



CAL Newsletter 2021 Issue #01 | Jan-Feb 2022



Last month, our annual 8-week Amberletter Campaign drew to a close. Amberletter is CAL's initiative that reminds us to reach out during the festive season through simple acts of caring. This year, we introduced four characters - Percy Blue, Vanna Green, Pete Orange and Mary Yellow - and covered topics ranging from holiday tips, conversation starters, and self check-ins.



Thank you to all who supported and reached out to someone this holiday season. While we take our leave for now, we encourage you to continue checking in on those who need it, and support the campaign (@Amberlettersg) by spreading the word. Amberletter anyone anytime through a simple act of love. It's on us to check in.



Recent Events



Winning the Anthem Awards and Social Impact Media Awards - Our Better World (OBW) featuring CAL

At the inaugural Anthem Awards (the social impact side of the Webby Awards which honours the best of the internet), OBW won a silver for their mental health series on caregivers featuring CAL. At the 10th Social Impact Media Awards (SIMA), OBW also won the following awards: Immersive Impact Award in the XR (Extended Reality) + Interactive Category, and Humanitas Award in the Impact Video Category. We are delighted that OBW is having their great work recognised and CAL is honoured to have our stories shared.

[Watch the interactive video](#)[Watch the mental health caregiver's story](#)

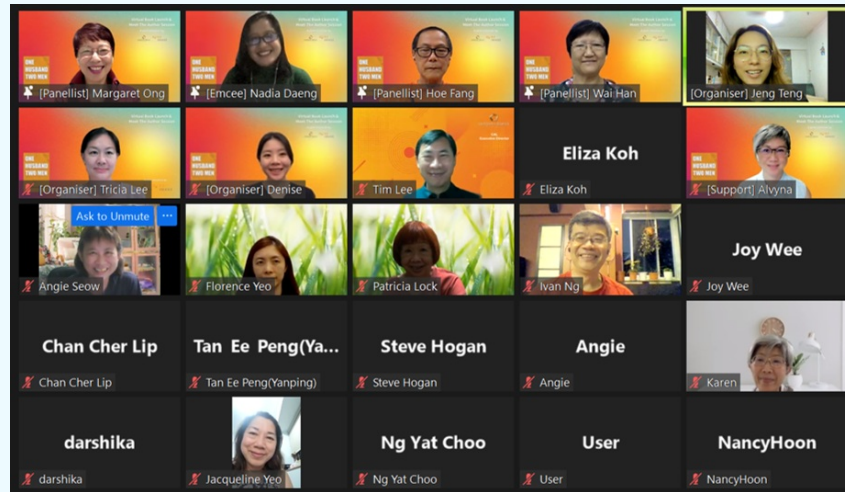
The Shift in Mindset Towards Caregiving - A Caregiver Engagement & Fundraising Initiative by Word Image and Margaret Ong, Author of One Husband Two Men

On 5 January, Margaret was joined by Word Image Owners & Directors Hoe Fang and Wai Han who are also strong mental health advocates. Hoe Fang cares for his wife Wai Han

who was diagnosed with bipolar disorder. The two shared intimate accounts of their experiences over the past few decades in an engaging, loving and light-hearted session which was enjoyed by all.

Now very well into her recovery journey, Wai Han beautifully articulated 3 key reminders for persons in recovery: “First, trust yourself - trust that you will overcome the illness. Second, trust the caregiver who is dearest to you, that he has your best interest at heart even though sometimes the advice is against what you want. Lastly, have faith that things will get better.”

This session is part of Margaret’s efforts to help fellow caregivers of persons with mental health issues, and to raise funds for CAL.



[Read more](#)

Destigmatization Starts at Home - A Caregiver Engagement & Fundraising Initiative by Word Image and Margaret Ong, Author of One Husband Two Men

On 16 February, Margaret and her two sons, Jeroemy and Ryan engaged in an open-hearted discussion around caring for a family member with schizophrenia. Jeroemy and Ryan talked about their unusual childhood and how they made sense of their father’s illness, the resentment they felt, and how the family eventually picked up the pieces to love and support one another.

This engagement is part of Margaret’s efforts to help fellow caregivers of persons with mental health issues, and to raise funds for CAL.



[Support the cause](#)

From now till April 2022, a portion of the sales from books purchased via Word Image Pte Ltd will be donated to CAL.
Limited time offer: purchase the English & Chinese hardcopies at \$30 (U.P. \$16.90 each, prices before gst).

[Support the cause, buy the book now](#)

**ONE HUSBAND TWO MEN
FUNDRAISING BOOK SALE**
★★★★★



1 book (print edition) - either language for \$16.90
2 books (print edition) - 1 english + 1 chinese for \$30
**prices before GST*

Your purchase will help CAL provide training and support to other caregivers. Place your order now!
Valid till 30 April



Podcast on Mental Health Caregivers: Challenges & Solution

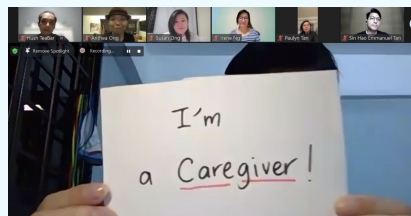
Caregiving is a crucial but often overlooked part of the mental health ecosystem, and we are glad that the ‘Rebound with Resilience’ mental health podcast recently tackled the topic. The episode, hosted by Kevin Wee featured Veena, CAL’s Outreach and Programme Manager (Children & Youth), and Esther, one of the co-founders of the Prepare to Care campaign.

[Read more](#)



Caregiving with Confidence Panel Discussion

“Empathy is key in the caregiving journey. It can be conveyed through a change in attitude, words and actions.” On 19 February, Tim Lee, Executive Director of CAL was joined by Dr. Ong Say How, Senior Consultant and Chief, Department of Developmental Psychiatry at IMH, Kevin Wee from Rebound with Resilience and CAL Volunteer Trainers Cheryl Fong and Prashant Pundrik, in the Caregiving with Confidence virtual panel event. 150 caregivers participated in the event organised by final-year students from the Wee Kim Wee School of Communications and Information, and supported by IMH.



A Pause to Reconnect with CAL Volunteers

On 24 February, over 30 CAL Staff and Caregiver Volunteers participated in a unique workshop co-facilitated by founder Anthea Ong and a trained Deaf TeaRista from Hush TeaBar. Hush is a social enterprise that aims to bring self care and social inclusion to every workplace and community, one cup of tea at a time. The participants learned how to express basic emotions - from happy, sad, to anxious, stressed, and angry - in American Sign Language (ASL). As a surprise, participants were also taught how to sign “I’m a caregiver”. The session allowed them to wind down and reconnect with themselves - a rare opportunity for the caregivers who

are often caught up in a hectic and fast paced routine.



VI College's "Invest for Good" campaign raises over \$28,000 for CAL

Between November and December 2021, VI College initiated an "Invest for Good" campaign for people to do good while learning about investment. For every \$1 donated, VI College matched \$49 and the total amount of \$50 was donated to CAL. We are delighted that VI College has selected CAL as their charity of choice, and would like to extend our heartfelt thanks to them for raising a total of \$28,961 for CAL!

Outreach & Partnership

As part of CAL's mission to reach out to caregivers of persons with mental health issues through education, CAL conducts regular outreach talks in collaboration with partners including hospitals, community groups, corporations (lunchtime talks), faith-based groups and Institutes of Higher Learning (IHLs).



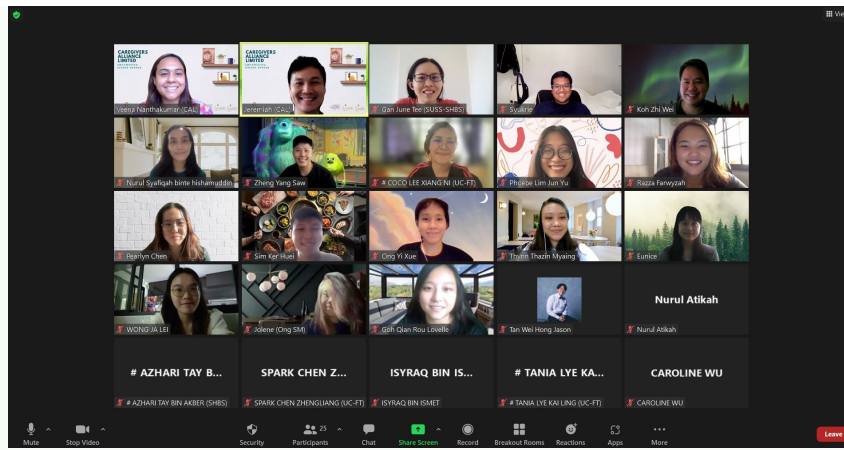
Partnership with WeCare@Marine Parade

During the official launch of the Caregivers Support Network at Marine Parade on 5 January 2022, panellists including Dr Tan See Leng, Member of Parliament for Marine Parade GRC & Patron for WeCare@Marine Parade engaged in a discussion regarding the future of caregiving in Marine Parade. This year, CAL will be working with the grassroots leaders to bring our programmes to the residents. A Caregiver Relief Fund of \$500 credit is also available for caregivers residing in Marine Parade GRC.



CAL's First Trauma-Informed Care Peer Supporters Workshop for SUSS Students

24 students from SUSS recently completed the TIC Peer Supporters Workshop conducted by CAL. This workshop was designed for Peer Supporters to learn how to support those who may have experienced trauma which resulted in mental health issues.



SGH

Partnership with Singapore General Hospital

In the last 2 months, CAL has worked with several partners from SGH to discuss referral channels to help caregivers in distress. Over 70 community nurses from SGH PHICO Division was introduced to CAL's programmes and services, and the SGH Eating Disorder Unit will partner with CAL to refer caregivers to our Eating Disorder C2C Programme.

CAL in the Spotlight



(Agency for Integrated Care) "100 (Caregivers Alliance Limited)



A full-time caregiver on how 'survivor's guilt' led to her depression

While battling Major depressive disorder (MDD) herself, Nadia Daeng is primary caregiver to her 44-year-old sister with borderline personality disorder (BPD) and her 75-year-old mother, who suffered a stroke in 2019.

In this article and video feature, Nadia speaks of her experience growing up with mental illness in the family, and how resources like Caregivers Alliance Limited (CAL) helped her realise that she is not alone.

[Read more](#)

CNA 938 - National Caregivers Day Interview with Yasmin Jonkers

National Caregivers Day falls on the third Friday of February. Caregiver and businesswoman, Cheryl Fong, and Outreach Manager at Caregivers Alliance, Veena Nanthakumar were invited to appear on



CNA938 The Double X Files Radio Interview. Cheryl spoke about the challenges she faces as a caregiver and what she feels can be done to better support caregivers in the workplace. Veena shared her opinion on the stigma around mental health in Singapore, and how Caregivers Alliance is supporting caregivers like Cheryl.



Stories




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

I used to hear voices, now I'm a peer support specialist

Lucas (not his real name) tells us about his experience with psychosis & how early treatment together with support from his caregivers aided his recovery.

Read more →




Lucas' Recovery Story

[Read more](#)

MEET ✨
Alvyna

Hear her story of how she battled depression & her unusual journey that led her to CAL - from a C2C participant, to a volunteer, and eventually a full-time staff (Programme Manager).



Meet-the-team: Alvyna

[Read more](#)


Social Media Highlights



What are the 4 types of caregivers? Where can caregivers seek support during times of loneliness and helplessness? Are eating disorders mental illnesses? Find out more from our social media posts below.

THERE ARE FOUR KINDS OF PEOPLE IN THE WORLD. WHICH ONE ARE YOU?

Those who have been caregivers
Those who are currently caregivers
Those who will be caregivers
Those who need a caregiver



Four types of Caregivers

[View Post](#)


Myths about Eating Disorders



Myths about Eating Disorders

[View Post](#)

Dear Caregivers, this is my story.



I used to feel lonely and helpless in my caregiving journey

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

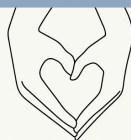
Trauma-informed care means shifting from the medical question of "What's wrong with you?" to the question of "What's happened to you?". Children who are thought of as difficult, rebellious, anxious, fearful, or aggressive often have unseen trauma that is affecting them.

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.

[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 >](#)



Caregivers Alliance Limited
491-B River Valley Rd #04-04
Valley Point Office Tower Singapore 248373
Tel: 6460 4400 | www.cal.org.sg

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