



CAL Newsletter 2022 Issue #02

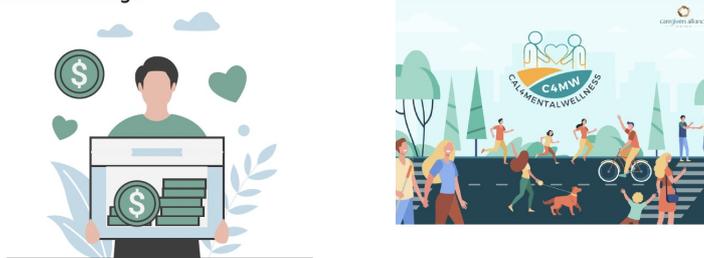


CAL launched its annual fundraising campaign - CAL 4 Mental Wellness (C4MW) on 18 April 2022.

C4MW aims to raise awareness of mental health & caregiving and at the same time raise funds to support CAL's mission. We hope to raise **S\$500,000** through digital fundraising to tap on Tote Board's Enhanced Fund-Raising (EFR) Programme, for **dollar-to-dollar matching** from the government, capped at \$250,000.

This year, the campaign invited anyone and everyone to get creative and spearhead a sub-campaign, engaging in fun and meaningful activities in support of CAL. From screaming to baking, and even sleeping for mental wellness, we've had over 30 sub-campaigns created by individuals and teams in support of CAL!

The C4MW campaign has ended on 16 May 2022, but **donation channels are open till 30 June 2022**. We need your help to hit **100%** of our goal! Funds raised will allow CAL to keep providing support and training to caregivers of persons with mental health issues at no charge.



[Give Now](#)

Recent Events



Session 4: Struggles and Triumphs of a Caregiver.

/32 (Margaret Ong)

Margaret 20 Margaret (CAL) 430 Margaret Word Image CAL



Temasek Polytechnic: C2C-Young Caregivers Class Graduation

On 31 March 2022, 10 students from Temasek Polytechnic graduated from our Caregivers-

to-Caregivers Programme for Young Caregivers (C2C-YCG). Counsellor of Student Support Services Marilyn Kang attended to witness the ceremony and hear the students' testimonies.

The C2C-YCG programme is offered to youths between 15 and 35 years old.



[Sign up here](#)

Volunteer Appreciation Session

CAL organised a volunteer appreciation and catch-up session over 3 days on 30 March, 4 & 5 April 2022. 35 caregiver volunteers visited CAL's Office to celebrate their devotion and support for fellow caregivers. They were also presented tokens of appreciation by CAL's CEO, Mr Tim Lee. This was the first face-to-face event held by CAL for our volunteers since the start of the pandemic.



CAL-Marymount CC Partnership: Caregivers gather in person to celebrate completion of C2C

On 6 April 2022, 16 caregivers gathered physically at Marymount CC and virtually via Zoom for a hybrid graduation upon completing the Caregivers-to-Caregivers (C2C) Training Programme. Having attended the C2C course online over the past 3 months, the caregivers met in person, with those unable to be there joining via Zoom.



[Read more](#)

Journey Together for An Inclusive Society - A Caregiver Engagement & Fundraising Initiative by Word Image and Margaret Ong, Author of One Husband Two Men

On 6 April, to mark the end of the Caregiver Engagement and Fundraising Initiative Series, Margaret Ong, caregiver to her husband with Schizophrenia and author of One Husband Two Men, engaged participants in a bilingual talk about building an inclusive society for caregivers and persons with mental health issues. Dr Ang Yong Guan, Consultant Psychiatrist of Ang Yong Guan Psychiatry attended as an expert guest speaker and shared his thoughts on the topic.

This engagement was part of Margaret's efforts to help fellow caregivers of persons with mental health issues, and to raise funds for CAL. The book sales ended on 30 April, and a portion of the proceeds will be donated to CAL. A big thank you to Margaret and publisher Word Image for this initiative.



[Read more](#)

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).



Partnership with 6 PA sites

CAL is honoured to be a partner of the "WIN Caregivers Network", a pilot initiative by People's Association Women's Integration Network (WIN) Council and Women's Executive Committees (WECs), with CAL and NCSS. Caregivers of persons with mental health issues in six divisions across Singapore, including Nee Soon East, Fengshan and Bukit Gombak will soon be able to tap on a support network. This network aims to enable caregivers to connect and share experiences and equip them with the necessary knowledge on managing mental health conditions. The pilot is part of the White Paper on Singapore's Women's Development, which seeks a fairer and more inclusive society with 25 action plans in 5 areas. We are heartened that one of these involves the well-being of the caregivers among us.



Renewal of Partnership with ECTA

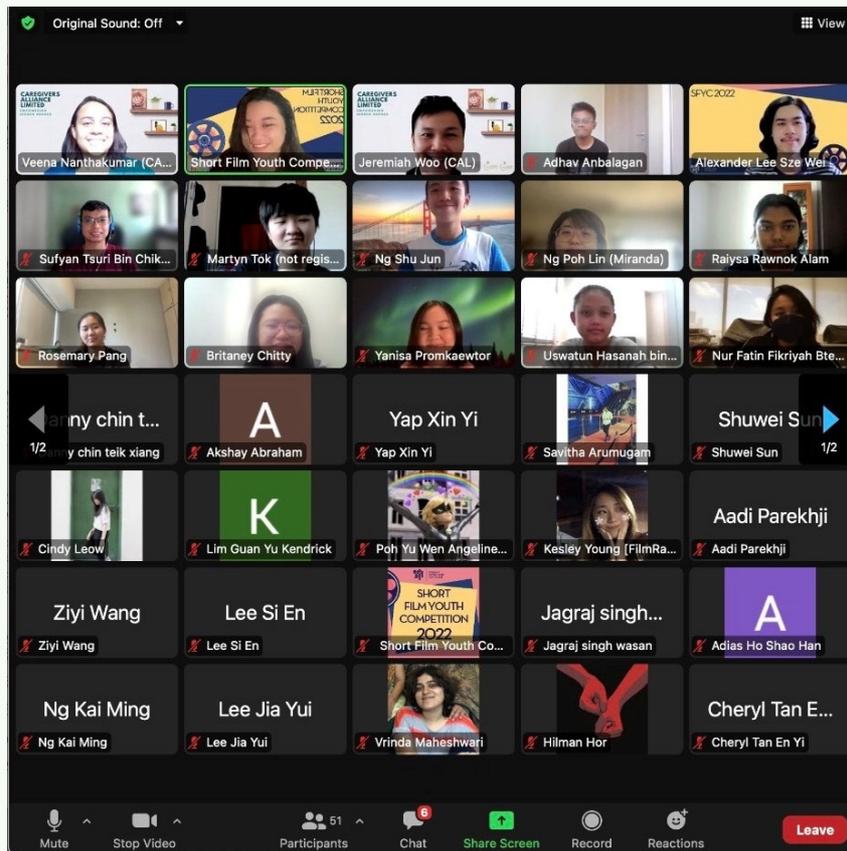
Between March 2021 and May 2022, CAL partnered with ECTA (Executive Counselling and Training Academy) to provide pro-bono counselling for CAL's caregivers and their loved ones. Under this partnership, 34 caregivers were referred to ECTA's practicum interns, and positive feedback was received.

"The counselling sessions helped me a lot. The positive encouragement, listening ear, and patience provided by the counsellor boosted my confidence and made me feel less stressed and lonely," a caregiver shared.

CAL is happy to announce that the contract with ECTA has been extended by 2 years, allowing caregivers to continue receiving the help and support they need without adding on to their financial load.

Trauma-Informed Care Workshop for Peer Supporters for the Singapore Mental Health Film Festival

CAL conducted two 2-hr sessions of the Trauma-Informed Care Workshop for Peer Supporters over two Saturdays in March. The event was graced by Programme Manager, Alexander Lee and his staff Filzah Hanis Abdul & Haney Insyirah from Singapore Mental Health Film Festival (SMHFF), and saw an audience of 48 participants.



Campus PSY Ambassadors' Training

CAL conducted two workshops on Resilience and Caregiving, and Self-Care & Coping Strategies on 23 and 30 March 2022. This was part of a 9-part series of workshops for approximately 50 Campus PSY Ambassadors, which was well-received based on the favourable feedback received from participants.



TIC Awareness Talk for Yio Chu Kang Secondary School

On 29 April 2022, CAL conducted a Trauma-Informed Care 1-hr Awareness Talk for about 80 staff from Yio Chu Kang Secondary School (YCK) and educated them about CAL's programmes and services.

CAL in the Spotlight



She put her life on hold to care for mum. Despite loneliness and depression, she isn't giving up

At age 36, Nadia Daeng gave up her full-time career at a global public relations and sports marketing agency to become her mother's primary caregiver. In this interview, Nadia talks about battling loneliness and caregiver burnout, and how she navigates her caregiving journey with support from her siblings, professional resources, and the community at Caregivers Alliance Limited (CAL).

[Read](#)

singapore **motherhood**

Are You a Caregiver for Your Child? - Please Read This (+ True Life Stories)

A group of students from the Wee Kim Wee School of Communication and Information launched a campaign called Prepare to Care, in collaboration with the Institute of Mental Health (IMH) and Caregivers Alliance Limited (CAL).

Its objectives include providing more resources for caregivers of youth with mental health conditions and normalising help-seeking. The students also

hoped to encourage more caregivers to better prepare themselves mentally for tough times ahead, and practise self-care along the way.

[Read](#)



1600034%



One husband, two men: Loving someone with schizophrenia

Ms Margaret Ong remembers the last time her husband said he loved her. It was 2018, nine years after Mr Leslie Ng was diagnosed with schizophrenia.

"Taking care of the mentally ill is very challenging and is different from that of the physically ill," says Dr Ang Yong Guan, a consultant psychiatrist that has been treating Mr Ng since 2011. He motivated Ms Ong to share her experiences in a book to help other caregivers in similar situations.

Now published and on sale on <http://wordimagesg.com>, 40 per cent of the proceeds from her book (till 30 April), One Husband Two Men, will be donated to Caregivers Alliance Limited (CAL).

[Read](#)



CNA 938 - CAL 4 Mental Wellness Campaign Launch Radio Interview

On 30 March 2022, Tricia Lee, Head of Comms at CAL appeared on the CNA938 Your Singapore Weekend Radio Show hosted by Susan Ng and Justine Moss. Ms Lee shared about the important work that Caregivers Alliance Limited does in supporting caregivers of persons with mental health issues, as well as CAL 4 Mental Wellness, the annual fundraiser campaign launched to raise funds for CAL's mission.



White Paper on Singapore Women's Development: Low Yen Ling on uplifting, protecting and reflecting interests of women

On 5 April 2022, it was announced in parliament that Caregivers Alliance Limited (CAL) will work with PA, NCSS, and SG Cares Volunteer Centres to form support networks for caregivers of persons with mental health conditions.

The White Paper on Singapore Women's Development that was passed covers 5 key areas of recommendation - one of them covers recognition and support for caregivers.

Volunteers who wish to be part of this effort can attend the Caregivers-to-Caregivers (C2C) Training Programme to have a better understanding of the kind of mental health challenges faced by caregivers. "This will help reinforce ground support for this group of caregivers who

are especially vulnerable to burnout," said Minister of State for Culture, Community and Youth and Trade and Industry Low Yen Ling.

Watch



New support network for caregivers of people with mental health issues

CAL is honoured to be a partner of the "WIN Caregivers Network", an initiative launched by People's Association Women's Integration Network (WIN) Council and Women's Executive Committees (WECs), with CAL and NCSS. Caregivers of people with mental health issues in six divisions, including Nee Soon East, Fengshan and Bukit Gombak will soon be able to tap on a new support network that is to be piloted for one year, starting May.

Read More



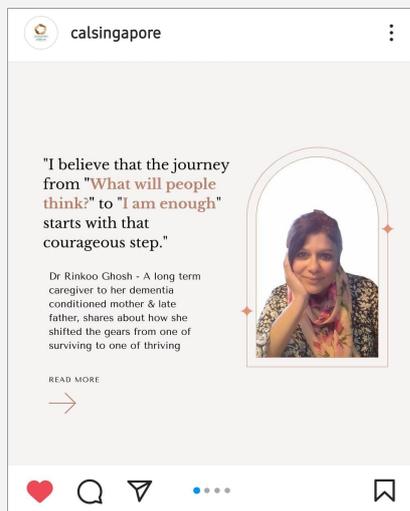
20(CAL)(C2C)



Stories



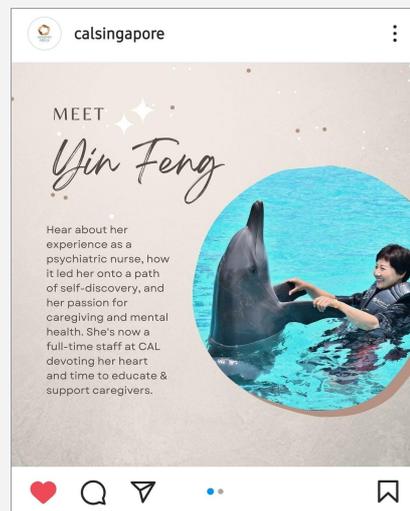
In this section, we feature inspirational stories covering mental health recovery, caregiver resilience, CAL volunteer and meet-the-team stories.



Dr Rinkoo Ghosh: Living An Empathic & Resilient Life

Dr Rinkoo Ghosh has been a valuable and well-loved member of the CAL community since mid-2019 when she joined as a Volunteer Trainer. In this story, she shares an intimate account of her journey as a caregiver to her late father and now 82-year-old mother with advanced dementia, and how she cultivated resilience to protect herself from burning out.

** Dr Rinkoo's mother passed away recently after this article was published. The CAL team sends our deepest condolences to*



Meet the Team - Yin Feng, Cluster Head, West Team

Being a psychiatric nurse sparked Yin Feng's passion for mental health. Now a full-time staff at CAL, she works closely with caregivers of persons with mental health issues to ensure that they are not alone in their journey. In this interview, Yin Feng shares the life-changing lessons she has learnt from working at CAL, and cites caregiver accounts that inspire her to keep going.

Read more

[Read more](#)



Social Media Highlights



How do you communicate effectively with someone struggling with a mental health condition? Missed the action that went on during our CAL 4 Mental Wellness 2022 campaign? Find out more in the social media posts below.



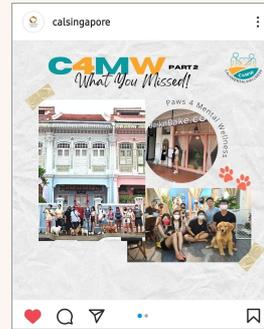
Four types of Caregivers

[View Post](#)



Myths about Eating Disorders

[View Post](#)



Dear Caregivers

[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.



TIC Talk & Workshop

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!](#)



Support us!

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

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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.

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