



CAL Newsletter 2021 Issue #03

The impact of the covid-19 global pandemic has raised awareness about the importance of mental health and opened doors to difficult but necessary conversations surrounding the topic. With more awareness, CAL has seen a steady increase in demand for our signature C2C Programmes. In May and June 2021, a total of 303 caregiver participants across 20 classes successfully completed the C2C-Dementia, C2C-PMHI, and C2C-PCG programmes.

Furthermore, we have also witnessed a shift in C2C participation as more caregivers are attending the programmes as a family unit. This is very encouraging, as the burden of caregiving should never be borne by a single person. With adequate knowledge and support, caregivers themselves will be less prone to caregiver burnout and even less at risk of developing mental health conditions themselves.

Know of someone who is a caregiver? Do encourage them to seek help and support by signing up for our C2C programmes.

Caregivers Alliance Limited
June 2021

Recent Events



Final Update: W4MW Campaign 2021

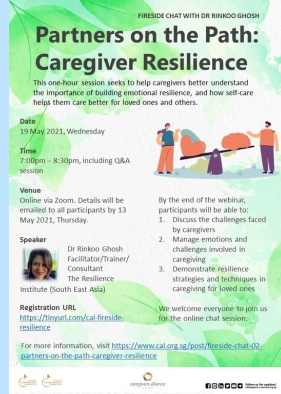
16 May 2021 marked the end of CAL's Walk for Mental Wellness (W4MW) Campaign!

Thank you to everyone who made this campaign a FUN and SUCCESSFUL one! Your contributions will allow us to reach out to even more caregivers in need, and we are deeply grateful. ♥

[Read Campaign Summary >](#)

CAL Fireside Chat #02: Partners on the Path: Caregiver Resilience

On 19 May 2021, as part of CAL's engagement to



empowerment (E2E) programme, 89 participants attended CAL's second instalment of the Fireside Chat series.

Dr Rinkoo Ghosh of The Resilience Institute (South East Asia) emphasized the importance of caregivers building emotional resilience, in order to better care for their loved ones.
Read More >

Read More >

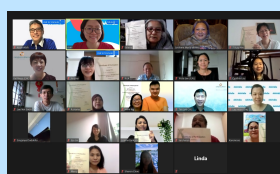
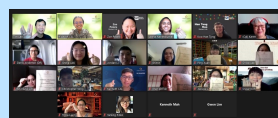
CAL C2C-YCG: A Collaboration with SIT

On 22 May 2021, 13 participants from Singapore Institute of Technology (SIT) graduated from the C2C-Young Caregivers Programme. This 8-week programme equips youths with the knowledge and skills to cope with the demands of caring for a family member, relative, or friend with mental health concerns.

Zoe Peters, SIT Director, Student Life, shared during the graduation: "Thank you so much for creating this programme for our SIT students. Caregiving is an extremely important topic that our younger generation must know, especially with the ageing population."

If you are a young caregiver between the age of 15-35 years old, sign up for our C2C-YCG Programme to pick up a valuable life skill.

Register >



CAL C2C-Special Needs: A Collaboration with MINDS

On 29 May 2021, 18 parents to children with special needs graduated from a 7-week programme adapted from a customised programme for Caregivers of Persons with Disability that CAL conducted for SG Enable in 2018. This is the first run with MINDS specifically targeted at parents or caregivers with children aged 7 to 18 years old.

Quoting from a caregiver participant: "I learnt the difference between having sympathy and having empathy, and hearing other people's stories gave me the courage to be resilient."

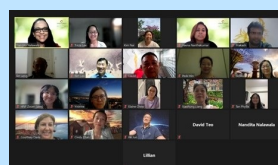
A second programme in collaboration with MINDS for parents and caregivers to children with special needs aged 18 years old and above will complete on 17 July 2021.

*This C2C-Special Needs programme was created in partnership with MINDS, and is not a regular CAL programme.

CAL C2C-PMHI Eating Disorder: A Collaboration with KKH

On 17 June, the C2C-PMHI Eating Disorder pilot cohort of 15 caregivers graduated after completing 11 lessons.

Eating disorders are on the rise and the C2C Eating Disorder programme offers timely and relevant awareness around these complex mental



health conditions.

The pilot was the first collaborative project between CAL and KK Women's and Children Hospital.

CAL adapted content for the programme with the help of physicians, psychologists and specialist nurses from the KKH Eating Disorder Team.

[Read More >](#)



Collaboration with ECTA

On 15 and 30 June 2021, a total of 27 staff and 31 volunteers attended a 1-day programme by ECTA (Executive Counselling and Training Academy), as part of CAL's effort to engage our caregivers and to encourage staff development

As part of the collaboration, Dr Jessica Leong, CEO of ECTA offered the WSQ 1-day programme free of charge to CAL and CAL volunteers.


ECTA is providing complimentary counselling for caregivers who have attended our C2C programmes as well as their loved ones. Interested parties can contact yinfeng@cal.org.sg

[Read More >](#)


Upcoming Events

Fireside Chat with Mr Jackie Tay


An Overview of Wellness Recovery Action Planning® (WRAP®)




22 July 2021
Thursday




Online via zoom
Details will be emailed to participants by 16 July 2021, Friday



7pm - 8.30pm
Including Q&A



Mr Jackie Tay
Executive Director
PSALT Care Limited



Fireside Chat #03: An Overview of Wellness Recovery Action Planning® (WRAP®)

Join us for our third Fireside Chat with Mr Jackie Tay, Executive Director, PSALT Care Limited. He will share how caregivers can apply the principles of Wellness Recovery Action Planning® (WRAP®) to better support their loved ones in their recovery journeys. WRAP® is applicable to anyone who wants to address all types of physical and mental health, and life issues one is going through in 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 by 19 July >](#)

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.

[Register >](#)

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

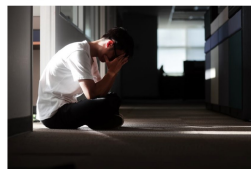
Sign up for our Trauma Informed Care (TIC) Workshop for Parents and Caregivers, and learn how to integrate trauma informed care into your interactions with children and youths.

[Register >](#)

CAL in the News

ST Article

Care groups see spike in mental health crises in Singapore amid heightened alert curbs



The spread of severe respiratory path infections came into effect made the situation difficult for many people in the...

Yahoo News

Staying sane in S'pore: The impact of coronavirus on mental health



PHOTO: SHUTTERSTOCK

ST Opinion

Creating a caring kampung: Rethink how to care and support caregivers

Take care not to regard caregiving as a form of labour that can be exchanged for services as this diminishes the moral aspects of giving care.

Jennifer Ang, Caroline Lim and Millie So For The Straits Times

[Read more >](#)



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

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