



It's a wrap for CAL 4 Mental Wellness (C4MW) 2023! From 19 June to 31 August, more than 20 sub-campaigns were initiated in support of CAL's mission for mental health caregivers. With the efforts of these incredible Mental Wellness Champions, we have received over \$500,000 in donations, including additional contributions via 1-for-1 matching through the Tote Board Enhanced Fund-Raising Programme. All amounts raised through C4MW will go towards providing fully-funded training and support to caregivers across the island. We extend our heartfelt thanks to everyone who has championed our Hidden Heroes - this collective effort ensures that caregivers can better care for their loved ones and themselves.

We would also like to thank those who went the distance with us during our C4MW 2023 Mass Walk. It was a truly uplifting evening; starting from CAL HQ to our destination at Lau Pa Sat, personal stories were exchanged, and connections forged as we passed under the glittering city lights. In the same way, a caregiver's journey is not just about achieving milestones in recovery, but having a community of support along the way. Thank you to everyone involved for making a meaningful difference in the lives of mental health caregivers!

### CHARITY DINNER 2023

Be a catalyst for change at Caregivers Alliance Limited's Annual Charity Dinner 2023! 🌟 In honour of our caregivers, we are raising funds to continue our mission of empowering them. Gather your family and friends for an unforgettable night filled with laughter, love, and celebration as we honour the remarkable journeys of our caregivers.

By purchasing a Gold, Silver, or Bronze-tier table, you play a HUGE role in our mission to provide free training and support to our caregivers.

Click the button to purchase a table or make a donation!

**I WISH TO PURCHASE A TABLE  
/ MAKE A DONATION!**



Your donations will go a long way in making a positive impact on for them. Thank you for caring for caregivers with us. 💙

For more information, view the EDM below.

You are invited to Caregivers Alliance Limited's



26 October 2023, Thursday  
7.00 pm  
442 Orchard Rd  
Orchard Hotel, Ballroom 1 & 2

**Guest of Honour:**  
Minister Ong Ye Kung,  
Ministry of Health

**GOLD TABLE: \$12,000**

Table of 10 Guests

**SILVER TABLE: \$8,000**

Table of 10 Guests

**BRONZE TABLE: \$5,000**

Table of 10 Guests

Alternatively, you can show your support by making a donation.

*All proceeds eligible for 2.5x tax deductions. All sales and donations will receive 40% Tote Board matching*



Scan to Donate

For more information, WhatsApp  
Tan Song Jie at **+65 9009 1222**



## RECENT EVENTS



27  
JUL

Acrobatic Ballet Performance - Swan Lake

Our caregivers and their loved ones were treated to a magical night at a mesmerising performance of "Swan Lake" by the world-renowned Xi'an Acrobatic Troupe. Romance and adventure intertwined across cultures in this breathtaking fusion of Chinese acrobatics and Western ballet. The event was also graced by the presence of President Halimah Yacob, who attended as part of the President's Challenge 2023. We thank Esplanade Theatre for generously inviting our caregivers to indulge in an unforgettable evening!





At CAL, volunteers have a vital role in our mission of supporting caregivers. Being caregivers themselves, they are able to empathise and share their experiences with those who approach CAL for support in their journeys. Through in-class sharing, assistance at outreach events and advocacy on various platforms, they have generously invested their time and effort in shining light on the needs of caregivers and the work CAL does.

At our recent volunteer get-together session, joined by CAL CEO Tim Lee, we took the opportunity to express our gratitude for their contributions and connect with each other on a deeper level. We also gained valuable insight about how we can better support caregivers, and it reinforced the importance of sharing the journey with those we serve. To all volunteers, thank you for your dedication and inspiration!



Marking the final rounds of lessons with renowned artist Ali Esmailipour, our caregivers crafted masterpieces that captured the essence of embracing self-expression and finding beauty amid life's challenges.



Over three days, Team CAL enjoyed a refreshing staff retreat in Bintan. Being our first off-site gathering since 2019, many of us took the chance to connect with each other and get to know our newer colleagues. Through our discussions on enhancing our work for caregivers, sharing personal journeys and a variety of fun activities, our team's bond was strengthened. As some of us are caregivers ourselves, the retreat also provided a much-needed respite. Now, reinvigorated and united, we are eager to return to our mission with a renewed sense of purpose!



According to a 2015 study conducted by the Institute of Mental Health, 1 in 10 people aged 60 and above in Singapore has dementia. Beneath the staggering statistic lies the concern that caregivers have to grapple with anticipatory grief over the loss of their loved one.

In this Fireside Chat, Gracie Mak, Co-Founder and Director of grief counselling consultancy Whispering Hope, led participants into an exploration of grief and highlighted how acknowledging it can serve as a crucial step towards recovery.

Dr Rinkoo Ghosh and Imran Wee, who have been long-term caregivers for their parents, shared their own poignant reflections and offered encouragement to fellow caregivers in the audience. The dialogue was moderated by Ming Li Tan, founder of The Life Review, an organisation dedicated to normalising conversations about death, dying and bereavement.

## OUTREACH & PARTNERSHIP



CAL's West Team reached out to Woodlands residents at the Community Health Fair by Sree Narayana Mission (SNM). SNM has been providing senior care services through its Senior Care Centres, and it aims to complement the Healthier SG initiative by providing necessary healthcare services. One initiative is the newly installed Community Rehab Centre in its Woodlands branch. In conjunction with the launch, SNM invited partners to reach out to residents in the vicinity, including CAL. The West Team introduced CAL's programmes and services to residents and clients of the Senior Care Centre along with their caregivers. Through such collaborations, we hope to build a stronger network with our partners in the community space and reach out to more caregivers in need.





Outreach Managers Michelle Tan and Kathleen Chia teamed up with our enthusiastic volunteers to connect with participants at the Christian Mental Health Conference. Hosted by Bedok Bethesda Tampines Church (BBTC), the event boasted an impressive turnout of 400 attendees.



CAL was invited to participate in the Moulmein-Cairnhill Carnival Fiesta, a collaborative event between Moulmein-Cairnhill GRC and the Population Health and Integrated Care Office (PHICO). Located at Tekka RC, the event was graced by the presence of MP Mr Alvin Tan.

During this outreach opportunity, Nandita, our dedicated Manager-in-charge (Outreach), shared with residents CAL's programmes and services. There were also interactions with some caregivers, including those caring for loved ones with dementia.

11  
JUL

"The Uneven Responsibility of Care" Talk @ Gartner

# Gartner®

Gartner has been one of CAL's corporate partners who have shown unwavering support for our cause. For their "De-stress Day" initiative, they invited CAL to speak to their employees. Nandita Nalawala, our Manager-in-charge for Outreach, offered a glimpse into the challenges that caregivers face, and shared insight into the work we do to support them.

Following the informative talk, Gartner generously included CAL in their Charity Match Programme. This initiative enables all Gartner employees to contribute to a charity of their choice. Gartner will then match their donations, up to a maximum of USD 5000 annually. We extend our heartfelt gratitude to Gartner for their dedication and efforts in bringing positive change into the lives of caregivers.



1  
AUG

Combined C4C National Day Celebration  
(Hong Kah North & Bukit Gombak)

Our caregivers had an early celebration for National Day! The Caregivers-for-Caregivers (C4C) Support Groups from Hong Kah North and Bukit Gombak came together for a time of merriment in red and white, enjoying potluck dinner and playing games.



## Caring for Persons with Dementia

Kathleen Chia  
Caregiver Alliance

5  
AUG

"Caring for Persons with Dementia" with Holland-Bukit Timah Silver Generation Office

Continuing our partnership with the Silver Generation Office (SGO), Outreach Manager Kathleen Chia delivered an insightful talk on "Caring for Persons with Dementia" as part of the SGO's "Learning Day" and National Day celebration event. The session drew participation from over 60 Silver Generation Ambassadors and was also attended by 10 SGO staff members.



The event provided an opportunity to connect with a significant number of Silver Generation Ambassadors in a single session. We hope that through their learning, these Ambassadors will encourage more caregivers in their respective zones to seek help and support through CAL's programmes.



CAL was honoured to be invited to participate in the Adam Road Presbyterian Church (ARPC) LET'S Carnival 2023. Being a partner of the President's Challenge 2023, ARPC invited benefitting agencies and their caregivers for a day of meaningful connections and respite. We extend our heartfelt appreciation to ARPC for providing this opportunity for caregivers.

## CAL IN THE SPOTLIGHT

29  
JUL

Live Free Episode 1-4



"Live Free" is a compelling 4-part documentary showcasing the inspiring journeys of five Singaporeans determined to embrace life to the fullest.

Among them is Warren Sheldon Humphries, CAL volunteer and caregiver to a loved one with depression. He also faces the challenges of Charcot-Marie-Tooth disease, a condition that causes progressive nerve damage. His personal experiences have driven him to engage in volunteer work, serving as a trainer with CAL and an iChamp with SG Enable.

He has also been supporting his friend, Riley, who is also featured in the series. Riley's journey has been a painful one, and her progress held back due to a possible misdiagnosis. Despite these struggles, she has taken on the role of secondary caregiver, supporting her brother who cares for their mother with dementia.

***Click the title to read more***



4  
AUG

## The youthful faces of caregiving

Jon

Caregiving is often seen as a role assumed by middle-aged females: daughters tending to aging parents, wives supporting their spouses, or mothers caring for their children. However, there are many faces to caregiving,

including those from the younger population. In this evocative photo essay by artist Alecia Neo, young caregivers Mason Chia, Tasneem Abdul Majeed, Sarah Pang (pseudonym), Iman Hakim and person-in-recovery Amy Kang offer a glimpse into the unique perspectives and challenges of their journeys.

Sarah and Mason are volunteer trainers who help to co-facilitate CAL's Young Caregivers Programme.

***Click the title to read more***

10  
AUG

## Caregiver stress and burnout - 3 tips for family caregivers

**yahoo!news**

In a study conducted by Milieu Insight for CAL last year, it was found that 51 per cent of primary caregivers reported feeling stressed "often or all the time". Nearly two-thirds of caregivers surveyed also expressed not having enough support for their caregiving responsibilities.

CAL's Head of Engagement & Empowerment Karen Poh, along with caregiver Imran Wee, provided insight into these challenges, which can be physical, emotional and financial. Additionally, they offered practical tips that caregivers can apply to improve the balance between their caregiving duties and personal well-being. Imran also spoke of the impact CAL had on his life, expressing that he found comfort and inspiration by connecting with fellow caregivers on a similar path: "I felt like I had been wandering alone for so many years and had finally found my tribe."

***Click the title to read more***

18  
AUG

## Unexpected roles, unwavering love - The unseen struggles of caregivers in Singapore



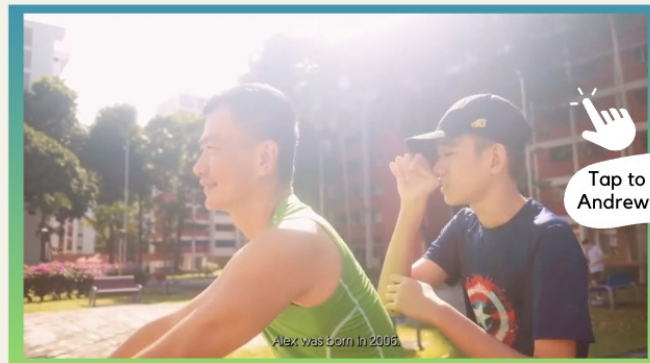
In this feature, three caregivers — Imran Wee, Daniel Lim and Mason Chia — offer insights into their caregiving journeys. At the prime of their lives, they embrace their roles as a pivotal point of support for their family and friends with mental health issues. This means that they

have had to set aside personal aspirations, and it can be a lonely road. As Daniel says, “When people are unwell, they visit a clinic to get medicine. However, you can’t ask a doctor to prescribe a friend who understands.”

Joining CAL’s Caregivers-to-Caregivers (C2C) Training Programme has empowered them to better care for themselves and their loved ones. Besides picking up knowledge, they also found solace in knowing they are not alone and exchanging stories with fellow caregivers. The caregivers emphasised that regular check-ins and offering a helping hand can go a long way in lightening the heavy load carried by these unsung heroes.

***Click the title to read more***

## STORIES



Meet Andrew Ang, a volunteer trainer with CAL and a dedicated father to Alexander Ang, his son with special needs. In this heartfelt video, Andrew candidly shares his experiences as a caregiver, stressing the significance of self-care to others in similar roles.

Andrew started “Resilience 4 Mental Wellness” as part of CAL’s C4MW fundraising initiative, dedicating support to caregivers who selflessly devote themselves to others, with the goal of raising funds and awareness for CAL. Your contributions will provide essential resources, education, and opportunities for caregivers.



The inspiring video featuring Andrew's journey is produced by St. Andrew's Autism Centre (SAAC). Shoutout to SAAC for the work that they do in supporting persons with autism! CAL extends our gratitude to SAAC for generously sharing his story.

## SOCIAL MEDIA HIGHLIGHTS

Featuring more of our C4MW 2023 Mental Wellness Champions! These individuals have given their heart and time to raise funds for caregivers of mental health issues. Champions like them have first benefited from our C2C programmes, and are now paying it forward! Kudos to them! For more stories, visit [www.cal4mentalwellness.sg](http://www.cal4mentalwellness.sg)



**Quek Boon Tong**  
Color U 4 Mental Wellness

"It was these lessons that helps us grow stronger in our caregiving journey - knowing that we are not alone.

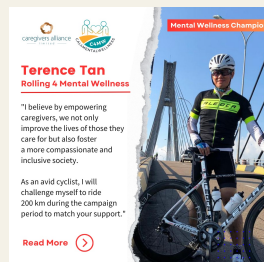
In return, I participated the sub-campaign for C4MW to thank all the hidden heroes.

[Read More](#)

### Quek Boon Tong

Color U 4 Mental Wellness

[Read More](#)



**Terence Tan**  
Rolling 4 Mental Wellness

"I believe by empowering caregivers, we not only improve the lives of those they care for but also foster a more compassionate and inclusive society.

As an avid cyclist, I will challenge myself to ride 200 km during the campaign period to match your support."

[Read More](#)

### Terence Tan

Rolling 4 Mental Wellness

[Read More](#)



**Mary Yip**  
Gather 4 Mental Wellness

"I benefited from the very first pilot C2C-PMH in 2012.

I am now a mental wellness advocate who journeys with other caregivers and raise funds & awareness for them."

[Read More](#)

### Mary Yip

Gather 4 Mental Wellness

[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](#)

## 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](#)







**Caregivers Alliance Limited**  
491-B River Valley Rd #04-04  
Valley Point Office Tower Singapore 248373  
Tel: 6460 4400 | [www.cal.org.sg](http://www.cal.org.sg)

No longer wish to receive news from us? [Click here to unsubscribe.](#)

[Unsubscribe here](#)

