



Dear Readers,

This month, we celebrate Singapore's National Day. Apart from acknowledging the nation's achievements, National Day is a time to recognise the individuals who embody the Singapore spirit. To CAL, these are the champions whose lives were affected by mental health, but who did not allow personal challenges to stand in the way of achieving great things. One such example is Bryan Lee, a caregiver who has embarked on a [homegrown business as an artisan soap maker](#).

Come meet Bryan as well as many other caregivers with wonderful stories to tell on 7 September 2019 and be inspired by them. [Caregivers Connect 2019](#) will connect you to other caregivers in the community and bring resources, services, and information together in one place. There will be more than 12 breakout sessions and 14 exhibitors. We urge CAL caregivers to make use of this opportunity to reconnect with your ex-classmates, or to invite caregivers that you know of who might benefit from being plugged in to our community of caregivers. Visit www.cal.org.sg/Caregivers-Connect-2019 to learn more.

We have also finalised the accounts for the joint CAL-TENG Charity Concert 2019 and are delighted to announce that we have raised about \$600,000, which amounts to 20% of our budget for 2019. We are deeply appreciative of the organising committee, led by our Board Director Elaine Teo and supported by Jill Friedman (co-Chair), Karen Fawcett, Bernice Franck, E-len Fu and Shareen Khattar. The team went out of their way to ensure that the concert was a resounding success.

This year, the bicentennial fund will provide dollar-for-dollar matching on donations to CAL of \$50 or more. Donors who contribute above this amount will also be eligible for their donations to be tax-deductible. Do help us continue to reach out to more caregivers through our programmes and services by donating to us. We look forward to your generous support!

Caregivers Alliance Limited
30 August 2019

Join us:



CAREGIVER STORIES



From Fearful Parent to Full-time Counsellor

Evelyn's cheerful smile gives away no hint of the difficulties she faced as a caregiver. Her son was diagnosed with Obsessive-Compulsive Disorder (OCD) when he was 15, and Evelyn stayed home to look after him, making sure that he took his medication and taking care of his daily needs. Stressed and worried for her son, while struggling to bond her family together, Evelyn came down with depression repeatedly ... [\[read more\]](#)

NEWS AND ANNOUNCEMENTS



A Walk in the Park Gives Caregivers a Chance to Bond

On 27 July 2019, CAL held A Walk in the Park at Gardens by the Bay. A fun day out in the sun, the event provided the opportunity for caregivers to step out of their familiar social groups and mix with other caregivers. It also allowed those who had not connected with CAL for a long time to re-engage with the caregiver community ... [\[read more\]](#)



The inaugural TTT course for C2C Dementia concludes successfully

Read about the first TTT course for C2C Dementia, held over four weekly sessions from 3 to 24 July 2019. The inaugural TTT course was an important stepping stone towards a true caregiver-led programme for caregivers of persons with dementia, and many newly-trained volunteers are now ready to support future C2C Dementia programmes as volunteer trainers or support leaders ... [\[read more\]](#)

UPCOMING EVENTS



Caregivers Connect 2019 — Book your tickets today!

Don't miss the landmark event of the year for caregivers! Come for Caregivers Connect 2019 to be informed of resources and support services you can benefit from, inspired with moving stories of fellow caregivers, and initiated to take action for meaningful causes. With sharing sessions, discussions and games, there is something for everyone! ... [\[read more\]](#)