



CAL Newsletter 2021 Issue #05



Caregivers Alliance Limited (CAL) is delighted to have been conferred the President's Volunteerism & Philanthropy Awards 2021: Organisation of Good (Non-Profit Organisation) Category. CAL's Executive Director Tim Lee received the award from President Halimah Yacob at a ceremony held at the Istana on 11 October 2021.

Organised by the National Volunteer & Philanthropy Centre (NVPC), this is the pinnacle award and platform to recognise individuals, organisations and leaders who have achieved excellence in giving.

Mr Lee said, "We are deeply honoured to be recognised for our efforts in training and supporting caregivers of persons with mental health issues. Caregivers are hidden heroes who tirelessly and sacrificially care for their loved ones. There are many who are volunteering with us and giving back to other caregivers who are struggling and burning out. We hope this win will increase awareness and support for caregivers of persons with mental health issues."

CAL's Caregivers-to-Caregivers (C2C) programmes teach caregivers about mental illness and treatment interventions, problem solving and communication skills.

At the fully-funded 8- or 12-week programmes, they gain insight and understanding of their own emotional needs and learn how to care for themselves. Through sharing of experiences and story-telling, they learn how to cope better, and know that they are not alone.

Volunteer trainers and volunteer peer-support leaders journey with the participants through the entire course, helping to deliver the programme alongside a full-time CAL staff.

"By raising awareness around mental health literacy and the burden and challenges of caregiving, we hope to have contributed to a more compassionate and engaged society and in raising mental resilience in our City of Good," Mr Lee said.

CAL would like to take this opportunity to extend its heartfelt appreciation to everyone that made this award possible.

Recent Events



CAL turned 10 on 25 October!

Amidst the pandemic restrictions, the organisation celebrated its 10th birthday by surprising the CAL staff and Board of Directors with a care pack to thank them for their dedication and hard work, and to remind them to take a well-deserved break.



Mumtalk with Mum Space - Creating a Safe Space For Your Child's Mental Health

In a 1-hour Virtual Dialogue Session by Beyond the Label Festival moderated by Ms. Junia Tan (Founder of Mum Space), panellists Ms. Charmaine Jalleh (Counsellor, TOUCH Community Services) and Ms. Karen Poh who is a caregiver to her son and works as Volunteer Manager at CAL provided insightful personal and professional advice to help parents navigate their children's mental health.

[Read more](#)

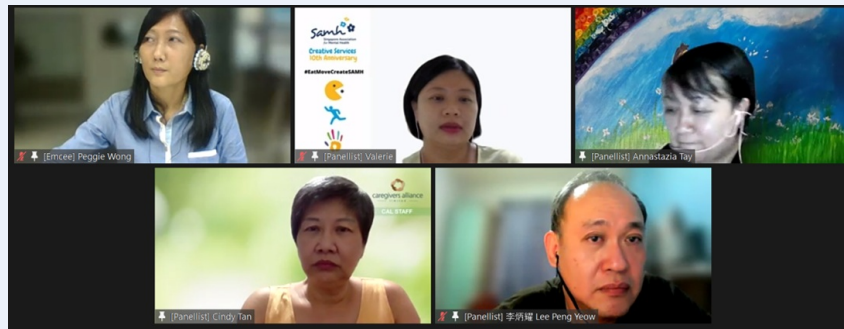


Collaboration with Johnson & Johnson Singapore - Nationwide Caregivers Day 2021

On 25 September, healthcare company Johnson & Johnson organised a caregiver forum, featuring distinguished speakers from the Institute of Mental Health (IMH), Psychiatric Care Clinic and Ang Yong Guan Psychiatry. The session shone light on major depressive disorder and schizophrenia, and featured CAL caregivers in a panel discussion. CAL's Executive Director Mr. Tim Lee gave the closing remarks for the session.

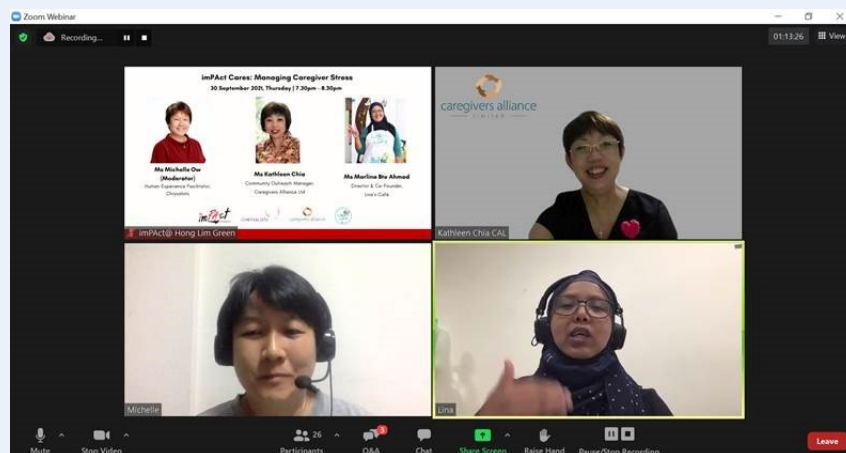
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Managing Caregiver Stress Webinar

In a webinar organised by Friends of Autism Charitable Trust (FACT) on 30 September 2021, CAL's Community Outreach Manager Ms. Kathleen Chia participated in a panel discussion where she gave her expert opinion on what caregiver stress is and how best to cope when caregivers feel overwhelmed.



CAL in the Spotlight



**Singapore
International
Foundation**
for a better world

Championing Caregivers: Non-profit organisation Caregivers Alliance Limited helps mental health caregivers find solidarity among their peers by providing the resources and emotional support.

[Read more](#)



Covid-19 highlights importance of social sector and volunteerism: President Halimah

[Read more](#)



Celebrating giving efforts amid the pandemic: PVPA 2021's winning initiatives span a variety of causes, such as racial and religious harmony

[Read more](#)

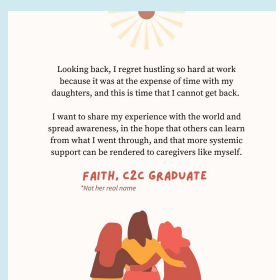


Time to Care

Written by Ms. Tricia Lee, Head of Communications at CAL, this article highlights the importance of caring for the caregivers, and why improving mental health literacy is key to recognising the early signs and symptoms of mental health issues.

[Read more](#)

Caregiver Stories



A Second Chance at Being a Mother

Faith was so occupied with work that she failed to notice her daughter Stella's depressive symptoms; until Stella developed thoughts of ending her life. Faith recounts the struggles they faced with the school counsellor, the side effects of prescribed medication, her family's lack of understanding, and finally how she rose from the ashes to seek support for herself.

[Read More](#)

“ CAL 有系统的教导，让我觉得每一个课题都是我我和儿子所经历过的，我领悟到，如果能分享我的经历，让其他照顾者能早点认识我当时面对的问题以及处理方式，那我也算是帮助他们。因此，在课程还未开始前，我就报名当了 CAL 的义工导师。

儿子现在 20 岁，已经 80% 康复了。这个过程，我学会了镇定，耐心，放慢脚步，换位思考事情，聆听和同理心。另外 20%，我会一直耐心地带，希望再过去几年，我和儿子的这些过去也会变成历史。希望是历史，永不会再发生。

何女士，义工导师，照顾者权益



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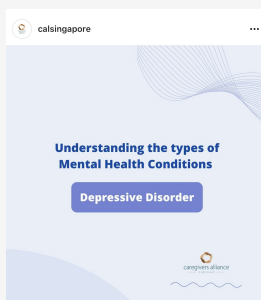
Social Media Highlights!

Did you know? September was World Alzheimer's Month, and 10 October was World Mental Health Day. Here are some interesting content social media content shared about dementia and mental health:



Tips for communicating with a person with dementia

[View Post](#)



Understanding Depression

[View Post](#)



A Short Story: What it's like to live with Borderline Personality Disorder

[View Post](#)

Register for our Programmes



Join our C2C online training programme now to understand your loved one's condition better, and learn to become a more resilient caregiver!



Are you a young caregiver? Or interested in becoming a peer caregiver? Indicate your interest and we will contact you once the class schedule is confirmed. (Age criteria: 15 to 35 years old)



Join our Dementia C2C Training Programme. Caregivers of Persons with Dementia are welcome to register for this 8-session training programme.



Trauma-informed care means shifting from the medical question of “What’s wrong with you?” to the question of “What’s happened to you?”. Children who are thought of as difficult, rebellious, anxious, fearful, or aggressive often have unseen trauma that is affecting them.

In our TIC talks & workshops targeted at parents and caregivers, you will learn about adverse childhood experiences (ACEs) and how they can impact mental health, and how to implement trauma-care informed care in your daily interactions to help children process their emotions and experiences.

[Sign up here!](#)

Upcoming Events

Zoom Creatively with Pastel Nagomi Art Christmas is here!



24 November 2021, Wednesday
7.00pm - 8.30pm



Online via zoom
Details will be emailed to participants
by 16 November 2021, Tuesday



Facilitator: Ms Kathleen Chia
ACTA & PA Certified Trainer
Associate Instructor, Japan Pastel Hope Art Association
Outreach Manager (Community), CAL



This class has reached its maximum capacity. Follow us to keep a lookout for other engagement activities >>>

[Follow us](#)

ONE HUSBAND TWO MEN

Margaret W.K. Ong

Virtual Book Launch & Meet-The-Author Session - One Husband Two Men

Margaret Ong, author of One Husband Two Men and CAL volunteer trainer, cares for her husband who is diagnosed with schizophrenia. Hear her intimate story over a series of talks, as she shares about her ups and downs in her caregiving journey.

To kick-off the series, Margaret will share how she overcame her struggles to separate the illness from her husband.

- Date & Time: 1 December 2021 (Wednesday), 7-8.30pm
- Register for the session at <https://forms.office.com/r/93b7hpi9w>

This is Margaret’s effort to help other caregivers and raise funds for CAL, so that we may continue reaching out to fellow caregivers of persons with mental health issues. A portion of sales proceeds between now and 31 March 2022 will be donated to CAL.

[Purchase Book](#)



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

[Donate >](#)

Follow us!



Follow us on our social media channels
below! We are now on Tik Tok too!



@calsingapore

Join our telegram channel to tune in to
CAL's latest news and updates.

[Join Telegram >](#)



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