



Season's greetings from all of us at CAL!

It has been a spectacular year, and we are honoured to end off 2019 having been awarded the prestigious Charity Governance Award 2019 (Medium Charities category) by the Charity Council. The award recognises charities that have adopted the highest standards of governance, in line with the Code of Governance for Charities & IPCs. For CAL, this achievement reflects our focus on people, in the way we serve caregivers through dedicated Board members, staff and volunteers. A big thank you to all who have made a difference. Read more about the award and what it means for us below.

Some key events in 2019 include the [CAL-TENG Charity Concert](#), [Caregivers Connect 2019](#) and [CAL Charity Lunch 2019](#). You can look forward to more such exciting events in 2020. In the meanwhile, take part in the next round of Amberletter, a campaign during the festive season that calls on everyone to be caregivers to those around them. This year, we have a new tagline for Amberletter: "It's on us to check in. Amberletter someone today!" We welcome you to contribute your caregiving tips or personal stories, and to share how little acts of kindness have impacted you. These will be used to encourage others to reach out to those around them. Drop us an email at comms@cal.org.sg with your inputs, or simply contact us through the Amberletter [Facebook](#) or [Instagram](#)!

Enjoying the cooler weather this season? Spare a thought to the #YOLO2020 team that will be braving much colder temperatures next year as they climb to Everest Base Camp to raise funds for CAL. Support them by [following us on Facebook](#) to get the latest updates, and you can donate to the campaign at the [#YOLO2020 donation page](#).

Caregivers Alliance Limited
30 December 2019

Join us:



CAREGIVER STORIES



Love Weathers Through

From childhood sibling fights to dealing with mental health issues, Christine's relationship with her brother has weathered through many challenges. With love and patience, their sibling bond has become stronger over the years. Read on to find out how her family supported her brother through his struggle with bipolar disorder, and how the whole experience made them closer as family ... [\[read more\]](#)

NEWS AND ANNOUNCEMENTS



Winner of the Charity Governance and Transparency Awards

CAL was awarded the Charity Governance Award 2019 (Medium Charities category) by the Charity Council. Also awarded to CAL was the Charity Transparency Award for transparency and good disclosure practices. We are honoured to have received these awards in recognition of having the highest standards of governance. Read on to find out what good governance means to CAL ... [\[read more\]](#)



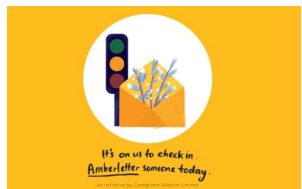
Charity Lunch 2019: Recognising the Value of Caregivers

CAL's annual charity lunch was held this year on 7 December 2019. It celebrated the dedication of caregivers and the journey they have been through with the theme of "Journeying Together". Charity Lunch 2019 also called attention to caregiver volunteers for their role in supporting CAL. Six distinguished volunteers were recognised at the event ... [\[read more\]](#)



#YOLO2020, One Year On

On 28 November 2018, #YOLO2020 was officially launched. Last month, on the one-year anniversary of the launch, we did an update on all that has been going on for the campaign. Read on to find out more about the #YOLO2020 story, what the team has been doing in preparation for the climb, and how you can follow the action as it takes place! ... [\[read more\]](#)



It's on us to check in. Amberletter someone today!

In December 2018, CAL launched AmberletterSG, a 12-week awareness campaign on Instagram. The initiative called on all in Singapore to care for those feeling sad and down during the festive season. This year, we bade goodbye to CALBear, and welcomed a new tagline for Amberletter – "It's on us to check in. Amberletter someone today!" ... [\[read more\]](#)

UPCOMING EVENTS



CAL Flea Market 2020

Following on a successful flea market in 2018, we will soon be holding a flea market in early 2020. A chance to pick up some great pre-loved items, this activity will also be a fundraising event for CAL. More details are to come soon, meanwhile, we invite you to keep an eye out for items you might wish to donate for sale at the flea market ... [\[read more\]](#)