



cwa

Caregiving Welfare Association

newsletter

FEBRUARY 2025

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



Chinese New Year Celebration



DBS Community Pop-up Market

Chinese New Year Celebration



A huge thank you to our wonderful volunteers from Hwa Chong Institution for bringing the festive spirit to 30 of our seniors during a heartwarming Chinese New Year celebration on 14 January.

From crafting beautiful Angbao lanterns to testing their wits in Spot the Difference, Guess the Riddle, and Finish the Phrase, our seniors enjoyed an afternoon filled with laughter, engagement, and meaningful connections.

Are you a senior aged 60 and above? Become a member today for **FREE** and join in the fun at our future events and activities. Unlock a world of enriching experiences tailored for you. For more details and to register, please click [here](#).

Empowering Working Women: Wellness Talk at HTX



On 15 January, we conducted a Wellness Talk on the Multiple Roles of Working Women for 50 staff at HTX, led by Ms Crystal Lee, an experienced Registered Nurse and caregiver with 20 years in nursing and 27 years of caregiving.

Crystal shared practical strategies on managing stress, setting boundaries, and integrating self-care into daily routines. She also emphasised the importance of strong support systems both at home and in the workplace.

The session sparked meaningful discussions on work-life balance, equipping attendees with actionable insights to navigate their multiple roles with confidence.

If your company is interested in hosting a corporate lunch talk, we'd love to collaborate! Reach out to us at contact@cwa.org.sg.

Celebrating Our Seniors' Commitment to Health



Our amazing seniors have shown dedication to their health by completing the Centre Kiosk Health Challenge. For four weeks straight, they diligently measured their vitals, including blood pressure and heart rate, at the kiosk 4 times per week.

Why is this important?

Early Detection: Regular vital checks help spot potential health issues before they escalate.

Better Health Management: Monitoring key indicators like blood pressure and heart rate empowers seniors to take charge of their well-being. Monitoring key indicators like blood pressure and heart rate empowers seniors to take charge of their well-being. to take charge of their well-being well-being.

Building Healthy Habits: Routine checks make health tracking second nature, promoting active ageing and longevity.

Let's continue to make health a priority and encourage seniors around us to stay active and well.

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Chinese New Year Arts & Craft



On 18 January, 18 seniors enjoyed a fun-filled Chinese New Year themed arts & craft session organised by volunteers from Singapore Polytechnic Buddhist Society.

They got creative by crafting adorable fabric oranges and expressing their artistic flair with salt painting. The session ended with a lively game of "Toss The Ball," where each senior passed a small paper ball around, sharing cherished moments that recently brought them joy

Thank you to our wonderful volunteers for making this celebration so meaningful.

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DBS Community Pop-up Market



On 18 January, 54 of our seniors had a wonderful time at the DBS Community Pop-Up Market at ACJC, where they received free groceries and experienced the generosity of a caring community.

This thoughtful initiative provided much-needed support to our seniors, helping to ease their daily expenses while fostering a spirit of giving. Seeing smiles on their faces reminded us of the power of community and kindness.

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HELP US MAKE AN IMPACT

Youth For Causes 2025

Raise public awareness and funds to support seniors and their caregivers in our community.

Open to youths aged 15 to 25, this initiative offers \$1,200 in seed funding, mentorship, and training per team. Registration closes on 21 March 2025.



Join Youth for Causes (YFC) 2025 and champion the Caregiving Welfare Association's mission to support seniors and their caregivers.

As a YFC team, you'll get \$1,200 in seed funding, mentorship, and hands-on experience to drive social change while developing essential leadership skills.

Make a difference. Grow as a leader. Be the change.

Please email donate@cwa.org.sg to sign up! Registration closes on 21 March 2025.



VOLUNTEERS NEEDED

- Events/Roadshows
- Community Engagement
- Festive Celebrations
- Outings & Workshops
- In-centre Activities

For more information and to apply, please click [here](#).



**WE
ARE HIRING**

**COMMUNITY CAREGIVERS
ISLANDWIDE RECRUITMENT**



- EARN UP TO \$19/HOUR
- NO PRIOR EXPERIENCE REQUIRED
- FLEXIBLE WORKING HOURS
- COMPETITIVE SALARY WITH CPF CONTRIBUTION

To apply, please click [here](#), call 6466 7996,
or email homecare@cwa.org.sg.

Support CWA's Mission: Donate Today!



At Caregiving Welfare Association, we strive to empower caregivers and enrich the lives of seniors. Each year, we require **\$1,000,000** to support our programmes and services, including operational costs, that assist isolated seniors, seniors in need, and their caregivers. In 2023, our programmes and services reached **1,377 beneficiaries**.

With a **\$25** monthly donation, you enable a caregiver to seek respite and attend one session of our Caregiver Support Group, reducing the risk of caregiver burnout.

With a **\$50** monthly donation, you provide breakfast and groceries to a senior, alleviating their financial burden.

With an **\$80** monthly donation, you provide 2 hours of Home-Based Personal Care (HPC) services for 2 homes, assisting with personal hygiene, meal preparation, companionship, and daily living activities, significantly enhancing their quality of life.

With a **\$300** monthly donation, you fund an art therapy workshop for 15 caregivers, offering them emotional and psychological support in a safe environment.

With a **\$500** monthly donation, you sponsor outdoor social activities for 14 seniors, promoting physical health and social engagement.

With a **\$1,000** monthly donation, you provide a health and wellness programme for 20 seniors, including exercise classes, social activities, enrichment workshops, and health screenings to maintain their physical and emotional well-being.

To support us, you can scan and use the PayNow QR Code on the right via your mobile banking app.

Our Programmes and Services:

Home-based
Personal Care

Caregiver Support
Group

Case Management
& Supportive
Counselling

Provision
Programme



UPCOMING EVENTS

FEBRUARY

7

2 PM TO 5 PM

*Seniors Get-together
Session*

FEBRUARY

8

10 AM TO 11.30 AM

*"Art Therapy" Caregiver
Support Group (Eng)*

FEBRUARY

14

2 PM TO 5 PM

*Seniors Get-together
Session*

FEBRUARY

17

4.30 PM TO 6 PM

Mosaic Art Workshop

FEBRUARY

18

2 PM TO 3 PM

SPF Talk

FEBRUARY

20

3 PM TO 4.30 PM

*"Art Therapy" Caregiver
Support Group (Chi)*

FEBRUARY

21

2 PM TO 5 PM

*Seniors Get-together
Session*

FEBRUARY

24

8.30 AM TO 12 PM

*Fit & Fun @ Gateway
Theatre*

FEBRUARY

28

1.30 PM TO 5 PM

*Peranakan Museum
Seniors' Outing*

UPCOMING EVENTS



Monthly Provisions & Grocery Vouchers

In our ongoing commitment to support seniors and caregivers in need, we extend a helping hand every second week of the month. Join us as we provide essential provisions and grocery vouchers to families facing challenging times.

To find out more about how you can **support us**, please visit <https://cwa.org.sg>.



**Connect
with us!**