



Dear Friend,

The end of the year is a time to look back and review how things are going. At CAL, we are pleased to announce that this has been a year with many exciting changes and achievements. To date, we have surpassed 3000 caregivers that benefitted from our Caregivers-to-Caregivers Training Programme (C2C) since we began offering classes six years ago. In addition, CAL has been able to offer more than 15 new jobs to caregivers and persons in recovery in the last two years, empowering them with livelihoods so that they can help other caregivers in turn.

We are confident in being able to impact many more lives moving forward. A primary focus that CAL will embark on is engaging and equipping caregivers even after they have graduated from their C2C training, to ensure that they continue to benefit from being connected to the caregiver community. In the last two months, we have seen this initiative kick off with a number of engagement activities for caregivers. These include the [Le Jeu and Anybody Can Dance \(ABCD\) workshops](#), which provided an outlet for caregivers to have fun and relax through dance, and a collaborative event with Chinatown Heritage Centre titled '[Those Were The Days](#)', offering reminiscence therapy and a time to socialise with other caregivers.

Do continue to stay in touch with us by joining an engagement activity or one of our events. You can find out what is upcoming by viewing the highlights below, which will take you to our newly launched website at www.cal.org.sg.

Caregivers Alliance Limited
31 October 2018

Join us:



Caregiver Stories

A Life of Caregiving



Elizabeth Swee, a C2C-trained caregiver, describes her long and challenging caregiving journey. Having cared for four family members, namely her two siblings and both her parents, she has been a caregiver ever since she was young. Although she has had the assistance of two sisters and a helper, the responsibility she faced caused her to leave her full-time job. Read more to find out how she coped, and the lessons that she learnt from her journey. [[read more](#)]

News and Announcements

Singapore Patient Caregiver Award



On 19 October 2018, Ms Nur Hidayah Abidin, a Caregiver Support Specialist at CAL, received the Singapore Patient Caregiver Award at the Singapore Patient Conference 2018. This was in recognition of her self-sacrifice in caring for her older brother, who has been diagnosed with autism spectrum disorder and bipolar disorder. This award reflects Hidayah being a role model and inspiration to other caregivers ... [[read more](#)]

CAL Charity Lunch 2018



CAL held its annual Charity Lunch at Ban Heng Restaurant on 29 September 2018. It was attended by more than 490 guests, most of them caregivers. The Lunch was themed "Journey of Hope", reflecting the lengthy challenges caregivers face and the great impact that they have on persons with mental health issues ... [[read more](#)]

Upcoming Events

Redefining Schizophrenia



Come and learn more about schizophrenia on 3 November 2018 at the National University Hospital (NUH) in an event jointly organised between CAL and NUH. The panel features doctors knowledgeable about psychiatry and experienced dealing with schizophrenia, as well as various caregivers to persons with schizophrenia. You will have a chance to ask questions at the end of the forum ... [[read more](#)]

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