



CAL Newsletter January to February 2021

As we enter 2021, we are excited to share our upcoming plans to raise more awareness for mental health and meet the needs of caregivers in Singapore. Stay tuned on our [social media](#) for our first campaign of the year, which will launch on 5 April. Called "Walk for Mental Wellness", the campaign will feature a panel of Mental Wellness Champions who will walk to raise funds and awareness for mental health in the community at large, more pertinent than ever in these challenging times.

The third run of our Amberletter campaign concluded in February, and if you have been following the campaign, a big thank you for your support. We hope the campaign encouraged you to check in with friends, family, colleagues or anyone who may have been feeling down or lonely. It's a great reminder to look out for those around us and check in on how they're doing. Follow us at @Amberlettersg to stay updated on this annual campaign: [Instagram](#) and [Facebook](#).

Caregivers Alliance Limited
February 2021

Register for our upcoming classes

An illustration of a human head in profile with a white cross on the forehead. Surrounding the head are five circular icons: a first aid kit, a brain with neural connections, a smartphone, a person with a speech bubble, and a person with a gear.

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 >](#)

An illustration of two people, a woman and a man, standing on a white circular platform. They are holding large blue puzzle pieces that form a human head profile. The background is a light blue gradient.

the class schedule is confirmed.
(Age criteria: 15 to 25 years old)

[Register >](#)



C2C Training Programme - Dementia

Join our Dementia C2C Training Programme. Caregivers of Persons with Dementia are welcome to register for this 8-session training programme.

[Register >](#)



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

Sign up for our Trauma Informed Care (TIC) Workshop for Parents and Caregivers, and learn how to integrate trauma informed care into your interactions with children and youths.

[Register >](#)

CAL Updates



Fireside Chat: On Resilience and Being A Survivor

With its endless challenges and uncertainties, the Caregiving journey is not unlike trying to reach the North Pole on skis.

Join us for our very first **Fireside Chat**, where our Head of Operations and Programmes, Eirliani Abdul Rahman will share her experience of battling bone-chilling temperatures and gale force winds in the wilderness in her attempt to be the first Singaporean to ski the last degree to the North Pole. Be engaged and inspired by her story of survival in the face of adversity and how she recovered from the disturbing setbacks in her early life.

This is part of CAL's engagement to empowerment (E2E) programme in which we seek to Engage more, Equip more and Empower more, helping caregivers to achieve a higher level of well-being and resilience.

[Register Now >](#)



Upcoming Campaign "Walk for Mental Wellness"

Look out for our upcoming campaign, launching on 5 April! Walk for Mental Wellness (W4MW) is a fundraising campaign to raise funds for Caregivers Alliance Limited (CAL). Tapping on the [Tote Board's Enhanced Fund-Raising Programme](#), we aim to raise \$250,000, for dollar-to-dollar matching from the Government, capped at \$250,000.

Apart from fundraising, we hope to raise greater public awareness about mental health and CAL's role in helping and supporting Caregivers of Persons with Mental Health Issues (PMHI).

The campaign aims to bring together mental wellness champions and advocates who have a strong network of friends, followers and supporters. Through these champions, we hope to draw attention to mental health and enable the public to have greater empathy for caregivers and persons who are suffering from mental illnesses, and to support the de-stigmatisation of mental illnesses.

Based on the idea of "You Donate, We Walk", the campaign encourages donors to channel their donations to the Mental Wellness (MW) Champion of their choice. Every \$100 raised will translate to 1 KM of walking or running and the MW Champion will have to cover the equivalent distance (in KM) to match the donation amount under his/her/their fundraising "account". They are given 4 weeks to complete their walk/run (17 April to 16 May).

We will also be running a social media campaign to allow everyone to participate. Please lend us your support!

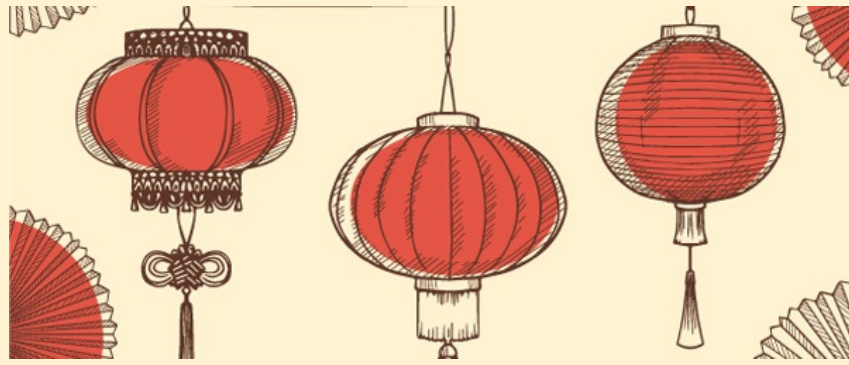
Relax Creatively with Pastel Nagomi Art

和谐粉彩艺术作坊

Relax Creatively with Pastel Nagomi Art

On 26 February, 13 caregivers participated in the Relax Creatively with Pastel Nagomi Art engagement activity facilitated by our Outreach Manager (Community), Kathleen Chia. Pastel Nagomi Art is a Japanese healing art using pastels and fingers with simple but unique techniques to create a warm and gentle piece of artwork. Do look out for the next run of Relax Creatively with Pastel Nagomi Art engagement activity in April 2021.

[Read More >](#)



Lunar New Year Lantern Making Volunteer Engagement Activity

CAL organized an engagement activity, specifically for volunteers, during the Lunar New Year season for them to come together to celebrate the festive season through the lantern making activity. The volunteers enjoyed the lantern making session and appreciated the time to catch-up with one another especially in the current pandemic.

[Read More >](#)



A Daughter's Hero

Caregiver Gabriel shares with us his caregiving journey caring for his daughter. "Mental illness is highly stigmatised, and people seldom engage in discussion, he said. He believes it is important that people acknowledge and are aware of how they can help their loved ones recover."

[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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