

# HAPPY 2023



The thought of the new year often drives us to make resolutions to do something big or different in the months that follow. But when it comes to caring for our mental well-being, it can be simple - perhaps just finding ways to achieve a more balanced inner state.

At CAL, we started our year with activities to gain self-awareness and peace of mind through a Nagomi Art Session and a Mindfulness Workshop. For those who sought to understand their journeys to support their loved ones and themselves better – our Fireside Chat on Depression saw almost 500 participants from all walks of life coming together.

As the year progresses, we will continue to reach out to the community, empowering caregivers, spreading knowledge to break the stigma and stereotypes around mental health and caregivers, and encouraging more people to come forward to seek help.



## RECENT EVENTS



31  
JAN

**Lunar New Year Nagomi Art Session  
for Caregiver Volunteers**

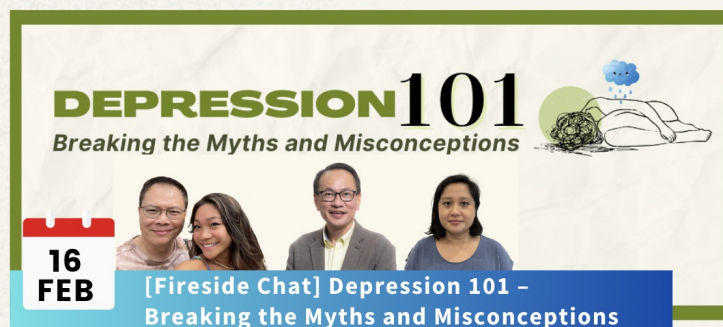
To commemorate the Lunar New Year, our caregiver volunteers and staff explored the gentle, therapeutic world of Nagomi Art through a CNY themed art piece. Community Outreach Manager Kathleen Chia, who is a certified Associate Instructor, guided participants in the creation of their masterpieces. At the end of the session, they appreciated each other's unique interpretations, exchanging encouragement and learning points. Some of them also expressed that they are inspired to do Nagomi Art for their self-care and get others to join in as well!



31  
JAN

**Team CAL Lo Hei Lunch**

Xin Nian Kuai Le! Team CAL came together to celebrate the start of the Rabbit Year with a hearty feast of various cuisines. With many of us still working remotely, it was delightful to be able to reconnect. The CAL team is energised and ready to continue doing our best for the mental health caregivers that walk among us!



16  
FEB

**[Fireside Chat] Depression 101 –  
Breaking the Myths and Misconceptions**

Depression is a word so commonly used, but how many of us really understand it? At our first Fireside Chat for the year, close to 500 participants spent their evening taking an in-depth look at the condition. Caregiver Gabriel Chan reflected on his journey supporting his daughter Kristyn, including the challenges - and support - that they found. Moderator Nadia Daeng also chimed in with her own observations as a caregiver and person-in-recovery. Associate Professor Lee Cheng from IMH offering his professional opinion, explaining the 101s of depression. He said it is important to recognise the signs and seek treatment early, as it can make a big difference to the patient and those around them.

One of the participants, Grace Ling, said, *“The talk given by Dr Lee Cheng provided great insight into the mental condition of our loved one. Mental illness is not a choice and cannot be overcome by willpower. Through the helpful sharing by Gabriel and Kristyn, I now know how to better support my loved one in their recovery.”*



Our caregivers joined us for a tranquil time of mindfulness at the Singapore Sports Hub Library one breezy Saturday morning. Mindfulness is the practice of paying attention to our thoughts, feelings and bodily sensations in the present moment. Having awareness releases us from anxiety, creating a space of calm and non-judgement.

exhale healing space co-founder Tan Ming Li taught participants how to practice mindfulness on a daily basis, using movement and breathing exercises tailored to their dominant stress response (fight, flight, freeze, fawn).

Caregivers often have to deal with difficult emotions. Learning how to use movement and breathing to regulate their emotions was helpful and reminded them to be compassionate to themselves. We thank Ming Li for her guidance and the Sports Hub for providing us with the event space.

## OUTREACH & PARTNERSHIP

16  
JAN

“The Universe of Mental Health” talk

Continuing our partnership with NLB, an introductory talk to mental health was held for members of the public aged 50 & above. Corporate Outreach Manager Nandita Nalawala broke down various aspects for participants, such as recognising early signs of distress and debunking myths and stigmas surrounding mental health illnesses.

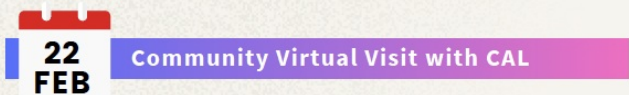
One participant said, “Ms Nandita was organised, calm and easy to understand. The webinar topic came at the right time when most of us are stressed with work and family, and with the fast pace of life in Singapore.”



Community Outreach Manager Kathleen Chia was invited to speak to volunteers from the Silver Generation Office's Jurong Satellite Office during their Lunar New Year lunch. Over 100 volunteers turned up for the event, which was held to thank them for their contributions. These volunteers, known as Silver Generation Ambassadors (SGAs), serve the needs of seniors and families who require hands-on assistance. Some of their beneficiaries are caregivers, who may experience stress and burnout without adequate knowledge or support. The SGAs learnt coping strategies to avoid burnout, and many were glad to know they can refer caregivers to CAL for support.



CAL was invited to speak at Bethesda CARE Centre's Family Day event. Held at Living Sanctuary Brethren Church, the talk was conducted in Mandarin and the audience comprised caregivers who came with their loved ones. Besides sharing self-care tips and how to improve support, Community Outreach Manager Kathleen Chia also introduced CAL's services and programmes to these caregivers.



The Institute of Mental Health (IMH) partnered with CAL to bring the caregiver angle into social work situations through a "Community Virtual Visit". Participants include social workers from IMH and social workers-to-be from the National University of Singapore. Veena Nanthakumar, Outreach and Programme Manager for Children & Youth, illustrated how caregivers require support along with their loved ones. She also invited Ms Lydia Phang, Volunteer Trainer for C2C-YCG, to share her story. The event was also graced by Mr Roger Tan Boon Meng, IMH Principal Medical Social Worker. Overall it was an engaging and informative time for the participants, with some asking questions on caregivers' needs and how to better engage them.



## CAL IN THE SPOTLIGHT

30  
JAN

**News analysis - Why the young should take an interest in taking good care of seniors as Singapore's population ages**



On 30 January, the Ministry of Health rolled out the 2023 Action Plan for Successful Ageing. Sociology and gerontology experts agreed on the benefits of the refreshed Plan, especially for the younger generation who are or will become caregivers for their ageing parents. Some goals of the Plan include offering more financial assistance for caregivers, boosting the capabilities and capacity of caregivers, as well as stepping up early detection and prevention of dementia. Tricia Lee, Head of Communications at CAL, noted that the changes and enhanced support for caregivers would be beneficial. CAL also encourages secondary caregivers, including family members, to share the caregiving burden with the primary caregiver to prevent burnout

***Click the title to read more***

27  
FEB

Commentary – Mental healthcare should be for all, not just those who can afford to skip the wait



Former NMP Anthea Ong, who has been a strong advocate in the mental health space, emphasised the need for affordable and easy access to quality care and treatment. This points to a whole-of-society effort involving awareness education, links to support resources and relevant funding. She suggested that tapping on government-funded community health agencies such as Samaritans of Singapore, Caregivers Alliance Limited (CAL) and Shan You Counselling will help with the mental health support load as well.

**Click the title to read more**

## STORIES



Tap to read more about her journey!

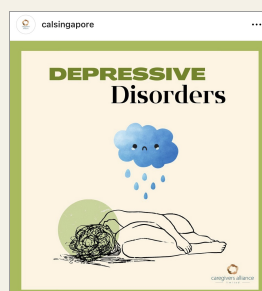
Let's get to know the people behind CAL! As Volunteer Manager, Cyan manages relationships with all of CAL's volunteers, organising training and engagement activities for them as well as making sure that they are finding fulfilment in their contributions. In her interactions with our caregivers, she finds amazing strength in their stories and is inspired to help them achieve their sense of purpose.

## SOCIAL MEDIA HIGHLIGHTS

It is important for us caregivers to understand our loved ones and ourselves better to enable a smoother journey for everyone. Read more in the social media posts below:



**How C2C Changed my Life**



**More About Depressive**



**4 Tips to counter feelings of shame**

[View Post](#)[View Post](#)[View Post](#)

## REGISTER FOR OUR C2C PROGRAMMES

### CAREGIVERS-TO-CAREGIVERS- TRAINING PROGRAMME (C2C)

Together with other caregivers, you will gain in-depth understanding of mental health issues, improve your communication skills and learn how to cope better while walking the journey with your loved one.



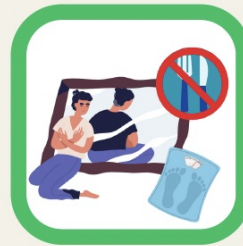
#### C2C-PMHI

The C2C PMHI Programme is CAL's signature training programme. It is a fully-funded 12-week course for caregivers of Persons with Mental Health Issues (PMHIs)



#### C2C-DEM

The C2C Dementia Programme is for caregivers of persons with dementia. This fully-funded course runs over 8 weeks, and will teach you how to better care for your loved one with dementia.



#### C2C-ED

The C2C Eating Disorder programme has been adapted from our core C2C-PMHI curriculum and developed in collaboration with KK Women's & Children's Hospital, one of the leading hospitals in Singapore.

[Sign up for C2C](#)

# Support Us

Help us to support families and caregivers of persons with mental health issues by making a donation.



[DONATE](#) | 



Join our Telegram channel to tune in to CAL's latest news and updates!

[JOIN NOW](#) 



**Caregivers Alliance Limited**  
491-B River Valley Rd #04-04  
Valley Point Office Tower Singapore 248373  
Tel: 6460 4400 | [www.cal.org.sg](http://www.cal.org.sg)

No longer wish to receive news from us? [Click here to unsubscribe.](#)

[Unsubscribe here](#)

