



CAL Newsletter 2021 Issue #02

On 5 April 2021, CAL launched the [Walk for Mental Wellness Campaign](#), it's very first fundraising campaign of the year. The campaign features [18 Mental Wellness Champions](#) including Speaker of Parliament Mr Tan Chuan-Jin, former Nominated MP Ms Anthea Ong, MP of Bukit Batok Mr Murali Pillai, Actor, Presenter and Artistic Director Mr Adrian Pang as well as National Athlete Constance Lien.

Through the campaign, CAL has shone the spotlight on Mental Wellness Champions and their achievements in the mental health space. We are also raising funds for a dollar-to-dollar matching from the government, and hope to raise greater awareness about mental health and caregiving.

The campaign ends 16 May, but [donation channels](#) are open till 30 June 2021. A big thank you to those of you who have contributed – your donations allow us to reach out to even more caregivers in need.

Caregivers Alliance Limited
May 2021

Champions in Action



Through the Walk for Mental Wellness (W4MW) campaign, many like-minded individuals and teams have come together for a common cause - to raise awareness for mental health and caregiving.



#TeamCALBOD

Team CAL Board of Directors kicking off the campaign with a trek



#TeamCALStaff

Team CAL Staff took the opportunity to walk with caregivers



#TeamSUGARClub

Ms Betty Teo (far right), Founder of SUGAR Club, with her group of power walking ladies



#TeamIMH

Dr Lee Cheng (left) of IMH with his family at the old Bukit Timah Railway Station

#TeamNCSS

Team NCSS out on an urban trail around Clarke Quay

#TeamAIC

Mr Tan Kwang Cheak (far right), CEO of AIC posing with his team



#AhMuCanRun

Mr Murali Pillai, MP of Bukit Batok SMC, out on a walk around Marina Bay

#TanWengMooi

Dr Tan Weng Mooi (second from left) with her Team along the Rail Corridor Trail

#TeamDeutscheBank

Akash (left) from Team Deutsche Bank posing with his team against the Singapore skyline



#AntheaOng

Ms Anthea Ong, former Nominated MP, clocking her distance for the campaign

#DawnwalkersforCAL

Ms Elaine Teo (far left) leading her team of Dawnwalkers on their morning walk

#PawsForMental Wellness

Mr Shammugam and his retired K-9 dog, Milly joined CAL's BOD for a walk at Botanic Gardens



Heart-Shaped Route ❤

On 27 March, Team CAL Staff came together for a safe-distanced Staff Walk around Fort Canning Park.

The organising team took the opportunity to plan an Amazing Race-style activity around an adorable heart-shaped route.

[View Post >](#)

CAL in the Spotlight

Straits Times

The New Paper

Mental wellness an important issue amid Covid-19 pandemic: Shanmugam



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the newpaper

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Championing the mental health cause

Walk for Mental Wellness fund-raising campaign highlights challenges faced by patients, caregivers

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Mr Shanmugam, Minister for Health, accompanied by his dog Milly during a short walk at the Botanic Gardens on May 1, 2021. (PHOTO: CAREGIVERS ALLIANCE LIMITED)

Photo: Caregivers Alliance Limited

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Caregivers Alliance launches mental health awareness campaign

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Caregivers Alliance launches mental health awareness campaign

SINGAPORE

CAREGIVERS Alliance Limited (CAL) is a non-profit organisation, has launched a fundraising campaign to raise awareness about mental health and to highlight the challenges of caring for people with mental health issues.

The campaign, launched on Monday and called "Walk for Mental Wellness", taps on the Total Board's Enhanced Fundraising Programme and aims to raise at least \$100,000 via a dollar matching from the government.

The initiative involves several prominent personalities in Singapore as mental wellness advocates.

They include Speaker of Parliament Tan Chuan-Jin, member of parliament Musali Hill, ex-nominated MP Azariah Ong, Khoo Teck Puat Hospital CEO Chua Hong Choon and CAL co-founder and former Singapore Exchange chief Hoong-Sy Hui.

BREAKING NEWS

12:30 PM New Zealand trials world's first COVID-19 vaccine under

12:15 PM Ardern, New Zealand prime minister, says she will speak of strong CT

11:15 AM Japan ruling party official says he will not stand in next election

11:00 AM Philippines' president to meet US president on new voting system

11:00 AM Asia Markets mixed as traders struggle to build on

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The Wellness Insider



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The Business Times

THE BUSINESS TIMES

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CAL Updates

Online Fireside Chat:
Partners on the Path: Caregiver Resilience

Date: 19 May 2021, Wednesday
Time: 7:00pm – 8:30pm

Speaker: Dr Rinkoo Ghosh

Fireside Chat - Partners on the Path: Caregiver Resilience

Join us for our second Fireside Chat with Dr Rinkoo Ghosh, Facilitator/ Trainer/ Consultant with The Resilience Institute (South East Asia). She will share why resilience and self-care are crucial to caregivers' well-being.

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.

Details

Date: 19 May 2021, Wednesday

Time: 7:00pm – 8:30pm, including Q&A session

Venue: Online via Zoom. Details will be emailed to all participants.

[Register Now >](#)



Empowered with the Right Knowledge to Provide the Best Care

Shufen, 37 years old, was diagnosed with schizophrenia in 2005. Through treatment and support from her family, she has been able to overcome the auditory and visual hallucinations, and is currently on a SG United Programme for a Diploma in Digital Programme. Apart from occasional mild symptoms, Shufen says she can now cope with daily life and remains optimistic about her rehabilitation process.

[Read More >](#)

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? 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)

[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.

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

[Register >](#)

children and youths.

[Register >](#)



Support Us

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

[Donate >](#)

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