



CAL Newsletter 2021 Issue #06

Happy New Year!

CAL wishes everyone a Happy New Year! May the new year bring warmth, love, and light to guide your caregiving path.

As we dive into a brand new 2022, the CAL team is working hard to come up with more helpful and interesting exciting projects for our caregiver community. With the ever-evolving pandemic situation, we may not know what the year ahead holds, but we assure you that CAL will always be your constant.

In December, we launched our annual Amberletter campaign, an initiative that reminds us to reach out during the festive season through a simple act of caring. We all know how lonely it can be when we feel down, and sometimes a friendly gesture can make all the difference. The campaign provides conversation starter tips, ways to cope with holiday stress, and features four cute new characters that demonstrate how we can check in on the people around us. Follow @Amberlettersg on Instagram to learn more!

We look forward to another year of journeying with you. Please keep safe and well, and reach out for support if you need it.

Warmest wishes,
From all of us at CAL

Recent Events



Spreading the Holiday Cheer: SAFRA "Gift for a Reason 2021" Brings Smiles to Caregivers

To bring festive cheer to caregivers, members of SAFRA Toa Payoh granted Christmas gifts to wishes submitted by over 80 caregivers from CAL. The Gift for a Reason 2021 initiative is jointly organized by SAFRA, the SAFRA Community Services Club (SAFRACS) and SGCares, in support of the SGCares Giving Week. CAL would like to extend our heartfelt appreciation to SAFRA Toa Payoh for their generosity and thoughtfulness during the season of gifting.



Virtual Book Launch & Meet-The-Author Session - One Husband Two Men

How does one keep the love alive with a spouse who has a mental illness – and who is in denial of his condition? Over 60 enthusiastic participants joined our recent book launch and Q&A. The session kicked off our series of monthly sessions with Margaret Ong, author of 'One Husband Two Men' and caregiver to her spouse with schizophrenia.

Attendees heard intimate anecdotes from Margaret's

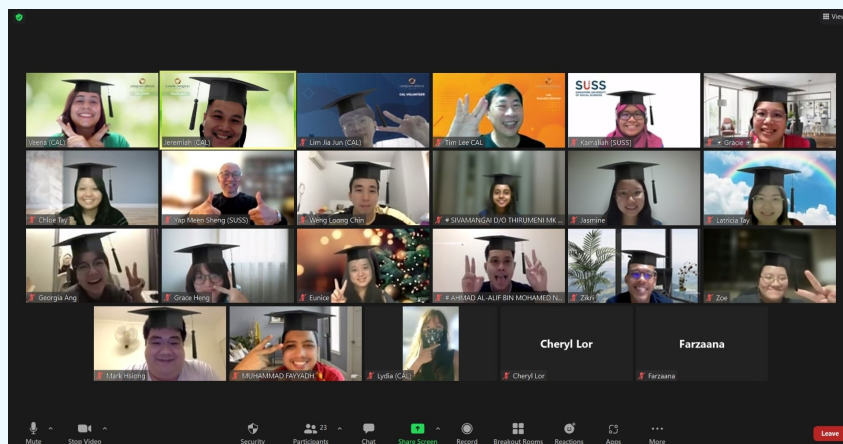
caregiving journey that has spanned two decades, and picked up valuable takeaways such the 'BRIDGE' technique, an acronym coined by Margaret to detect the onset of the illness – being observant; displaying understanding, not disbelief; and how to separate the illness from the person.

The recorded session is available on our event page till 30 April 2022.

[Catch up now](#)

Supporting Young Caregivers - CAL partners with SUSS to introduce its C2C-YCG Programme to students

Recently, 18 students from SUSS successfully completed the 8-week Young Caregivers programme. This was the inaugural run of C2C-YCG for SUSS in collaboration with the Centre for Experiential Learning, Office of Student Life. SUSS Office of Student Life staff, Nur Kamaliah Abdul Majeed who attended the course graduation commented: "I was moved by the students' honest sharing and heartened to know that they had truly benefited from the workshop. Kudos to the team for yet another successful run of the programme!".



[Read more](#)

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).



Mayor's Network @ North West - Social Service Agencies

On 17 November 2021, CAL attended the Mayor Network Meeting with North West CDC Mayor, Mr Alex Yam and other Social Service Agencies from the North West district. CAL's Community Outreach Manager Ms Kathleen Chia introduced CAL's programmes and services to community partners. The event, held at the Tzu Chi Youth Humanistic Centre allowed the agencies to cross-collaborate, match resources and to build connections for a caregiving ecosystem.



ECOC Community Partnership Day (Tiong Bahru & Chinatown)

Despite CAL's lack of a physical presence in hospitals over the last 2 years due to the Covid-19 safe management measures, CAL has kept in contact with our partners through virtual means. In December 2021, we delivered a presentation to 60 attendees across various departments in Singapore General Hospital (SGH).



Self Care For Mental Wellness Talk - Organised in collaboration with Automobile Association Singapore (AAS)

CAL recently presented a Zoom Talk on Stress and Self-Care to 30 members of the Automobile Association. The session covered what stress really is, what burnout looks like, as well as simple coping strategies to effectively deal with stress.



Pushing Through the Odds - A Caregiver's & Survivor's Perspective featuring Caregivers Alliance

In a virtual webinar organised by the Bone Marrow Donor Programme (BMDP) for their caregivers, CAL was featured as a guest presenter and provided a professional perspective to caring and supporting a loved one through challenging times.

CAL in the Spotlight



CNA Documentary: Altered Lives

CAL Volunteer Nadia is one of the four profiles featured in Altered Lives, a 4-part documentary series that follows the lives of individuals from China, India, Philippines and Singapore.

[Watch her journey here](#)

Who cares for caregivers? Volunteers



share how their challenges inspired them to help others care for loved ones

Three caregivers - Oorja Menon, Han Bi Guang, and Christine Lim - talked to The Pride about their experiences with mental health and caregiving, and how CAL's C2C Programme inspired them to step up as volunteers.

[Read more](#)

Caregiver Stories



From Caring for Herself to Caring for Another: A Personal Story

Sirin Yeoh, a person-in-recovery and caregiver, narrates her struggles with Depression and Bipolar II Disorder, and how she took the plunge and decided to become a primary caregiver to her loved one with a mental health issue.

Sirin's story shows that with the right help and resources, healing is possible as long as you never give up. ♥

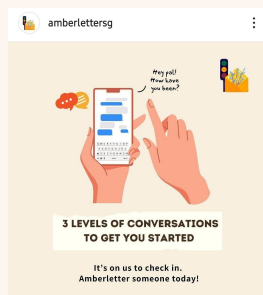
[Read More](#)



Social Media Highlights



Did you know? People with mental illness often report that the holiday season makes their conditions worse. To remind everyone to be kinder to themselves and others, CAL launched our annual #AmberletterSG campaign to remind everyone to check in with one another during this festive season.



3 Levels of Conversation Starters

[View Post](#)



Fighting the Holiday Blues

[View Post](#)



Reframing Your Goals

[View Post](#)

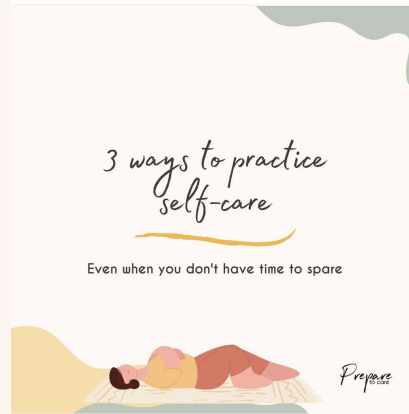
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How to prepare your
extended family members
before family gatherings?

**Preparing your extended
family members before
family gatherings**

[View Post](#)



3 ways to practice
self-care

Even when you don't have time to spare

**3 ways to practice self-care -
even when you don't have
time to spare**

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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

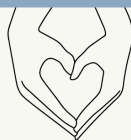
Trauma-informed care means shifting from the medical question of "What's wrong with you?" to the question of "What's happened to you?". Children who are thought of as difficult, rebellious, anxious, fearful, or aggressive often have unseen trauma that is affecting them.

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.

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