

C4MW 2023 IS COMING SOON!

CAL's annual fundraising campaign, CAL 4 Mental Wellness (C4MW), is launching soon! Held from 19 June to 16 July, the campaign aims to raise awareness about mental health and caregiving, and raise funds for CAL to continue providing our training programmes at no charge. We hope to raise \$500,000 with help from Tote Board's Enhanced Fundraising Programme.

Here's your opportunity to gather your friends or colleagues and come together for mental wellness, while helping to keep our caregiver programmes free! Whether it be a charity bake sale or group cycling event, you can start your own sub-campaign with any target amount and make up your own rules. Throughout the campaign, you could be spotlighted on our website and social media channels as our Mental Wellness Champions!

More details will be released closer to the start of the campaign. In the meantime, get your creative juices flowing and brainstorm with those around you - we can't wait to see all your amazing sub-campaigns!



RECENT EVENTS



Showcasing films produced by student filmmakers, the National University of Singapore's Arts Festival 2023's "Frames of Mind" discussed caregiving and mental health through a creative lens. A post-screening panel discussion was held in which CAL Outreach & Programme Manager (Children & Youth) Veena Nanthakumar shared her perspectives as a person-in-recovery and how CAL's C2C PMHI programme helped her and her family cope.

Jedaiah Chen, co-founder of peer support social enterprise I'm Friendly Co and C2C Young Caregivers graduate, highlighted the need for a space for youths to share without judgement.

We thank NUS for partnering with us, and look forward to moving the topic of mental health among the students to a deeper level.



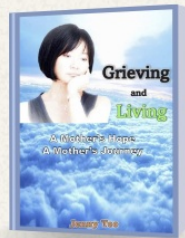
Building resilience - the ability to bounce back from challenges and setbacks - is vital to sustaining a caregiver on her long and demanding journey. In this month's Fireside Chat, we had the honour of hearing from two caregivers who candidly shared their powerful experiences.

Jenny Teo lost her only son to suicide. She is the founder of Stigma2Strength and PleaseStay Movement. Her book, "Grieving and Living: A Mother's Hope, A Mother's Journey", is the first local title to be self-published. Margaret Ong is the author of "One Husband Two Men" and "Still My Husband", which feature her reflections on caring for her husband with schizophrenia. Both caregivers are also C2C-PMHI graduates.

Joining them was Fong Hoe Fang, caregiver to his wife with bipolar disorder and founder of publishing company Word Image Pte Ltd, which is kindly managing the sales of the books. Niky Sakhrani, one of our senior Volunteer Trainers who has been with CAL since 2018, came on board to moderate the session.

Participants expressed gratitude for the session, as it provided them with a space to connect and share with others facing similar challenges. Witnessing how Jenny, Margaret and Hoe Fang bounced back from adversity was an inspiring nod for them in their own journeys.

Jenny and Margaret are generously donating proceeds from the book sales to CAL. We are so grateful for their wish to empower more caregivers. If you would like to support Jenny and Margaret in their efforts, visit the links below:

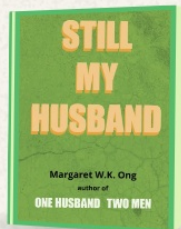


Grieving and Living: A Mother's Hope, A Mother's Journey by Jenny Teo

Nett proceeds from the sale of this book project will be gifted to CAL.



To visit the link, click here or scan the QR code



Still My Husband by Margaret Ong

A portion of sales from books purchased between now and 31 July 2023 will be donated to CAL.



To visit the link, click here or scan the QR code

“I found the personal stories and experiences shared by the panellists to be insightful, as they gave a glimpse into the challenging periods of their caregiving journeys. I resonated with the emotional aspects of their sharing, such as heartaches and grief. The honest answers provided by the panellists were an eye-opener; I learnt relevant coping and resolving strategies that can be applied in challenging caregiving situations.”
-Premalatha, Caregiver

Caregiver Engagement Activities



CAL joined hands with Esplanade to bring this modern rendition of the Hokkien opera classic to our caregivers. The lively production presented Singaporean characters from all walks of life who aspired to recreate the timeless tale at a new community centre. Our caregivers were also treated to a special appearance by veteran performer Mdm Wei Li Fen, who performed with Singapore's oldest Hokkien opera troupe (Sin Sai Hong). The hearty celebration of opera art across time left our caregivers anticipating future performances - thank you Esplanade for making their evening a delightful one!



Led by local singer-songwriter Crystal Goh, caregivers had the chance to discover their inner voice and express themselves through writing songs. Besides performing a short piece for them, Crystal also shared her road to resilience and recovery after losing her voice in 2011, which stirred their hearts and inspired them. Some caregivers stepped forward to read or sing their personal compositions, sharing their feelings and thoughts in an open but safe space. We thank Esplanade for providing our caregivers with the time to connect with both themselves and others through the creative session.

“

It was a helpful session to remind us to be a kind voice to ourselves and others. Overall, it was a wonderful and meaningful session.”

-Trudy Chua, Participant



MAR

15, 22 & 29 March: Unleash Your Inner Artist #1

Across three sessions, caregivers learnt the fundamentals of acrylic painting under the instruction of professional artist Ali Esmailipour. As they engaged in the world of vibrant colours and free-flowing strokes, they were encouraged to unleash their creativity and take a breather from their daily duties. Each caregiver was also able to take home the beautiful result of their newfound artistic abilities.

“

"I am surprised to discover that unique and distinctive art pieces can be created through acrylic painting. It was a therapeutic experience for me. Thanks to CAL, artist Ali and the anonymous sponsors for this beneficial and eye-opening experience. This activity provided me with a special kind of respite from my caregiving."

-Adeline Chua, Participant

15 APR Quality Caregiving Through Self-Management Stress (SMS) #1

Conscious Breathing Technique

1. Close your Eyes
2. Become aware of yourself
3. Take slow deep breaths
4. Inhale from Heart Center to Eyebrow
5. Exhale from Eyebrow to Heart Center
6. Feet rounded according to your own capacity
7. Relax and breathe normally
8. Gently Relax into your natural state and observe
9. Gently move your awareness to your forehead
10. Mentally repeat: "I think with purpose" (divine purpose)
11. Gently move your awareness to your throat
12. Mentally repeat: "I speak with purpose" (divine purpose)
13. Gently move your awareness to your heart center
14. Mentally repeat: "I act with purpose" (divine purpose)
15. Feel light surrounding your heart region - getting bigger
16. Spreads all over
17. Slowly open your eyes.

Having effective stress management can help caregivers maintain holistic well-being and go the distance. Vasanthi Pillay, Director of Innergy Ayurveda & Yoga Pte Ltd, explained the body and mind's response to stress and how to utilise conscious breathing techniques to manage our emotional states. Through the session, caregivers picked up pointers for developing self-care habits to navigate their journey better.

“For me, the practical breathing technique is the main highlight of the workshop.”
-Eileen Wong, Participant

OUTREACH & PARTNERSHIP

7 MAR “Understanding the Connection between Mental Health and Chronic Pain” Webinar with The Visible Collective SG

Living with chronic pain can be a challenging experience. Often, it has a significant impact on mental health, and can lead to depression or anxiety.

Along with our new partners The Visible Collective SG, CAL hopes to reach this group of caregivers. The Visible Collective SG is a ground-up initiative that aims to empower the lives of individuals living with chronic pain and their families. At a webinar on the relationship between pain and mental health, CAL Outreach & Programme Manager (Children & Youth) Veena Nanthakumar spoke about how CAL's C2C programmes can equip caregivers to better support their loved one in coping with their condition.

**7
MAR**

“Emotions & You” Talk with Queenstown Secondary School

As part of CAL’s efforts to support youth mental wellness, CAL Outreach & Programme Manager (Children & Youth) Veena Nanthakumar spoke to staff members at Queenstown Secondary School, on the relationship between our emotions and well-being. The talk covered Positive Psychology, a new framework adopted by the school to guide their engagement with students. CAL will also be working with the school to offer workshops and the C2C-YCG programme to the students.

**9
MAR**

**“Empathetic Communication Takes Practice”
Talk with National Library Board**

CAL Corporate Outreach Manager Nandita Nalawala delivered an online talk as part of our ongoing partnership with the National Library Board. The talk focused on the importance of empathetic communication in the workplace, with practical tips that attendees could use to improve their professional relationships.



**17
MAR**

“Importance of Self-Care” Talk with WeCare@MarineParade

WeCare@MarineParade’s Caregiver Support Network is an initiative aimed at bringing community partners together to support caregivers. Over the past year, CAL has been working closely with the GRC to extend our programmes and talks to residents who are caregivers. CAL Programme Manager Frank Miranda spoke to residents about the importance of self-care, encouraging them to consciously take care of themselves so that they can care better for their loved one.

**22
MAR**

**C2C Dementia Training for Bethel Assembly
of God Church**

Bethel Assembly of God Church invited CAL to conduct the C2C Dementia Training Programme for their members. The programme comprised five sessions conducted via Zoom, with West Team Cluster Head Yin Feng delivering the sessions in Mandarin and Community Outreach Manager Kathleen Chia in English. A total of 42 church members benefitted from the programme, and the joyful graduation was graced by Guests-of-Honour Pastor Jean Ong and Pastor Wong Choon Fah. The church also generously donated \$1,000 to support CAL. We are grateful for their contribution.

**24
MAR**

“Caregiving 101” Talk with ALPS Healthcare

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.

**31
MAR**

**C2C Dementia launched for Soka Gakkai
Singapore Women and Young Women Division**

Coinciding with International Women’s Day in March, CAL launched a C2C Dementia class for members of Soka Gakkai Singapore’s Women and Young Women Division. The inaugural run began on 31 March and will end on 26 May. We are glad to be receiving enthusiastic responses from the 27 ladies who have signed up with us, and we hope to reach out to more members of the organisation.





**5
MAR**

Keat Hong CC "Keat Hong Celebrates International Women's Day"

CAL was invited to Keat Hong Community Club's International Women's Day event to reach out to residents within the constituency. As a thank-you for our support for the event and ongoing partnership, CAL was presented with a Certificate of Appreciation, which was accepted by Community Outreach Manager Kathleen Chia. We are grateful for the opportunity to connect with residents and caregivers through such outreach events and running C2C.

**8
MAR**

"The Responsibility of Care - Do Women Carry a Heavier Load?"

In another International Women's Day partnership, CAL and Shell had a discussion on whether female caregivers tend to have a heavier caregiving load. Corporate Outreach Manager Nandita Nalawala examined the topic with 115 Shell employees via Zoom and there was positive engagement throughout the session. One of the suggestions offered was to seek more help from secondary and ad-hoc caregivers, thereby allowing room for a better balance of responsibilities.



**24
MAR**

Celebrating Women - Fabulous Feminine Friday with Mudita Yoga

Mudita Yoga celebrated International Women's Day by offering a complimentary yoga class to our female caregivers. The session was held at their cosy studio, and was designed to help participants take a precious hour to disconnect and take time for themselves through mindfulness, movement and breathing techniques. The caregivers received flowers and baguettes to bring home, a delightful end to the week. We thank Mudita Yoga for their generous show of support for caregivers!



2
APR

PA Women's Executive Committee (WEC)
International Women's Day Celebration

Over the past year, CAL has been actively working with the People's Association Women's Integration Network (PA WIN) Council on the WIN Caregivers Network, facilitating caregiver support groups across six pilot constituencies. In celebration of International Women's Day, the Council held an event that brought together Women's Executive Committee (WEC) members and partners. The event provided an opportunity for other WECs to consider engaging support for caregivers in their respective constituencies as well. As part of the programme, CAL CEO Tim Lee delivered a speech on the importance of supporting caregivers and CAL's commitment to this area. In addition, CAL had an outreach booth at the event, and we were able to share with more than 80 WEC members how our programmes and services can benefit their residents.

STORIES



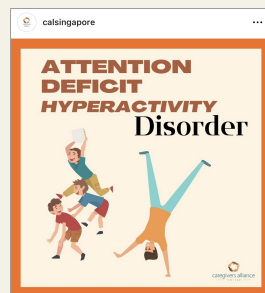
Tap to read
about her
experience

Finding Hope in Caregiving: A Young Caregiver Shares Her Story

Life threw Jane a curveball when Jane's younger sister experienced a serious mental health episode. Jane had to take a leave of absence from university to care for her, and her family was at a loss about what to do. Fortunately, a friend who completed the C2C Young Caregivers programme recommended Jane to attend as well. At CAL, Jane found the clarity and comfort she needed, and her family found strength once again.

SOCIAL MEDIA HIGHLIGHTS

It is important for us caregivers to understand our loved ones and ourselves better to enable a smoother journey for everyone. We've also shared practical caregiver tips to use on yourself or other caregivers that you know of. Read more in the social media posts below:



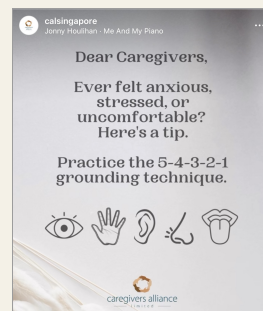
**More about
Attention Deficit
Hyperactivity
Disorder (ADHD)**

[View Post](#)



**Showing a
caregiver you care
through their love
language**

[View Post](#)



**5-4-3-2-1
Grounding
technique for
caregivers**

[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](#)





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