



MAR — APR 2019

Listening to Needs

Dear Readers,

We are constantly looking for ways to reach out to caregivers, and are pleased to announce that CAL has launched the very first Community Resource Engagement and Support Team (CREST) team for caregivers under the Agency for Integrated Care (AIC). CREST serves as a basic community safety network for people affected by mental health conditions, and CAL's CREST team will focus on providing support to caregivers through outreach, counselling support and referral services. CAL was officially prepared for its role to reach out to the community through CREST at a training run by AIC on 17 April 2019.

We are also proud to remain active in advocating for the needs of caregivers. Last month, we held a joint fundraising Charity Concert with The TENG Ensemble Ltd named [Mind the Music!](#) at Victoria Concert Hall on 22 March 2019. Graced by President Halimah Yacob, it was a successful event that spread the word of the need to support caregivers and advocate against mental health stigma.

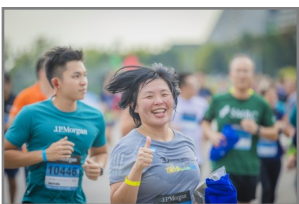
Additionally, one way we hope to meet needs is by supporting caregivers of persons with dementia. Beginning in March, we have rolled out a new C2C Dementia programme which aims to help caregivers understand dementia, learn creative ways of dealing with their loved ones' behaviour, and debunk the myths that lead people to mistake dementia with signs of normal ageing. Know a caregiver to someone with dementia? Do update them so that they can benefit! Visit: www.cal.org.sg/c2c

Caregivers Alliance Limited
30 April 2019

Join us:



CAREGIVER STORIES



Natalie Tan: Life Goes On

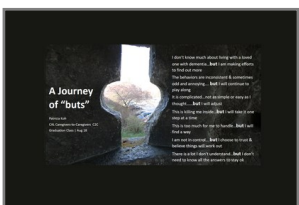
Natalie writes about her deeply emotional and difficult journey in having to pick up the pieces when her mum decided to end her own life. A figure of strength and resilience to her family, Natalie went from being a secondary caregiver to her brother to being the head of the household. She expresses what living life means to her, and what enabled her to keep moving ... [\[read more\]](#)

NEWS AND ANNOUNCEMENTS



Music speaks out for mental health awareness at *Mind the Music!*

The CAL-TENG Charity Concert 2019 - *Mind the Music!* was held at Victoria Theatre on 22 March 2019. It was the first joint fundraising event by Caregivers Alliance Limited (CAL) and The TENG Ensemble Ltd, and tied awareness of mental health together with appreciation for Chinese culture and heritage ... [\[read more\]](#)



CAL Launches New C2C Dementia Classes

Singapore is facing an ageing population. To help families and caregivers of persons with dementia, CAL has begun offering Caregivers-to-Caregivers Training Programmes (C2C) with a specific focus on dementia. These new classes started rolling out in the last week of March, based on pilot testing conducted in 2018.... [\[read more\]](#)

UPCOMING EVENTS



Finger Painting Workshop

Finger painting brings art to a whole new level. Instead of traditional methods of using paintbrushes to colour canvases, finger painting inspires freedom of expression and encourages aspiring artists to use their fingers and hands as the medium of creating art. Come join us at Chinatown Heritage Centre to share the joys of unwinding with other caregivers through art and creativity at our Finger Painting Workshop! ... [\[read more\]](#)