



CAL Newsletter September to October

In the past months, CAL has been working on reaching out to the youths, as many young people in Singapore are caregivers or caregivers-to-be who need support as well. We have found that these youths have needs that may require programmes specially curated for them to be more effective. Read more about our C2C Training Programme for Young Caregivers [here](#).

We have launched the new Trauma Informed Care programmes in September. The Trauma Informed Care Awareness Talk is a 1-hour introductory talk on understanding Trauma, and its causes. Parents and Caregivers will learn how to identify trauma in children and youths caused by adverse childhood experiences (ACE). Register for our Trauma Informed Care Awareness Talk [here](#).

The Trauma Informed Care workshop for Parents and Caregivers is a 4-hour workshop that is conducted over two sessions across two days. Parents and Caregivers will learn and apply more in-depth knowledge and skills of Trauma Informed Care into their interactions with children and youths. You can register for our Trauma Informed Care Workshop for Parents and Caregivers [here](#).

Video collaboration with Republic Polytechnic, WTS, The Hidden Good and Our Better World

CAL supported students from Republic Polytechnic to produce [videos](#) that portrayed the challenges and struggles faced by caregivers.

WTS Community and The Hidden Good produced two videos. "[Caregiving During Covid-19](#)" features two caregivers and how COVID19 impacted their caregiving work. "[A Caregiver's Journey | Alison's Story](#)", is about Alison who cares for her elderly mother with dementia and her tips on preventing caregiver burnout.

In collaboration with Our Better World, 4 of our caregivers openly share their struggles and challenges. Check out the powerful and moving sharing [here](#). For the first time CAL contributed to the production of an interactive video. "[A Quiet Ripple](#)" by Our Better World is a multi-plot interactive story of a father's journey in coping with the aftermath of his son's failed suicide attempt.

Media Coverage

10 October was World Mental Health Day and CAL had the opportunity to be featured in various media. Check out the coverage [here](#). CAL stands firm in standing with our caregivers and supporting them in their caregiver journeys.

Methodist Welfare Services Financial Assistance

Covid-19 brings much disruption to the lives of Singaporeans, not only mentally but also their livelihood. For caregivers, it was a much welcome news when Methodist Welfare Services (MWS) reached out to CAL to bless financial assistance to eligible caregivers that are affected by the pandemic. Through its fundraising campaign in celebration of the 135th anniversary of The Methodist Church in Singapore, 12 CAL caregivers were awarded the financial assistance.

Reconnecting with Caregivers Project

In CAL, we are committed to our caregivers regardless where they are in their caregiving journey. We want our caregivers to know that CAL will always be here for them. Thus, since mid-September, CAL has embarked to reconnect with our caregivers who are no longer active in any support group and offer them an opportunity to join a new group. Through this project, we hope to find out how our caregivers are coping in their caregiving journey, especially during this Covid-19 pandemic. During the session, we offer emotional support and provide some information and referral as well.

Caregivers Alliance Limited
October 2020

Register for our upcoming classes



C2C Training Programme

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 Education 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. (Age criteria: 15 to 25 years old)

[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)

Join us for our Trauma Informed Care (TIC) Workshop for Parents and Caregivers on 21 Nov or 12 Dec. Through this complimentary workshop, you will learn how to integrate trauma informed care into your interactions with children and youths.

The following topics will be covered during the workshop:

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

[Register >](#)

CAL Updates



Stronger Than Before: Caregiver Sheds Mental Health Stigma To Better Support Sister

Jared Goh, Head of Operations and Partnership with CAL, shares with AIC about his caregiving journey and how CAL's Caregivers-to-Caregivers (C2C) training programme has helped him find joy in caregiving.

[Read More >](#)



HEALTH MATTERS

The mental well-being of caregivers



Jared Goh
Head, Operations and Partnerships
Caregivers Alliance Limited

LIFE&STYLE

2pm-5pm

With
Daniel Martin
#CNA938



CNA938 Health Matters: The Mental Well-being of Caregivers

Caregiving is definitely not for the faint-hearted. It's often a long-drawn journey. How do you preserve your own well-being and sanity while caring for your loved ones who are ill? Listen the radio interview with Jared Goh, Head of Operations and Partnership with CAL.

[Listen to podcast >](#)



Compassion Fatigue: A mental health caregiver's story

In collaboration with Our Better World, we invited 4 caregivers to share their struggles and challenges in their caregiving journey. Hear their powerful and moving sharing here.

[Find Out More >](#)



Caregiving During Covid-19

What would it be like if you had to take care of someone during COVID-19? Join us to hear from two caregivers about their caregiving journeys and how COVID19 impacted their caregiving work.

This video is produced by WTS Community and The Hidden Good

[Watch video >](#)



A Caregiver's Journey | Alison's Story

Did you know that the number of persons with dementia is expected to go beyond 100,000 by 2030? In this video, we hear a story about Alison's caregiving work as she cares for her elderly mother with dementia ♥ and her tips on preventing caregiver burnout.

This video is produced by WTS Community and The Hidden Good

[Watch video >](#)



Video Collaboration between CAL & School of Technology for the Arts, Republic Polytechnic

Earlier this year, CAL collaborated with Republic Polytechnic for its students' final year project. CAL is happy to come onboard because this is one of the avenues for us to outreach and share about mental illness and caregiving to the youths.

[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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