

### Team CAL had a most eventful end to 2022!



We hope some of you caught the NEL train featuring our National Caregiver Month Campaign visuals! The "**Uncovering & Empowering Hidden Heroes**" campaign featured 11 wonderful partner agencies coming together to spotlight caregivers. Collectively we shared stories and encouraged those caring for someone with a mental health issue to seek help.

We were honoured to receive the Charity Transparency Award for 2022, a validation of our attention to good governance. At our last Fireside Chat for the year, participants learnt about schizophrenia, one of the most common - and misunderstood - psychotic disorders in Singapore.

In December, we learnt and had fun together – caregivers and staff attended a two-day professional skills upgrading workshop and two delightful concerts at the Singapore Indoor Stadium. CAL staff were finally able to gather for a year-end dinner for the first time in three years, and 16 students from Singapore University of Social Sciences graduated from their YCG course – congratulations!

We would like to take this opportunity to say thank you to everyone who has journeyed with CAL through a wonderful year, and may 2023 be even bigger and better!



### Recent Events



#### 1st November: National Caregiver Month Campaign - "Uncovering & Empowering Hidden Heroes"

Spearheaded by CAL, the "Uncovering & Empowering Hidden Heroes" campaign was launched in November 2022, which is National Caregiver Month. 11 partnering organisations came together to raise awareness on the significant role of mental health caregivers - our hidden heroes. A train along the North East Line showcased friendly visuals with the campaign concept: inviting the public to consider if they might be caregivers, challenging stereotypes through caregiver stories and directing them to available services via the [campaign website](#).

President Halimah Yacob graced our launch event as our Guest-of-Honour. Besides viewing the train and meeting partner representatives, she spent the morning with caregivers, hearing their stories and listening to their experiences. We are most grateful to them for stepping forward to share their journeys - thank YOU for being such amazing heroes!



[Learn More](#)



### 9th November: Charity Transparency Awards 2022

CAL was honoured to receive the Charity Transparency Award for the second time. An initiative of the Charity Council, the Charity Transparency Awards (CTA) and Charity Governance Awards (CGA) promotes good transparency and governance in the sector through acknowledging the good practices of charities. We are thankful for the recognition and are inspired to continue our work for caregivers.



### 10th November: [Fireside Chat] Schizophrenia 101: Breaking the Myths and Misconceptions

Following our campaign, CAL organised a Fireside Chat on the topic of schizophrenia. The keen response demonstrated a desire among caregivers to have a better understanding of the condition. Although schizophrenia is one of the most common psychotic disorders in Singapore, misinformation remains a point of concern.

Renowned psychiatrist **Dr Ang Yong Guan** presented an overview of the condition, including the symptoms and available treatments. He was joined on the panel segment by caregiver **Cityruth Cocoanna Christian**, and person-in-recovery **Michelle Lai**. One of the participants, Lena Koh, said: "Not only did I benefit from Dr Ang's professional expertise, I also gained insight on the struggles of a caregiver and heard from a client's lived experience. Early intervention and treatment can bring hope to both caregivers and their loved ones."



# SCHIZOPHRENIA 101: BREAKING THE MYTHS AND MISCONCEPTIONS

10 November | Thursday | 7-8.30 pm

Including Q&A

What is schizophrenia and how does it affect the way a person thinks, feels and behaves? How can the community support the person living with the condition to function and live his/her life to the fullest? Join psychiatrist Dr Ang Yong Guan, caregiver Cityruth Cocoanna Christian and person in recovery Michelle Lai as they share their perspectives and lived experiences in an engaging panel discussion.



<https://tinyurl.com/schizo-fc>



Online via Zoom

Details will be emailed to all participants by 4 Nov 2022, Friday



**Panellist**  
Dr Ang Yong Guan  
Consultant Psychiatrist



**Panellist**  
Michelle Lai  
Person-in-Recovery

We welcome everyone to join us! For more information:  
[www.cal.org.sg/post/fireside-chat-schizophrenia-101](http://www.cal.org.sg/post/fireside-chat-schizophrenia-101)

Check out our ongoing campaign: Uncovering & Empowering Hidden Heroes

[www.cal.org.sg/hiddenheroes](http://www.cal.org.sg/hiddenheroes)



**Panellist**  
Cocoanna Christian  
Caregiver



**Moderator**  
Nadia Daeng  
Caregiver and Person-in-Recovery



Organised by:  
caregivers alliance

Supported by:  
janssen

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[Watch The Recording Here](#)

## 16th November: Singapore Patient Action Awards (SPAA) 8th Edition

Our heartiest congratulations to champion caregiver **Nadia Daeng** who received the Patient Caregivers Award! Those who have attended our Fireside Chats would be familiar with Nadia, a strong advocate for fellow caregivers and CAL. Her story has been featured across various media platforms, such as CNA where she spoke on her experiences caring for her mum with dementia and sister with mental health struggles. She also shared it during the award ceremony, where she delivered a presentation about "The Importance of a Support Network".



[Watch The Livestream Here](#)

### 23rd November: CAL Year End Dinner

Team CAL wrapped up the year with a little fun and fellowship, gathering for an evening of Spanish fare and merrymaking. It was a great opportunity to catch up with colleagues who we haven't seen due to COVID restrictions, as well as taking time to reflect on our journey with our caregivers through the year. Check out our Year In Review reel on Instagram to relive those precious moments with us: <https://tinyurl.com/2mc59cmv>

We also took the opportunity to express our deepest appreciation to outgoing Chairman Mr Chew Sutat, who has been instrumental to CAL's growth and progress. Under his leadership and guidance, CAL was awarded the Charity Governance Award in 2019 and the President's Volunteerism & Philanthropy Award in 2021. He also leveraged his extensive network of contacts to be a champion fundraiser for the organisation.



### 1st December & 5th December: Transactional Analysis Workshop

CAL staff and volunteers attended an enlightening two-part workshop on Transactional Analysis (TA) at the Executive Counselling and Training Academy (ECTA) premises in December. TA is a method used to analyse our 'transactions' when communicating with others. It requires us to be aware of how we feel, think and behave during our daily interactions. At the lively workshop conducted by CEO and Clinical & Academic Director Jessica Leong, attendees gained deeper insight into themselves and learnt how to improve the quality and effectiveness of their communication.

One of the volunteers, Loretta Song, said, "I have gained much professionally and personally. Thank you for including volunteers in your organisation's skills capability building plans."

CAL Programme Management & Support Manager Kevin Wong also expressed similar sentiments. "The TA course was a very insightful and informative course. I had gained a better understanding of my personal biases, personality quirks and latent behavioural tendencies. With this framework, I can manage my professional interactions more effectively, such as with colleagues and CAL beneficiaries."



### 17th December: Disney in Concert A Magical Celebration 18th December: Upin & Ipin Pin Pin Pom! Musical Theatre

It was a spellbinding wrap up to 2022 for 40 caregivers and their guests with two concerts at the Singapore Indoor Stadium! They reminisced warm memories through "Disney in Concert A Magical Celebration", which featured music from all-time favourite Disney movies. Against the backdrop of original movie clips, four Broadway-calibre singers from the US and a 46-piece orchestra brought the iconic compositions to stage. The family-friendly Malay production "Upin & Ipin Pin Pin Pom! Musical Theatre" transported them to the realm of Kampung Durian Runtuh, where the righteous Upin, Ipin and their friends battled the Wicked Witch as warriors of magic.

We thank Singapore Sports Hub for their generous sponsorship - look forward to more engaging activities from CAL in the new year!



## 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).



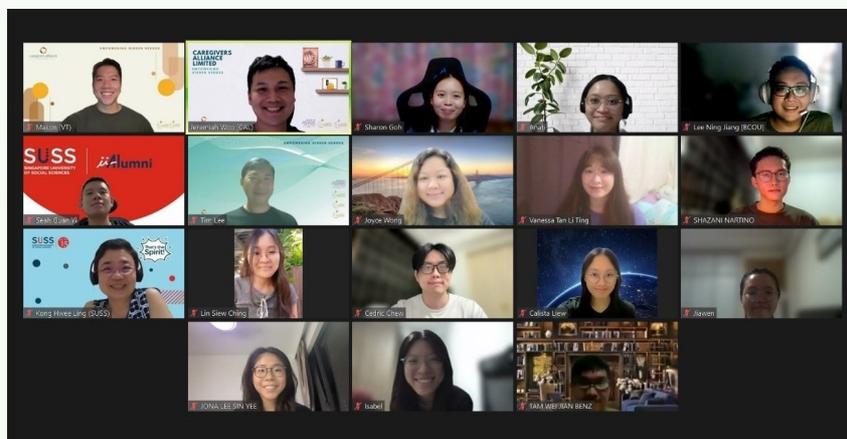
Image of CAL x Braddell Estate Neighbourhood Committee

### CAL also conducted mental health related talks with these other organisations:

- **12th November:** Braddell Estate Neighbourhood Committee: Talk on "Support for Caregivers"
- **28th November:** National Library Board: Open Public Talk on Trauma-Informed Care
- **1st December:** CPF Board - Part of a four session webinar on Mental Health Awareness

## 29th December : CAL x SUSS: C2C-YCG Graduation

Congratulations to our C2C-YCG graduates! Led by Children & Youth Programme Manager Jeremiah Woo, 16 students from the Singapore University of Social Sciences (SUSS) embarked on a journey to learn more about mental health and caregiving. The graduation was graced by Ms Kong Hwee Ling, Specialist from SUSS (Office of Student Life), and CAL CEO Tim Lee. We hope our graduates have gained insight from the programme and encourage them to be advocates for their loved ones and themselves!



## CAL in the Spotlight



7th November:

### **(Lady recovers from hallucinations with mother's care)**

10 iFly Singapore 100 (Caregivers Alliance Limited, CAL) — CAL

As part of their 10th anniversary celebrations, iFly Singapore invited 100 caregivers and staff from Caregivers Alliance Limited (CAL) to experience indoor skydiving. Among those interviewed were Cindy and Valerie, a mother-daughter pair who are caregiver and person-in-recovery respectively. Valerie recovered from schizophrenia after five years, and both thanked CAL for providing them with the knowledge and support they needed. Once volunteer trainers, they are now programme managers at CAL, and continue advocating strongly for mental health caregivers.

[Read More](#)



### **14th November: "Money Mind with Andrea Leong and Stanley Heng"**

Head of Communications Tricia Lee, and Denise Soon, a caregiver to her friend with an eating disorder, appeared on the "Money Mind" radio show on CNA938.

Both shared important statistics regarding mental health and caregiving, as well as the message of CAL's ongoing "Uncovering & Empowering Hidden Heroes" campaign – caregivers understanding and identifying with their role, the particular challenges when it comes to mental health caregiving. Denise also spoke of her experience caring for her friend and how attending Caregivers-to-Caregivers (C2C) helped her provide better support.



### **28th November: More caregivers of people with dementia sign up for training**

CAL's fully-funded Caregivers-to-Caregivers Training Programme Dementia (C2C-Dem) was highlighted as a resource that caregivers for persons with dementia can turn to. From its launch in 2019, the signups have increased more than threefold – 178 to 636 last year. According to Head of Communications Tricia Lee, with increased awareness of dementia and the demands of caregiving, more caregivers are coming forward to seek training and mental health support.

Imran Nizamullah Wee, a caregiver for his mother with moderate dementia, shared his caregiving challenges and his experience attending C2C-Dementia. He stated that besides understanding his mother's behaviour better, connecting with other caregivers provided him with relief: "The empathy for each other is beautiful." Inspired by the support he has received, he is now considering signing up as a volunteer trainer with CAL.

[Read More](#)



## Stories



To herald the end of Year 2022, we will be featuring two caregiver stories from our National Caregiver Month campaign, along with the heartwarming story of Imran, a C2C-Dementia graduate. We hope their experiences will inspire and encourage you as you journey with your loved one.

For more stories from our "Uncovering & Empowering Hidden Heroes" Campaign,

[Visit Here](#)



### **Denise's Story - Caregiver to Friend with eating disorder**

Denise met her friend, Cassie\* (name changed) at the gym. She came to know about Cassie's body dysmorphia and unhealthy relationship with food as their friendship deepened. Although Denise had never supported someone with an eating disorder before, she felt very much for her friend's situation and wanted to be there for her.

Attending CAL's C2C Eating Disorder programme allowed Denise to assess Cassie's needs better and how to respond to situations. They have since developed a firm friendship and learnt about the importance of mental health in their journey together.

[Read the full story here](#)



### **Alex and Yoke Choo's Story - Parents caring for their 17-year-old son diagnosed with anxiety disorder and selective mutism**

Back in 2021, Alex and Yoke Choo's son, Brandon\* (name changed) was going through a tough period. Observing his withdrawal and change in behaviour, the couple brought Brandon to a psychiatrist where he was subsequently diagnosed. Yoke Choo decided to resign from her job as a Director in an IT organisation to care for Brandon's daily needs, while Alex provides emotional support.

The initial part of their journey was a lonely one, but when Brandon refused treatment, Yoke Choo and Alex found a need to open up about their situation. In March 2022, the couple learnt of CAL's C2C PMHI programme and attended it together. They are grateful for the knowledge and support they found in CAL.

[Read the full story here](#)



### **Imran's Story - Caregiver to Mother with Dementia**

Imran is the sole caregiver to his mother, who started exhibiting signs of dementia in 2008. Apart from having to juggle with his mother's change in behaviour, Imran's personal life took several turns as well. He slipped into a dark depression as he felt imprisoned by his circumstances.

Fortunately, he came to the conclusion that he should not struggle alone, so he sought a Family Service Centre for help. While volunteering for a community outreach programme, he came to know of CAL's C2C Dementia. The supportive community he found among fellow

caregivers gave him much comfort and inspiration. He has since shared his story with CAL as well as Club HEAL and Reforming Support Group (RSG).

[Read the full story here](#)



## Social Media Highlights

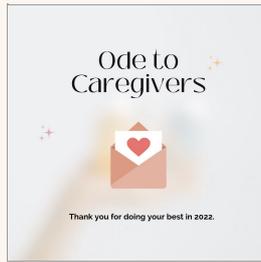


International Men's Day was a reminder that it's just as important to bring awareness to issues affecting men. Read more about it in our post below! CAL staff Kevin Wong has also written two poems to encourage caregivers to look back at 2022 with gratitude, and look forward to 2023 with new hope. Here are some affirmations to all caregivers - that you are doing your best and we are grateful for all that you do. Enjoy reading our social media posts below:



### It's Okay for Men to Seek Help

[View Post](#)



### Ode to Caregivers

[View Post](#)



### Caregivers Creed - Hidden Heroes

[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.



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!](#)



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**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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