



CAL Newsletter 2022 Issue #04



On **21st July 2022**, CAL was honoured to receive President Halimah Yacob at our office. Adding to the joy of the occasion, it was announced that the theme for **President's Challenge 2023 (PC 2023)** would be "Caring for Caregivers". During the visit, Mdm President chatted with some of our caregivers, and she learnt about their struggles and how our Caregivers-to-Caregivers (C2C) programmes had provided them with the knowledge and support to help them along their caregiving journeys.

With PC2023's focusing on funding caregiver support programmes and initiatives, we are hopeful that this will bring much-needed awareness and community support for our hidden heroes!

Recent Events



7th - 8th July: Christian Mental Health Conference 2022

The Christian Mental Health Conference (CMHC) returned as an in-person event this year, and CAL was once again represented by our Head of Outreach and Corporate Services, Jared Goh. In his sharing to participating agencies and church leaders, he recounted his own caregiving journey and how CAL actively reaches out to caregivers. This was a wonderful opportunity for the 126 attendees to learn about CAL, many of whom expressed an interest to collaborate with CAL or attend our Caregivers-to-Caregivers (C2C) programmes to better support their church communities.

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14th July: CAL x Scent by SIX - Launch of "Care" Range

CAL has partnered with local artisanal fragrance company Scent by SIX to develop a range of scents aimed at helping people to sleep better, focus and relax. A group of CAL caregiver volunteers and staff came together over several sessions to develop the CARE range, guided by Scent by SIX founder Jason Lee. The result was three scents, available in a variety of options from pillow mists to diffusers: Care to Focus, Care to Relax and Care to Sleep Better. We are deeply grateful to Jason and Scent by SIX for their efforts in helping to bring more awareness to caregivers!

The Care range is available at all Scent by SIX outlets (Bugis Junction, Somerset 313, JEM

and Vivacity). A portion of all sales of this range will be donated to CAL. We encourage you to experience them for yourself, and perhaps gift some to show love to the caregivers around you!



[For More Information](#)

13th August: CAL x Bukit Batok Green Ribbon Task Force - Panel on Mental Wellness of Caregivers

The Bukit Batok Green Ribbon Task Force (GRTF) facilitated a panel discussion for past C2C graduates to reconnect. GRTF has been CAL's key community partner since 2016, and 11 C2C-PMHI and C2C-Dementia classes in English and Mandarin had been conducted in Bukit Batok. CAL's Programme Manager Chong Yuh Fen and one of our volunteers, Norman Lai, were invited as panellists. 15 caregivers attended the session, which was also recorded for those who were not able to attend.



[Catch up on the recording here!](#)

27th - 28th August: Let's Take A Walk 2022

WE DID IT! A big THANK YOU to all who helped CAL walk a whopping 100km at the recent Let's Take A Walk (LTAW) 2022!

LTAW is a non-profit round-island endurance walk that aims to raise funds for a good cause. As the chosen beneficiary this year, we are happy to announce that the organiser is aiming to raise \$145,000 to help us continue empowering caregivers. Thank you, Team LTAW for "Caring to Go The Distance" for our caregivers and mental health awareness!

To show our support and gratitude, past and present staff, volunteers and caregivers walked the talk through the 100KM route across 27th and 28th August as a nine-team relay. The afternoon downpour, long night and curious wildlife did not deter us. In fact, we enjoyed the bonding sessions and cheered each other on all the way!

If you would like to support fellow caregivers and help us keep our programmes free, do make a donation at our [Giving.sg page](#).



[View Team CAL's Journey Here](#)

Outreach & Partnership

As part of CAL's mission to reach out to caregivers of persons with mental health issues through education, engagement and empowerment, CAL regularly explores new and creative ways to reach out to the community. We regularly conduct outreach talks in collaboration with partners, including hospitals, community groups, corporates, faith-based groups and Institutes of Higher Learning (IHLs).



16th July & 30th July: CAL x National Library Board: Two-part workshop "Mental Health for Working Adults"

A two-part talk co-presented by the Public Libraries and CAL, "Mental Health for Working Adults" aims to equip professionals with tools to manage their mental health through their working life. CAL's Corporate Outreach and Programme Manager Nandita Nalawala was the speaker for both sessions. Besides learning how to identify stress and burnout at the workplace, participants also noted the importance of practicing compassion and care for themselves.

23rd July & 20th August: CAL x Bukit Batok REACH Community Services - Two-part workshop on Mental Wellness

In collaboration with REACH Community Services, CAL's Head of Operations and Programmes Ca'uis Chan and Programme Manager Elizabeth Swee delivered a two-part workshop on mental wellness to 21 caregivers and befrienders from REACH's Caregiver Support Group (CSG). These caregivers care for loved ones with dementia and co-existing conditions such as depression and anxiety. Besides sharing tips on how to communicate with their loved ones and approach them with empathy, CAL staff also shared their personal journeys. We are glad to hear that the attendees appreciated the sessions and felt they could readily identify with the experiences shared!



4th August: CAL x SIM: C2C-YCG Partnership

Congratulations to our Young Caregivers! A batch of 16 Singapore Institute of Management (SIM) students graduated from their 8-week C2C Young Caregivers Programme (YCG), which commenced on 12th July. The class was co-facilitated by Jeremiah Woo, Programme Manager from the Children & Youth team, and volunteer Bon Zhai Kun. We are happy that

the programme has been a positive guide in moulding the caregiving journeys of these students!

Rosalind Lim, Senior Counsellor, and Joshua Ho, Executive from SIM Student Development, graced the joyous event along with CAL CEO Tim Lee.



19th August: CAL x CapitaLand: CapitaLand Learning Festival: “Stress & Burnout is Real as a Caregiver!”

As part of CapitaLand’s Learning Festival, CAL conducted an online talk on caregiver stress and burnout for CapitaLand’s APAC teams. 51 participants gained insight on the different types of stress, diagnosis and impact of stress and burnout, as well as how to manage it. Also highlighted were the programmes and services CAL can provide to help caregivers along their journey.



23rd August: CAL x Kaplan - Emotions and You Workshop

Understanding our inner state is important for building ourselves holistically, but in our busy lives, we often forget to take the time to sit with our feelings. “Emotions and You” is a workshop by CAL’s Children and Youth Team that aims to help participants take that time, and 14 Kaplan alumni came on board to uncover what it means to be in tune with our emotions. They also gained clarity on how having emotional literacy and intelligence improves their level of communication and empathy.



24th August: CAL x Zebra Technologies: Mental Wellbeing For Caregivers - The Importance of Self-Care and Compassion

CAL delivered a talk to participants from Zebra Technologies on the importance of self-care and compassion while caregiving. When the responsibility of caregiving combines with work stressors, it can take a heavy toll on caregivers. The sharing also pointed out the impact of loss, negative thought patterns and related behavior, and tips on how to strike a balance.

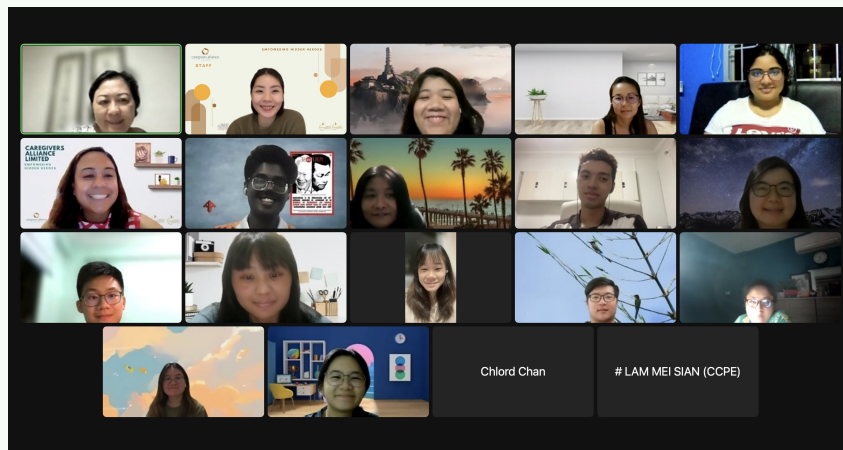
26th August: CAL x New Hope Community Services - ‘TENANG’: Kampung Siglap’s Wellness Retreat for Social Service Professionals

CAL's Outreach & Programme Managers, Michelle Tan and Veena Nanthakumar, conducted a talk on "Self-Care for Social Service Professionals" at Kampung Siglap Life Skills Training & Retreat Centre. This was part of a Wellness Retreat organised by New Hope Community Services for social service professionals. Participants reflected that after attending the talk, they recognised challenges in conducting self-care in the course of their work, and gained greater clarity on their role as social service professionals.



30th August: CAL x SUSS - Body Image Workshop

Young people often struggle with body image issues. To address this, CAL's Children and Youth Team developed a workshop to create positive and informative discussion around the topic. A highly engaged audience of 16 students from SUSS learnt how body image correlates with eating disorders and mental health issues. They were also able to reflect on whether they may be having body image issues and where to seek help in the community.



CAL in the Spotlight

President's Challenge 2023 to focus on caregivers

On 21st July 2022, President Halimah Yacob visited the premises of Caregivers Alliance Limited (CAL) and announced that the theme for the President's



Challenge 2023 will be “Caring for Caregivers”.

During the visit, Executive Director Tim Lee highlighted the need to create a support network for caregivers. He pointed out the uniqueness of CAL’s Caregivers-to-Caregivers Training Programmes (C2C) that engages caregivers as trainers. Nadia, one of the volunteer trainers from CAL shared her caregiving experience and how she had gained strength through attending the C2C PMHI 12-week programme.

Also available in other news outlets: Lianhe Zaobao, CNA, Berita Harian, Channel 8 News.

[Read More](#)



New programme supports parents caring for children with eating disorders as number of cases rises

In collaboration with KKH, CAL is offering a C2C training programme for parents caring for children with eating disorders. This was developed with consultation from physicians, psychologists and specialist nurses from KKH’s eating disorder team.

There have been three runs of the programme so far, which saw a total of 70 caregivers receive the necessary knowledge and support. Graduates are also encouraged to keep in contact with other participants for long-term support.

[Read More](#)



(Study shows less than 30% of caregivers do not seek for support services)

National Council of Social Services NCSS2018 4513 71% 29%

Montfort Care 2019 Caregivers Alliance Limited CAL
People’s AssociationSG Enable

According to the “2018 Quality of Life (QOL) of Caregivers Study” done by the National Council of Social Services, out of the 4,513 caregivers interviewed, 71% do not use support services; only 29% have used or are using the support services.

In 2019, National Council of Social Services (NCSS) launched a community initiative in collaboration with Montfort Care to better support caregivers. This initiative looks at improving the welfare of caregivers as well as enhancing their knowledge and skills. Other partners participating in the initiative include Caregivers Alliance Limited (CAL), People’s Association and SG Enable.

[/ Read More](#)



Stories



For many caregivers, their journey can be a long, winding road as they seek to assure and support their loved ones. Here at CAL, we hope you will be able to find the respite and community you need, even across the digital space. Read on for the heartfelt story from a fellow caregiver:



Loving My Sister with Schizophrenia

Sarah (not her real name) is a caregiver to her sister who was diagnosed with schizophrenia two years ago.

It was hard for Sarah to accept her sister's condition at first as mental health issues was unfamiliar to her. After attending CAL's C2C-Young Caregivers (C2C-YCG), she developed a better understanding and patience while caring for her sister.

She now makes it a point to remind her sister how much the family loves her, and rejoices with her whenever there is a positive turn.

Sarah also decided to value-add to her caregiving experience by joining the Train-the-Trainer (TTT) programme, where she picked up presentation and facilitation skills for C2C training. This enables her to extend a hand by sharing her personal story to fellow caregivers together with what she learnt from CAL.

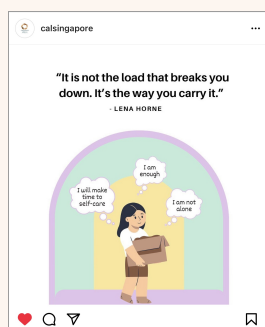
[Read the full story here](#)



Social Media Highlights

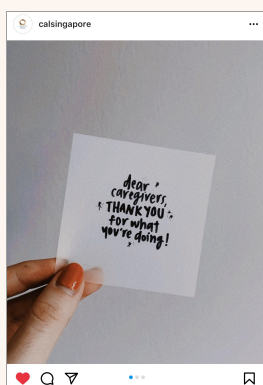


Feeling stressed or burnt out while caring for your loved ones? We want you to know that it's normal and that we are here for you. Here are some affirmations to all caregivers - that you are doing your best and we are grateful for all that you do. Read more in the social media posts below:



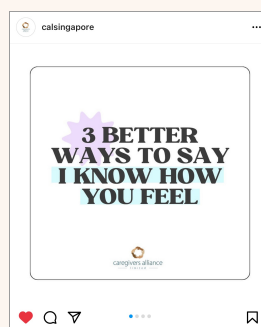
Caregiver Loads

[View Post](#)



Dear Caregivers

[View Post](#)



3 Better Ways to say "I Know How You Feel"

[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

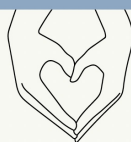
Trauma-informed care means shifting from the medical question of "What's wrong with you?" to the question of "What's happened to you?". Children who are thought of as difficult, rebellious, anxious, fearful, or aggressive often have unseen trauma that is affecting them.

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.

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@calsingapore

Join our telegram channel to tune in to CAL's latest news and updates.

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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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