



cwa

Caregiving Welfare Association

newsletter

OCTOBER 2024

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



One Day of Happiness



Caregiving Week 2024

One Day of Happiness

Frail and alone, Uncle Tung struggled as an unemployed amputee. His life has been a series of challenges and hardships, but through it all, he has learned to find joy in the little things. Born in 1947 as the second son in a family of thirteen siblings, Uncle Tung's early years were marked by family bonds that have since faded into distant memories. Despite the large family, he finds himself isolated and alone today, unsure why he lost contact with his siblings.

In his early twenties, his life took a dramatic turn when he suffered a severe work accident, resulting in the amputation of his right arm. This disability has shaped much of his life's journey, adding layers of difficulty to his everyday existence. Over the years, he took on various jobs to make ends meet, but financial stability remained elusive. He often had to resort to borrowing money from loan sharks to cover basic expenses such as rent, utilities, and food.

Living alone in a rental flat, Uncle Tung's days are often confined to simple tasks due to his physical limitations. His meagre government assistance a month barely suffices, and he frequently finds himself in hospitals due to recurrent falls. Despite having three sons and a daughter, Mr. Tung has not seen them for many years, deepening his sense of loneliness and isolation.

However, a significant change occurred last year when Uncle Tung began receiving support from the Caregiving Welfare Association (CWA).



“Without Caregiving Welfare Association (CWA), I wouldn't have survived. Their Community Caregivers are like angels sent from heaven, giving me hope and the will to live.”

Mr Tung
Home Personal Care Client

DONATE



CAREGIVING WEEK 2024



From 16 to 21 September, Caregiving Week 2024 brought the community together to empower and support seniors and their family caregivers.

The week featured enriching programmes like Caregivers' Oasis, where participants explored self-care, and a joyful Mid-Autumn Festival with cultural activities that fostered connection among seniors and their family caregivers.

In addition, Seniors Connect provided insights into purposeful ageing, social connectivity, and home safety, while Caregivers Connect offered valuable resources on mental health, caregiver stress, and self-care. The week culminated in an inspiring Caregiving Fest at Sengkang Grand Mall, featuring expert talks, resource booths, and volunteer recognition, with Ms Sim Ann as the Guest-of-Honour.

A big thank you to all our speakers, volunteers, and sponsors, for making the week a success. Together, we're building a compassionate community for caregivers and seniors!

CAREGIVING WEEK 2024



A Heartfelt Thank You to Our Sponsors

We extend our deepest gratitude to our generous sponsors who made this year's event possible. Your support allows us to continue empowering and supporting seniors and their family caregivers in our community.

Thank you to:

Cloversoft, Dayplus, Fairprice Foundation, Gateway Theatre, Heartwarmers, Kin Teck Tong, Lifeline, Qin Ji, Sengkang Grand Mall, Sofsil, Spin Low Suds, The Capitol Kempinski Hotel, Uncle Didi's, and Zero Eight Studio.



Join CWA in the NVPC Great Singapore Gives Campaign!

This year, as part of the **NVPC's Great Singapore Gives Campaign**, we are calling on passionate individuals to support CWA by fundraising for our cause. Your efforts will directly help us continue providing essential services to vulnerable seniors and their family caregivers in our community, including crucial programmes such as Caregiver Support Group and our upcoming Remote Monitoring & Support Programme.

By joining us, you will:

Make a Difference

- Every dollar you raise goes towards improving the lives of seniors and their family caregivers, ensuring they receive the support and care they need.

Receive Exclusive Incentives

- Personalised certificates of recognition for top fundraisers.
- Invitations to special CWA events where you'll get to meet other like-minded individuals and learn more about the impact of your contribution.
- Special mentions on our social media and website to highlight your efforts in supporting our cause.

Be Part of Something Bigger

- Join a community of changemakers and stand with us as we make a lasting impact on the lives of seniors and caregivers across Singapore.

Whether you're planning a personal fundraising challenge, rallying your colleagues, or getting creative with your own ideas, we're here to support you every step of the way!

To find out how you can get involved, simply email donate@cwa.org.sg.





VOLUNTEERS NEEDED

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

For more information and to apply, please visit <https://tinyurl.com/VolunteerCWA>.



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 visit <https://tinyurl.com/JoinUsCWA>, 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

OCTOBER

1

10.30 AM - 12.30 PM

*Social Activity
(In-centre)*

OCTOBER

2

2 PM TO 4.30 PM

*Social Activity
(In-centre)*

OCTOBER

3

2 PM - 4.30 PM

*Social Activity
(In-centre)*

OCTOBER

4

2 PM - 4.30 PM

*Social Activity
(In-centre)*

OCTOBER

9

2 PM - 3 PM

*"Senior Health
Curriculum" by HPB*

OCTOBER

19

10 AM - 11.30 AM

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

OCTOBER

21

2 PM TO 4.30 PM

*Social Activity
(In-centre)*

OCTOBER

23

2 PM - 3 PM

*"Senior Health
Curriculum" by HPB*

OCTOBER

24

2.30 PM - 4 PM

*"Mindfulness" Caregiver
Support Group (Bilingual)*

UPCOMING EVENTS

OCTOBER

25

2 PM - 4.30 PM

*Social Activity
(In-centre)*

OCTOBER

25

3 PM - 4.30 PM

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

OCTOBER

28

2 PM - 4.30 PM

*Social Activity
(In-centre)*

OCTOBER

29

2.30 PM - 3.30 PM

*CPF e-Xperience
Workshop*

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>.

DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**