



## CAL Newsletter July to August

In the past 2 months we have seen many caregivers calling up CAL staff for emotional support and help due to the ongoing impact of the COVID-19 pandemic. Many have witnessed their loved ones experiencing psychotic relapses, depression and anxiety due to long periods of social isolation and the uncertainties ahead.

The Climb for Mental Wellness (C4MW) campaign is a call for solidarity and support for caregivers of persons with mental health issue (PMHI). Through the virtual climb to Everest Base Camp, we sought to unite CAL's caregivers, the caregiving community at large, advocates and supporters for mental wellness and caregiving, and also CAL's donors, partners and supporters to engage in healthy physical activities regularly during the COVID19 period. Each time they engage in those activities, we hope their mind will be directed towards a higher purpose - to unite in solidarity and support for long-suffering caregivers of persons with mental health issues.

Over 6 weeks from 6 June to 18 July, 1956 participants collectively climbed 227,829,050 steps and raised a total of \$287,990. Frankly, we were not confident about the fundraising goal of raising \$250,000 within such a short period. During these challenging times, many people have lost jobs or are facing job uncertainties and many companies are struggling. Indeed, many of our regular donors did not respond to our call for donation. However, we were thankful to four organisations who strongly supported our cause - T-Touch, BinjaiTree, Nehemiah Foundation and Tan Chin Tuan Foundation. Now that we have crossed \$250,000, we are looking forward to a matching top-up of \$250,000 from the Tote Board's Enhanced Fundraising Scheme.

Read more from the report on our Climb for Mental Wellness campaign [here](#). We are very thankful to all the participants and donors who have helped make the campaign a great success. There are two teams who shared their reflection on the campaign - click [here](#) to read about how #YOLO2020 Team CAL and Team Around the World helped to scale new heights to support mental awareness.

In the last 2 months, CAL has also developed new programmes in support of caregivers

- Caregivers-to-Caregivers training for Young Caregivers (C2C-YCG) in collaboration with Youth Corp Singapore
- Trauma Informed Care Awareness Talk - 1 hour and
- Trauma Informed Care Workshop (4 hours) for Parents and Caregivers).

COVID19 caused us to move our signature C2C 12 weeks training online and we are delighted that many caregivers have benefited from it. We have more than 10 graduation classes since June 2020. If you have a friend, a relative or a colleague who might be caring for someone with a mental health condition, please share with them about CAL and our C2C classes, click [here](#) to view our C2C class schedule.

Caregivers Alliance Limited  
August 2020

## Register for our upcoming classes



### September to October C2C Class Schedule

Join our C2C online training programme now to understand your loved one's condition better, and learn to become a more resilient caregiver!

[Register >](#)



### C2C Training Programme for Young Caregivers

Are you a young caregiver (caring for a friend or family member with a mental health condition)? Or interested in becoming a peer caregiver? Join us on our upcoming training programme.

[Register >](#)



### Trauma Informed Care Awareness Talk (1 hour)

This introductory talk explores what a shared understanding of trauma entails, its prevalence in Singapore, and how trauma can be caused by an event like the COVID-19 pandemic. Participants also learn how to identify trauma in children and youths caused by adverse childhood experience (ACE).

[Register >](#)

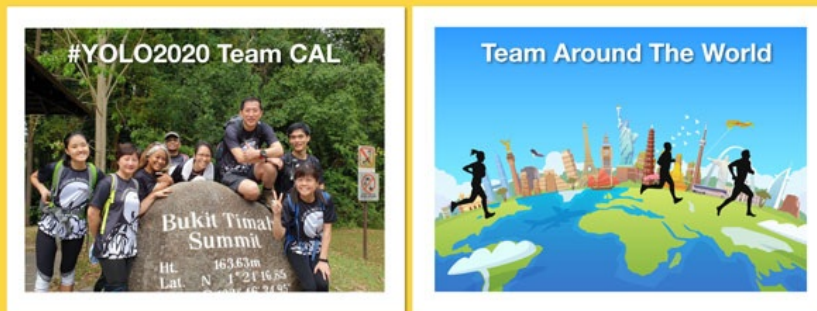
### Trauma Informed Care Workshop for Parents and Caregivers (4 hours)

This workshop helps parents and caregivers how to integrate trauma informed care into their interactions with children and youths, as we help you understand

1. What trauma entails
2. Trauma informed approaches
3. Implementation of trauma informed care; and
4. Healing and recovery

[Register >](#)

## More CAL Updates



### Scaling New Heights for Mental Wellness

#YOLO2020 Team CAL taught us how resilience and courage can overcome any challenges and Team Around The World showed us that distance was no barrier for raising awareness for the cause of mental health. Read about how the two teams journeyed through the Climb for Mental Wellness campaign.

[Read more >](#)



### A short film about caregivers, titled 'Dear Mum'

The story 'Dear Mum', follows Eve, an untrained and unready daughter who tries to look after her mother. With the help of Caregivers Alliance, she equips herself with knowledge and tries her best to look after her mum but slips through the cracks when she forgets to take care of herself above all else. This film is produced by @LureProduction\_, students from Republic Polytechnic.

[Watch Video >](#)



## 5 Good Habits of Happy People

Often, people blame their circumstances, situations out of their control or others for their own unhappiness. But the truth is, we are responsible for our own happiness.

[Read more >](#)



## Support Us

Help us to support families and caregivers of persons with mental health issues by making a donation.

[Donate >](#)



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