



## CAL Newsletter 2022 Issue #05



### ***iFly Singapore 10th Anniversary CSR Celebration – Indoor Skydiving for CAL Caregivers and Staff***

Marking the end of October was an exhilarating indoor skydiving experience sponsored by iFly Singapore! To celebrate their 10th anniversary, 100 CAL caregivers and staff were invited to experience what it feels like to 'fly'.

Participants were tutored on the basics of skydiving before they ventured into the wind tunnel, cheering each other on. Each flyer was given a photo memory of their flight, and some of our caregivers and colleagues were interviewed to be featured on iFly's corporate video.

We thank iFly for giving us the opportunity to interact and have fun together. In a controlled and safe environment, our caregivers and guests were able to let go of their daily anxieties for some much-needed respite.



## Recent Events



### **3rd September: CAL x Esplanade: Poetry As Self-Care – A Spoken Word Workshop**

16 caregivers from CAL participated in a workshop where they learnt to use spoken word poetry to engage with their emotions. Under the guidance of local Spoken Word artist and educator Jennifer Anne Champion and poet Jedidiah Huang, our caregivers found a new platform to practice self-care through articulating and processing their inner thoughts and feelings. It is important for caregivers to have the space and time for reflection and respite as they walk the journey with their loved one. A bonus from the session was the newfound confidence (and possibly a new hobby) for our caregivers after completing their masterpieces!



### 9th September: Singapore Chinese Dance Theatre's "Mid-Autumn Celebration Under the BIG Tree" (""")

After a two year hiatus due to the pandemic, Singapore Chinese Dance Theatre's annual outdoor dance carnival "Under the BIG Tree" made its return. As the event coincided with the Mid-Autumn Festival, attendees were treated to a double celebration with beautiful performances under an age-old tree at East Coast. Caregivers received event vouchers to enjoy the fringe activities and were even sponsored with relief caregiving services so that they could fully enjoy the festivities under the dazzling night sky. We thank Singapore Hokkien Huay Kuan for their generosity and extending care to caregivers!



### 17th September: The Studios - Recalling Mother: Her Lines, My Lines

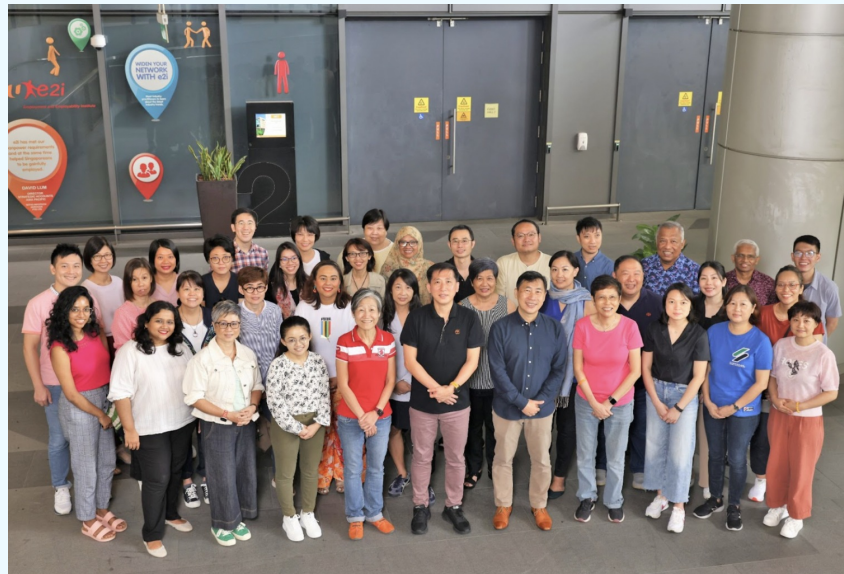
The ties between parent and child are often complex - with every phase of time, dynamics and perspectives taking a different shape. Produced by Checkpoint Theatre, 'Recalling Mother: Her Lines, My Lines' is a play that celebrates the joys, trials and intricacies of mother-daughter relationships in an open yet intimate space. As part of our ongoing collaboration with the Esplanade, 17 caregivers were provided with complimentary tickets to the play, and many of them reflected that they could very much relate to the moving and humorous work.



### 22nd September: Team CAL Bonding Day

Team CAL came together for a long-awaited bonding session after almost three years! Staff across all departments enjoyed getting to know new colleagues and reconnecting with the others. Amid a day of much laughter and surprises, we were also reminded of CAL's deep commitment to serve our caregivers through well-thought out activities.

A big thank you to our caregiver volunteer, Mr Ng Soon Kuan, who helped to capture great memories from the session, and to Vernon Leow of Vital Images for lending his time and services to capture our first staff group photo in three years!



### 13th October for 10 weeks: Silver Voices Programme 2022-2023

Organised by Singapore's largest choral group, Voices of Singapore, the Silver Voices Programme is an inclusive music programme for seniors over 50 both with and without dementia. The programme is funded by The Majority Trust, and CAL's caregivers were invited to express their love for singing along with their loved ones. For 10 weeks starting from 13th October, 30 caregivers and their loved ones have spent quality time together in singing and instrumental workshops conducted by the Orchestra of the Music Makers (OMM). Participants in the programme are slated for a public performance of their lifetime on 11th December; look out for details on our social media closer to the date!





### 14th October: Combined Graduation for 871/2022 C2C-PMHI and 811/2022 C2C-Dementia at Bukit Batok Community Club

Congratulations to our C2C-PMHI and C2C-Dementia graduates at CAL's first combined graduation for Mandarin-speaking participants at Bukit Batok Community Club. West Cluster Head Yin Feng helmed the C2C-Dementia class (811/2022), while C2C-PMHI was under Programme Manager Mary Yip (871/2022). The joyful occasion was graced by Guest-of-Honour MP Mr Murali Pillai, along with CAL CEO Tim Lee and members of Bukit Batok Green Ribbon Task Force (GRTF). Mr Murali and the GRTF do amazing advocacy for mental wellness within Bukit Batok, and we are thankful for their strong support in CAL's outreach efforts to the residents.

Participants were invited to share their reflections during the session. It was a unique opportunity; although the classes target different mental health issues, there was consensus that having clarity on the condition(s), recognising there are others in the same place as them, and knowing they have a place to safely share gave our caregivers strength and comfort. As one participant said, "Tonight is not the end of our lessons, but a new beginning for what we will achieve!"

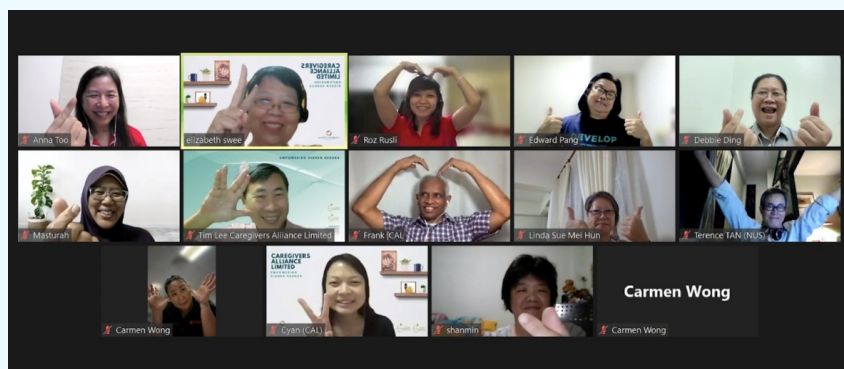


### 20th October: TTT Dementia (English) Graduation

On 20th October, 9 volunteers graduated from CAL's Train-The-Trainer (TTT) Programme



for C2C Dementia. The programme prepares aspiring Volunteer Trainers with the skill sets and knowledge to co-facilitate the C2C Dementia Training Programme with CAL staff. It also empowers them to support one another on their learning journey and help more caregivers better cope with caregiving. If you are a graduate of our C2C programmes and wish to share your experiences with other caregivers, we encourage you to join us in our work through TTT!



### 20th October: BIG GIRLS DON'T CRY - The Internationally Acclaimed Tribute to Frankie Valli & The Four Seasons Concert

A group of CAL caregivers and staff enjoyed a delightful performance from The East Coast Boys at the internationally acclaimed musical tribute, "BIG GIRLS DON'T CRY". Taking on the personas of Frankie Valli and The Four Seasons, the four performers from London's West End charmed the enthusiastic audience with their vocals, and everyone even got on their feet with them at the end! Attendees were invited to a pre-concert dinner to mingle and celebrate caregivers as well. We thank One Farrer Hotel for their generous sponsorship!



### 30th October: Planet Earth: 20+ Anniversary Gala Concert

Award-winning performing arts group, The Philharmonic Wind Orchestra (PWO), presented its long-awaited gala concert in celebration of their 20+ years of music-making in Singapore. The concert also marked their relaunch in the wake of the pandemic, fitting into the theme of renewal for our planet and the human spirit. 11 caregiver volunteers and staff attended the concert and were blown away by the performance pieces. We thank PWO for reaching out to us as part of their commitment to community engagement and supporting social causes!



## Outreach & Partnership

As part of CAL's mission to reach out to caregivers of persons with mental health issues through education, engagement and empowerment, CAL regularly explores new and creative ways to reach out to the community. We regularly conduct outreach talks in collaboration with partners, including hospitals, community groups, corporates, faith-based groups and Institutes of Higher Learning (IHLs).



### 21st September: CAL x National Library Board: "The Importance of Empathy and Compassion In Mental Health" - A Workshop for Working Adults

In an ongoing partnership with the National Library Board, CAL conducts a year-long series of talks and workshops targeted at working adults. These online sessions are open to the public and held once every two months. This time, Corporate Outreach and Programme Manager Nandita Nalawala touched on "The Importance of Empathy and Compassion In Mental Health". 59 attendees learnt how stress build-up directly impacts mental health, and how workplace factors can contribute to it. They also gained insight on identifying negative patterns in their thoughts, emotions and behaviour, as well as ways to practise self-compassion and empathy at work.

### "Stress and Burnout are Real in Caregiving!"

Delivered by Nandita, this workshop informs participants on the role of a caregiver, what caregiver stress looks like and the importance of self-care. They were provided with time to pause and reflect, and learnt about the support available from CAL and other organisations. CAL held the talk for employees of the following organisations:



### 28th September: CAL x Gartner

As part of Suicide Prevention Month in September, Nandita was invited to speak at Gartner's Community Impact Speaker Series. This is an effort driven by their Collective Abilities Network Employee Resource Group (CAN-ERG), where employees are encouraged to spotlight a nonprofit organisation of choice through the series. We thank Rina Ong, Director (Senior Executive Advisor) of Gartner's Asia Pacific HR Practice and a graduate of the C2C-PMHI programme, for inviting us to speak with the 110 employees who attended.





### 12th October: CAL x Shell

69 employees attended the session, which was part of Shell's series of mental health awareness talks in October.

### "Caregiver Stress is Real! - The Importance of Caregiver Well-Being"

For this topic, Nandita shared with participants the burdens caregivers face as they journey with their loved one and the importance of well-being. They learnt that by seeking positive/adaptive mechanisms such as self-awareness and self-acceptance, caregivers will find it easier to cope with their situation.



### 4th October: CAL x Fenergo

To commemorate World Mental Health on 10th October, Fenergo launched a series of initiatives for their teams across Australia, Hong Kong, Singapore and India.



### 27th October: CAL x Economic Development Board

In the interactive session, Nandita led group discussions on the burdens and losses in caregiving. Apart from learning about the available treatment approaches and support for their loved ones and themselves, the 39 participants also had the opportunity to hear the personal story of our caregiver volunteer, Daniel Wong.

### 2nd October: CAL x Nee Soon South Community Club: Caregivers Appreciation Day

Held at Tzu Chi Humanistic Youth Centre, Nee Soon South Community Club organised a Caregiver Appreciation Day event to acknowledge and celebrate the caregivers in the community. The event was a collaboration with SG Assist, and CAL was invited to take part in the special occasion as well. Deputy Head of Engagement and Empowerment Kathleen Chia, Programme Manager, Megan Lourdesamy and one of our caregiver volunteers interacted with the 30 caregivers and their loved ones in attendance. Besides conducting a talk on the importance of mental health awareness, they also set up a booth to share more about the support CAL provides for caregivers.



### 8th October: CAL x Clementi Community Club: Clementi Health Carnival Awareness Booth

The Clementi Health Carnival was the first large-scale onsite event held by Clementi Community Club after the easing of Covid-19 restrictions. Approximately 1,200 residents attended, and the event was graced by Ms Rahayu Mahzam (also Senior Parliamentary Secretary for Health) and Dr Tan Wu Meng, who represent Jurong GRC. Several social service agencies and non-profit organisations were invited to set up awareness booths, including CAL and staff on site met with caregivers that were keen to find out more about

CAL's services and training programmes.



### 14th October: CAL Young Caregivers (YCG) First Ever Focus Group Discussion

For the first time, a group of Young Caregivers from various C2C-YCG batches had a fruitful time gathering together for dinner and a 2-hour focus group discussion. Led by the Children & Youth Team, they reviewed each of the lesson plans and shared their views on the content. CAL is excited by the ideas proposed and will continue to involve these Young Caregivers as we work towards a new and improved C2C-YCG programme next year.



### CAL in the Spotlight

**MONEYFM**  
**89.3**  
STAY AHEAD

#### 3rd September: "Glenn van Zutphen on Saturday Mornings with Neil Humphreys": Let's Take A Walk 2022 Event Highlights Interview

Veena, Outreach & Programme Manager (Children & Youth) at Caregivers Alliance Limited (CAL), appeared on Money 89.3FM's Saturday Mornings show with Diana, co-chair of Let's Take A Walk (LTAW) 2022 organising committee. The segment rounded up the happenings of LTAW 2022, which saw about 1,100 participants in total.

Diana shared some stories from the walk, including a 63-year-old participant who did the 100KM route and rallied 27 of her friends to give generously. Veena expressed that CAL is grateful for all the



contributions, whether by walking or donations. All proceeds go towards maintaining CAL's efforts in empowering mental health caregivers.

[Listen to the full interview here](#)



### 9th September: (New scents by local fragrance brand crafted with caregivers)

Scent by SIX Caregivers Alliance Limited CAL "Care to Relax" "Care to Focus" "Care To Sleep Better"

In collaboration with Caregivers Alliance Limited (CAL), local artisanal fragrance brand Scent by SIX has launched a new trio of scents. According to the brand, the notes in each scent have different benefits. "Care to Relax" provides relaxation and relief, "Care to Focus" motivates concentration while "Care to Sleep Better" improves sleep quality.

The range was developed through a series of workshops with CAL volunteers and staff. A portion of sales will be donated to fund CAL's caregiver training programmes.

[/ Read More](#)



### 10th September: (Caregivers celebrate Mid-Autumn at "Under the Big Tree")

2022 99 Caregivers Alliance Limited 2023 ""

The Singapore Chinese Dance Theatre held its annual outdoor dance carnival " (Under the BIG Tree)" on 9 September 2022, after a 2-year hiatus. Organiser Singapore Hokkien Huay Kuan (SHHK) partnered with Caregivers Alliance Limited (CAL) to invite caregivers for a Mid-Autumn celebration. This was in response to the theme of President's Challenge 2023, "Caring for Caregivers".

Thomas Chua, President of the SHHK, reflected that caregivers put in a lot of time and effort in caring for their loved ones with hardly any respite. He hopes the carnival will serve as a platform to inspire more care for the caregivers around them, and encourage them to step in to help where needed.

[/ Read More](#)



## Stories



For many caregivers, their journey can be a long, winding road as they seek to assure and support their loved ones. Here at CAL, we hope you will be able to find the respite and community you need, even across the digital space. Read on for the heartfelt story from a fellow caregiver:

### Coco's Story - Caregiver to Husband with Schizophrenia and Father-in-law with Dementia

In a bid to better support her husband, Coco attended



CAL's Caregivers-to-Caregivers Training Programme for persons with mental health issues (C2C PMHI) class via their Individual Training Support programme.

Coco also attended the Caregivers-to-Caregivers Training Programme for persons with dementia (C2C-Dem) in August this year, where she was introduced to counselling services from ECTA. The emotional support provided a real boost to her caregiving and personal journeys.

Her caregiving journey is one that's filled with love and resilience to overcome all odds.

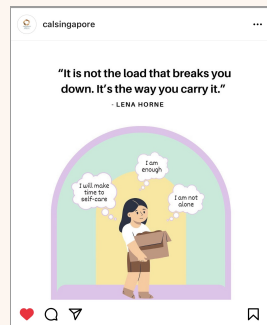
[Read the full story here](#)



## Social Media Highlights



Feeling stressed or burnt out while caring for your loved ones? We want you to know that it's normal and that we are here for you. Here are some affirmations to all caregivers - that you are doing your best and we are grateful for all that you do. Read more in the social media posts below:



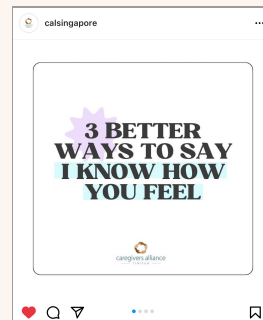
### Caregiver Loads

[View Post](#)



### Dear Caregivers

[View Post](#)



### 3 Better Ways to say "I Know How You Feel"

[View Post](#)

## Register for our Programmes



c2c - PMHI

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



c2c - YCG

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)



c2c - Dementia

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!](#)



**Check out our Campaign: Uncovering & Empowering Hidden Heroes!**  
This campaign aims to highlight caregiver services from CAL and campaign partners. Share this with fellow caregivers around you!

[More about the Campaign](#)



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

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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.

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