



## CAL e-Newsletter January – February 2020

Dear Readers,

With the start of a new year, we are glad to share that there are many exciting plans coming up to meet the needs of caregivers. Look forward to what's ahead by checking our website, or view our handy [events calendar](#).

The recent coronavirus outbreak has led to many organisations in Singapore adopting precautionary measures. At CAL, we too have implemented a business continuity plan to enable staff to continue operating in the current situation, as well as temporary measures for our programmes and services. These measures aim to ensure the safety and welfare of caregivers, while allowing them to continue benefiting from emotional support, information and referral services that we provide. Read more about the action that we have taken below.

Despite many events cancelled or postponed in recent weeks, it is still all clear for the #YOLO2020 CAL team that will be trekking to Everest Base Camp in May 2020. Scaling a mountain is an apt representation of being a caregiver to a loved one, with many highs and lows. As the team intends to conquer the trek as a tribute to all caregivers and their loved ones, they have been continuing to train hard as their flag off approaches.

Please support their efforts, and make a donation to enable CAL to continue providing our services at no cost to caregivers: [https://www.giving.sg/campaigns/cal\\_team\\_for\\_yolo2020](https://www.giving.sg/campaigns/cal_team_for_yolo2020)

The second run of the Amberletter campaign successfully concluded this month. If you have followed the campaign, thanks for your support! While the festive season is now over, you can continue to view the campaign [here](#), and it's not too late to *amberletter* someone today. In this time of uncertainty, have you remembered to look out for those around you in need?

Caregivers Alliance Limited

28 February 2020



Join C2C



Volunteer



Contact

## CAREGIVER STORIES



### **The Secret to Happiness: A Helping Hand**

Zalifah joined CAL as a staff in mid-2019, but her link with the organisation goes back to 2016 when she first attended C2C. Read her story to learn how mental health impacted her, what made her seek help as a caregiver, and her views on volunteering.

Zalifah also features as the narrator of a video, [CAL Happenings: A Look Back on 2019](#). Watch the video [here](#), and help us grow our YouTube channel by clicking on the 'subscribe' button!

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## NEWS AND ANNOUNCEMENTS



### **Updates from CAL in response to novel coronavirus (COVID-19)**

CAL is taking precautions to protect caregivers and the wider community in light of the COVID-19 outbreak. Read CAL's announcement on 11 February 2020 to find out the measures implemented with regards to C2C classes, outreach activities, and more.

[Read More](#)



## **Bringing Festive Cheer to Caregivers, Partners and Friends**

In December 2019, staff from CAL who were keen to bring joy and festive cheer to listeners performed live at both Deutsche Bank's Christmas Charity Bazaar on 6 December and at CAL's Charity Lunch on 7 December. Have a look back on the year-end period last year with our feature story on CAL's special music performance.

[Read More](#)



## **Discrimination against job-seekers with mental health conditions lessened through advocacy**

In January 2020, TAFEP advised employers to stop making job applicants declare whether they have had a mental health condition. Caregivers and their loved ones alike will be pleased with this move, as it is a step towards reducing mental health stigma in the workplace.

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## **UPCOMING EVENTS**

### **Mental Health Caregivers Flea Market 2020**

Some planned events and engagement activities for caregivers have been postponed due to the coronavirus situation (see above). The Flea Market 2020, which was originally to be held in February 2020, has been postponed as well until further



notice. However, do keep an eye out for fresh updates on the Flea Market! You can find details and more on our website.

[Read More](#)

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



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