



SEP — OCT 2019

World Mental Health Day & more!

Dear Friends,

It has been an exciting two months. In commemoration of World Mental Health Day on 10 October 2019, there were a series of events and initiatives held in support of mental health over the month of October, including the Together Against Stigma Conference and IMH's Mental Health Carnival 2019. Even though October may be over, the importance of standing together against stigma continues to be relevant. If you know anyone caring for a loved one with a mental health issue, do encourage them to join [our training programmes](#) so that they can benefit.

On 7 September 2019, we held [Caregivers Connect 2019](#), which was a meaningful time for caregivers to connect with community resources and network with each other. But Caregivers Connect 2019 was also the start of a movement. Although more than 230 people were present at Caregivers Connect 2019, it was only a fraction CAL's community of over 4000 caregivers who have graduated from C2C. What is more, we estimate that there are almost half a million caregivers in Singapore that still need help. Due to their caregiving responsibilities, many caregivers are not able to take time off to benefit from our events and programmes even if they strongly desire to. We want to change that.

CAL is hoping to reach out to caregivers who cannot leave their homes. Rather than making them come to us, we seek to train volunteers to go to caregivers' homes to provide support to them. If you wish to be part of this initiative, read more below.

If you cannot contribute your time, consider donating to support this initiative and many others. An excellent opportunity to donate is in support of our upcoming [Charity Lunch 2019](#), centred on the theme of journeying together with caregivers. Do remember that you can still tap on the bicentennial fund during this period, which will double the impact of your donations.

Caregivers Alliance Limited
31 October 2019

Join us:



CAREGIVER STORIES



CAL's Photo Competition

This issue, we invite you to view the winning entries of our photo competition. Each photo reflects a story of caregiving and love. On 3 October 2019, we announced the winners, who had the opportunity to share what their photos mean to them. Read on to find out more!

We would like to thank Ms Wong Yun Chin for her generous support in sponsoring the prizes for the winners of the photo competition. ... [\[read more\]](#)

NEWS AND ANNOUNCEMENTS



Informed, Inspired & Initiated at Caregivers Connect 2019

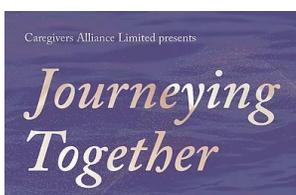
Caregivers Connect 2019 was a resounding success as it managed to meet its aim of having participants **informed** of resources and support services, **inspired** by the powerful stories of caregivers, and **initiated** as volunteers or advocates for meaningful causes. This year's Caregivers Connect has been an event to remember, and we envision next year's Caregiver Connect 2020 to be even more useful and engaging ... [\[read more\]](#)



Call for Volunteers: Befriending, Para-Counselling & more!

We hope to reach out to caregivers who cannot leave their homes. Let us know if you are keen to work with CAL in reaching out to homebound caregivers by befriending them, providing emotional support and possibly imparting to them what you have learnt through the C2C programme. Please indicate your interest! ... [\[read more\]](#)

UPCOMING EVENTS



CAL Charity Lunch 2019: Journeying Together

Embark with us on a voyage this December to share the journey of a community of hidden heroes. Caring for loved ones with mental health issues is not easy, but caregivers give their best efforts every day, and show how there is great worth in selflessness and perseverance. We invite you to join us on 7 December, at Shangri-la to celebrate caregivers and their experiences through sharing sessions, musical tributes and much more ... [\[read more\]](#)

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