伴”）、丧亲扶助以及推广与宣导计划，例如青年看护者计划。

About the Ultra Great Britain Run

This is a unique 320km (200 miles) ultra-marathon following the Trans-pennine Trail from Liverpool to Hornsea. The Trail follows a variety of terrain over the Pennines and combines a mixture of natural and urban trails. Runners are subject to a 100 hour cut off.

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