



Presenting: Your CAL newsletter, redesigned.

Hi there,

We are looking for ways to connect with you better. To present you with a simpler and cleaner way to see what's going on at CAL, we are introducing a fresh newsletter format and a redesigned website.

Give us your comments please: This newsletter will connect you to our [new website](#), which is on trial and will be **fully implemented in October 2018**. Until then, as one of our valued stakeholders, we invite you to experience our new media format and to share your thoughts with us by email to comms@cal.org.sg.

See the news features below for information on the latest news and events at CAL. We have also enhanced the format for upcoming C2C trainings, so please help us spread the word to caregivers of persons with mental health issues so they can benefit from our free 12-week programme.

As a Chinese physician attending a C2C programme in 2018 commented, "I've a better understanding of bipolar disorder. I can provide more useful information to doctors to find the causes and help find a solution for my son." You may also read "Learning To Love Again" below on how Gwen benefited from her C2C training.

Looking forward to journeying with you,

Caregivers Alliance Limited
31 August 2018

Join us:



Caregiver Stories



Learning To Love Again

Gwen is a caregiver to a mother with dementia and a sister with schizophrenia. After taking care of them for over 30 years, Gwen began to lose sight of why she was looking after them. She would treat them merely as sick persons to be cared for instead of loving them as family members, and would scold them whenever they 'misbehaved'. However, Gwen's relationship with her sister and mother improved dramatically after attending a C2C class ... [\[read more\]](#)

News and Announcements



Flea Market

CAL had a successful flea market at its office at Valley Point on 4 August 2018. Volunteers helped to sell a wide assortment of pre-loved articles including toys, appliances, CDs, bags and more! We are now looking for volunteers to plan our next flea market. If you are interested in getting involved ... [\[read more\]](#)



Happy TV Production

Happy TV, a local Singapore start-up, taps on people's stories to create videos celebrating Singaporean identity and the struggles, challenges and learning experiences of ordinary Singaporeans. CAL is partnering with Happy TV to launch a production featuring caregivers who have benefited from our programmes ... [\[read more\]](#)

Events and Updates



Caregivers Charity Lunch 2018

The Caregivers Charity Lunch 2018 will be held on 29 September 2018, 12 pm at Ban Heng Restaurant (1 Maritime Square, #04-01 HarbourFront Centre, Singapore 099253). The lunch is a platform to raise funds for the benefit of caregivers who support their loved ones ... [\[read more\]](#)



We Care Toolkit Training

To all our Caregivers: Have you ever wished that others understood the challenges you face a little better? Do you wish that you could support caregivers just like yourself? In partnership with the National Council of Social Service (NCSS), the We Care Toolkit Training for caregivers aims to help you do just that ... [\[read more\]](#)