

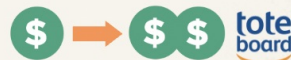
WE'RE EXTENDING C4MW 2023!

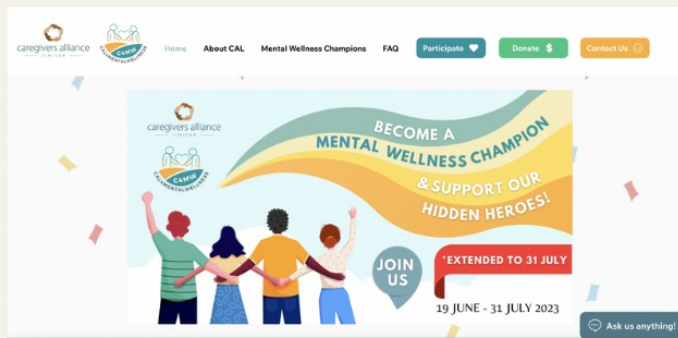


Yes, you heard us! CAL 4 Mental Wellness (C4MW) has been **extended to 31 July!** So far, 26 amazing sub-campaigns have been initiated by caregivers, members of the public and CAL staff! From baking delicious cookies to tackling Mount Huashan, everyone is coming together to make a difference. A BIG THANK YOU to all 26 of you and your supporters for your contributions! Every dollar raised will allow CAL to equip more caregivers with the knowledge and support they need to walk the journey.

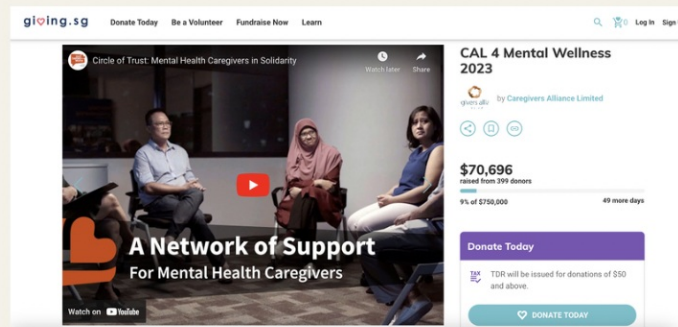
Want to join our league of Mental Wellness Champions? There is still time to come on board! Visit our official C4MW website to learn more - any activity, any amount, is appreciated. Do also check out and support the existing sub-campaigns on our Giving.sg page!

Help us double our donations! Every dollar that you donate will be matched 1-for-1 by the Tote Board (up to \$250,000), effectively doubling the value of your contribution! All donations above \$50 are eligible for 250% tax deduction.





VISIT OUR C4MW WEBSITE >



VISIT OUR GIVING.SG PAGE >

STORIES

Meet Boon Tong - a dedicated caregiver who, along with his wife, found strength and support in their caregiving journey through C2C. Knowing that they are not alone, they are committed to create a lasting impact ensuring that other caregivers feel the same sense of support and community. His "Colour U 4 Mental Wellness" sub-campaign is a gratitude towards all the hidden heroes.

RECENT EVENTS



“We See You Care” is a campaign by the Agency for Integrated Care (AIC) aiming to highlight the crucial yet often overlooked role of caregivers. During the launch event at the Home Nursing Foundation @ Buangkok, CAL CEO Tim Lee was invited to provide insights into the challenges encountered by mental health caregivers. Volunteer trainer Warren Sheldon Humphries also shared his journey of finding strength through our C2C-PMHI programme among fellow caregivers.

Caregiving is not something you just take and switch off if you want to; it's a 24/7 journey. For me, it was to provide those whom I care for the opportunity to regain their hope and dignity, and that kept me going forward. I'm humbled to say that within the class and people I've met at CAL, everyone's experiences have been equally inspiring.

There are still many mental health caregivers out there who remain unseen and unheard because they may be hesitant to come forward. We hope to tell them, 'CAL is here for you'.





A group of CAL caregivers were invited to watch “Chimpanzee”, a thought-provoking play that explores the implications of cross-fostering experiments conducted in biomedical facilities. Through the medium of bunraku-style puppetry, the play was delivered in an immersive and engaging way that left a mark on the audience. We thank Esplanade for sponsoring complimentary tickets for our caregivers to gather together and enjoy some respite over the weekend!

I had a great Saturday afternoon watching the very heartfelt puppet play in the company of fellow caregivers.

-Irene Ng (Participant)

15 JUN

[Fireside Chat] Youth 101: The Youth Challenges of Yesteryear and Today

Did you know that 1 in 3 Singaporean youth reported experiencing mental health symptoms such as depression and anxiety? For these young ones who are in a season of change, having the right support to tide them through is vital. In our most recent Fireside Chat, Jedaiah Chen, CEO of online peer support platform I’m Friendly Co, discussed how parents and the wider community can play a more present and empathetic role in youth mental health. Suggestions included initiating non-judgemental discussions and encouraging them to seek help.

Alex Cheong, who cares for his son with anxiety and selective mutism, shared the perspectives he gained as a parent, while person-in-recovery Sirin Yeoh reflected on her lived experience as a young person. By motivating such discussions, we hope to generate a more supportive environment for our young people to thrive.

WATCH SESSION RECORDING HERE





Congratulations to our caregivers Cityruth Cocoanna Christian and Edward Pang! On the evening of 23 June, the Rotary Club of Singapore West (RCSW) hosted the "Family Caregivers Awards 2023". Graced by Swiss Ambassador to Singapore Frank Grütter, the event featured caregivers who have selflessly devoted themselves to their loved ones despite great personal and financial sacrifices.

- Coco's caregiving journey has spanned almost her entire life. She cared for her parents when she was young, and later for her husband with schizophrenia and her father-in-law with dementia. Despite her own health issues, Coco strives to be there for her loved ones. Her story touched the hearts of those present, and she was honoured as 'Super Caregiver', the top recipient of the night.
- Edward displayed remarkable resilience while caring for multiple family members - his elderly parents, daughter with social interaction issues, and mother-in-law with dementia. His unwavering commitment was acknowledged with a Merit Award.

We are incredibly proud of Coco and Edward, who have gone beyond their roles as caregivers to advocate for caregivers and mental health. Our deepest gratitude to RCSW and the judging panel for recognising and encouraging these Hidden Heroes!

OUTREACH & PARTNERSHIP



**6
MAY**

**Moulmein-Cairnhill “It’s Ok Not To Be Okay”
Mental Wellness Dialogue**

In an effort to foster mental wellness within the community, Moulmein-Cairnhill GRC featured CAL and other mental health partners at its outreach event, “It’s Ok Not To Be Okay”. Speaking on the panel dialogue, CAL CEO Tim Lee shed light on the importance of supporting caregivers, who often find themselves balancing multiple responsibilities. This platform also served as an opportunity to introduce our programmes and services to Moulmein-Cairnhill residents, enhancing their understanding of how CAL can be a valuable resource in their mental health journey.



**13
MAY**

**“Looking Beyond Geriatric Conditions” at
St Andrew Nursing Home (Taman Jurong)**

CAL’s West team ran a talk at St Andrew Nursing Home (Taman Jurong), sharing about depression and dementia and how CAL can support caregivers caring for loved ones with these issues.

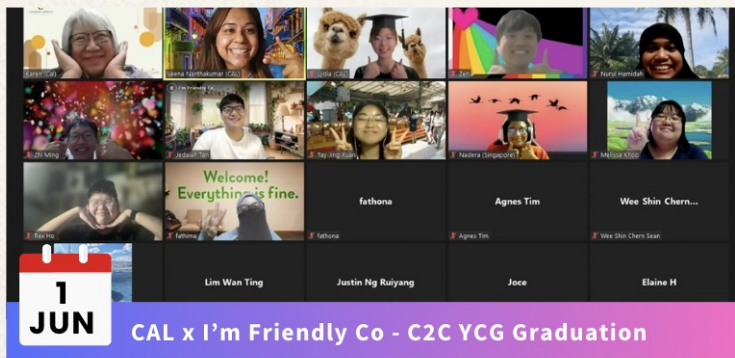


If you happen to be around Balmoral Road, do keep an eye out for CAL's tree! As part of the OneMillionTree Movement by NParks, CAL was invited to a tree-planting event by Balmoral Neighbourhood Committee. Under the warm sunshine, outreach managers Kathleen Chia and Nandita Nalawala planted an Ardisia Elliptica, adding to the Balmoral community's vision of thriving in a green oasis. We are thankful for being part of this meaningful event and look forward to more!



The National University Health System (NUHS) recently introduced "Health Together," a community initiative aimed at promoting health and wellness among residents living in the west. Through a one-stop website and mobile application, residents can access a range of programmes, resources, and services developed with various partners. At the launch carnival held at Jurong Medical Centre, which attracted over 700 residents, CAL had the opportunity to engage with some of the caregivers.

While sharing their stories and concerns with us, several expressed interest in seeking help through C2C. We look forward to supporting their goal of achieving better well-being and becoming more informed caregivers.



In partnership with mental health peer support platform I'm Friendly Co, CAL conducted a YCG training for 20 of I'm Friendly Co's Listeners. Congratulations on completing the programme! We hope more youth will benefit from your support.



Our first-ever outreach to primary school students! CAL Children and Youth Programme Manager Jeremiah Woo and Outreach Manager Michelle Tan engaged with 428 young minds from Gan Eng Seng Primary, touching on how to cope with stress and the resources they can look out for.



26
JUN

CAL x NLB - C2C Dementia Graduation at Jurong Regional Library

Besides community centres, our public libraries also serve as a venue for connection among residents. In partnership with the National Library Board, we launched a pilot C2C Dementia training programme at Jurong Regional Library. 25 caregivers journeyed with each other across 8 weeks and graduated on 26 June! Our sincere congratulations to them, and we thank NLB for coming along with us to empower more caregivers. We will be rolling out more C2C classes to other libraries across the island - stay tuned!

Thank you so much - organisers, volunteers, and fellow participants - for your contributions. I realised that I am not alone. It is okay to not be okay, and I should not shy away from seeking help from available resources.

I came to CAL with a void - empty, numb, trying to escape from reality. But now I graduate from C2C with purpose, empathy and prepared to bring the best for myself and my family.

The course conducted by Kathleen and Edward is very empowering. They made each lesson lively, encouraging and enlightening. I encourage caregivers to enrol, and I'm sure you will gain knowledge on the biological, physical and emotional aspects of caring for your loved one.

CAL IN THE SPOTLIGHT

22
MAY

'If I give up, what will happen to my parents?': Campaign highlights support for caregivers



The Agency for Integrated Care (AIC) launched a campaign for caregivers on 20 May 2023. Titled "We See You Care", the campaign aims to acknowledge the significant role of caregivers for their loved ones and the community at large. According to a survey conducted by AIC in 2021, only 49 per cent out of 900 respondents identified themselves as caregivers. This suggests that many caregivers may perceive caregiving as a duty and not actively prioritise self-care or seek respite.

Warren Sheldon Humphries, a C2C-PMHI graduate and volunteer with CAL, shared his personal experience with The Straits Times. He expressed some of the concerns caregivers face, including the constant emotional and mental toll they have to carry, and going through burnout.

[Click the title to read more](#)

26
MAY

“Imperfect by CNA Insider: Am I A Bad Parent...If My Child Developed An Eating Disorder?”



In a candid interview, “Ivy” (pseudonym) shared her family’s journey with her daughter’s diagnosis of anorexia nervosa. Through attending CAL’s 12-week C2C-ED programme, she also learnt about the importance of having empathy and developing self-care as a caregiver.

Click the title to read more

27
MAY

国大医学组织为西部居民推出“一起健康”计划
(NUHS launches “Health Together” community initiative for residents in the west)



新加坡国立大学医学组织 (NUHS) 于 5 月 27 日在裕廊医疗中心举办保健嘉年华，正式开启“一起健康”计划 (Health Together)。“一起健康”计划为西部居民而设，他们将能通过一站式网站与应用程序方便获取资源和服务。

嘉年华召集各个医疗与社会服务机构，包括照顾者联盟 (CAL)。活动反应热烈，吸引超过 500 名公众积极参与。

On 27 May, the National University Health System (NUHS) organised a wellness carnival to launch “Health Together”, a new community health initiative for residents living in the west. Through the “Health Together” one-stop website and mobile application, residents will have a comprehensive pool of resources and support to meet their needs.

Several medical and community service organisations, including Caregivers Alliance Limited (CAL), participated in the event. Held at Jurong Medical Centre, the carnival received an overwhelming response, with over 500 residents in attendance.

Click the title to read more

25
JUN

This 48-year-old single mum with schizophrenia is a delivery food rider and a mental health ambassador



Amy Kang is a person-in-recovery who graduated from CAL's C2C-PMHI programme back in 2019. Since her teenage years, she has been battling schizophrenia, and is now using her experience to empower other individuals going through the same journey. She shared some of her challenges and milestones with CNA, noting that the training has helped her discover hope and be better for her loved ones.

Click the title to read more

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.



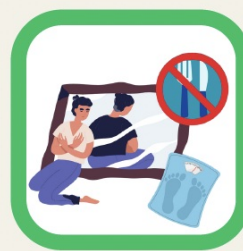
C2C-PMHI

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



BECOME A
MENTAL WELLNESS CHAMPION

& SUPPORT OUR
HIDDEN HEROES!

JOIN
US

*EXTENDED TO 31 JULY

19 JUNE - 31 JULY 2023

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



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