



JAN — FEB 2019

Celebrating Hope

Dear Readers,

This year as we celebrate Singapore's bicentennial, we trace our nation's long 200-year journey of growth from a humble trading outpost to the global metropolis that we now call home. At CAL, we too celebrate a journey of progress as we embark on our eighth year in operation serving the needs of caregivers of persons with mental health issues.

Caregivers are no strangers to long journeys. Persons with mental health issues may take years to recover, and often experience relapses. Since caregivers need ongoing support, CAL's recent focus has been on ensuring that caregivers have avenues to network and receive encouragement in their journeys. For example, we have many engagement activities for caregivers and their loved ones lined up, such as opportunities to visit National Gallery Singapore (see below).

For the past 12 weeks, we have been creating stories of CAL Bear and messages of hope to those feeling down during the festive season on our first Instagram campaign "AmberletterSG". If you have been following us, help us improve this campaign by doing this survey: [AmberletterSG Survey](#) If you have not, it is not too late to Amberletter someone today: www.instagram.com/AmberletterSG

You will also be pleased to know that our Institution of a Public Character (IPC) status has recently been renewed. This means that our donors continue to be able to claim 2.5 times the amount of their donations in tax relief this year.

Caregivers Alliance Limited
27 February 2019

Join us:



CAREGIVER STORIES



Janet Koh: What Care Means To Me

Janet shares about resigning from her full-time job as a secretary when she was 54 to take care of her then 76 year old elderly mother, who had suffered a stroke that year. Her mother was subsequently diagnosed with dementia four years later. Read on to find out Janet's story as a caregiver to her mother and the lessons that she learnt from the experience, as well as what caregiving means to her ... [\[read more\]](#)

NEWS AND ANNOUNCEMENTS



CAL's Partnership with Chinatown Heritage Centre Launches at Bloom

CAL's partnership with Chinatown Heritage Centre was officially launched at 'Bloom' on 26 January 2019. Through a full-day event for caregivers held at the museum, Bloom commemorated the budding of the relationship between CAL and Chinatown Heritage Centre through a collaboration featuring Glacy Soh, a local artist, and final year nursing students from Nanyang Polytechnic (NYP) ... [\[read more\]](#)

UPCOMING EVENTS



Importance of Self-Care: Caregiver Stress and Burnout

Caring for someone with mental health issues can be extremely stressful and draining. Learn how to be a happier and calmer caregiver as our trainers share their knowledge and personal caregiving journeys in this talk (conducted in Mandarin) at the Tai Pei Buddhist Centre, on Sunday, 10 March 2019 from 1 pm - 2.30 pm. Registration is required. ... [\[read more\]](#)



Minimalism Guided Tour: DB Art Bus Programme

Have an interest in art and the minimalist style? We are inviting caregivers to join us for a free guided tour at the Minimalism Exhibition at the National Gallery Singapore on 23 March 2019 (Saturday). Limited slots available! Interested participants please RSVP by 28 February 2019 ... [\[read more\]](#)



Silent Tour at the National Gallery with CAL

Organised by National Gallery Singapore, CAL's caregivers are invited to experience the Silent Tour, where you will be taken through a selection of artworks across a range of different mediums from the *Minimalism: Space. Light. Object.* exhibition. The tour, built upon the principles of mindfulness and contemplation, allows participants to engage in a deeply personal and unique private experience with a curated selection of artworks ... [\[read more\]](#)