



cwa

Caregiving Welfare Association

newsletter

MAY 2025

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



Support a Senior's Stride



Senior Wellness Carnival

Support a Senior's Stride!

Seniors under the Caregiving Welfare Association are participating in Stride For Care to show their strength, resilience, and spirit. With your gift, you can cheer them on and help fund essential caregiving support, wellness programmes, and home-based services they rely on.

♥ Donate to empower our seniors to stride with pride. Every dollar fuels their journey.



Support Mdm Doreen



Support Mdm Ng



Support Mr Jong



Support Mdm Chin

Hari Raya Celebration



We kicked off April with joyful spirits at our Hari Raya Celebration on 1 April.

10 of our seniors got hands-on making 3D ketupat crafts, followed by a lively round of bingo and a sing-along session. To end the day on a sweet note, they each received a towel gift to bring home.

A big thank you to the passionate volunteers from the Singapore Polytechnic Photography Club for joining us and capturing the smiles and memories.

Are you a senior aged 60 and above? Become a member today for **FREE** and join in the fun at our future events and activities. Unlock a world of enriching experiences tailored for you. For more details and to register, please click [here](#).

Senior Wellness Carnival @ Ulu Pandan CC



On 12 April, we had a wonderful time connecting with the community at the Senior Wellness Carnival at Ulu Pandan CC.

At our booth, we shared about Caregiving Welfare Association's programmes and the many ways we support seniors and their caregivers. Our Community Nurse, Ms Jaelle Koh, also gave an insightful talk on "The Importance of Regular Health Monitoring", equipping attendees with practical tips to stay healthy and independent.

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School Outreach Sessions



Last month, we had the pleasure of engaging with students from Anglo-Chinese Junior College, Jurong-Pioneer Junior College, and National Junior College in a series of outreach sessions.

Through these lively discussions, we shared insights about caregiving—the challenges many seniors and their caregivers face, and how young hearts can make a meaningful difference.

We're always eager to welcome new volunteers who are ready to step up and support our community. A heartfelt thank you to all the students and staff who showed interest and lent their support.

Looking to make an impact? Join us in supporting initiatives that enhance the well-being of our beneficiaries, whether through volunteering, sponsorship, or programme collaboration. Reach out to us today at marketing@cwa.org.sg.



VOLUNTEERS NEEDED

- Events/Roadshows
- Community Engagement
- Festive Celebrations
- Outings & Workshops
- In-centre Activities

For more information and to apply, please click [here](#).



WE ARE HIRING

COMMUNITY CAREGIVERS ISLANDWIDE RECRUITMENT



- **EARN UP TO \$19/HOUR**
- **NO PRIOR EXPERIENCE REQUIRED**
- **FLEXIBLE WORKING HOURS**
- **COMPETITIVE SALARY WITH CPF CONTRIBUTION**

To apply, please click [here](#), call 6466 7996,
or email homecare@cwa.org.sg.

Support CWA's Mission: Donate Today!



At Caregiving Welfare Association, we strive to empower caregivers and enrich the lives of seniors. Each year, we require **\$1,000,000** to support our programmes and services, including operational costs, that assist isolated seniors, seniors in need, and their caregivers. In 2023, our programmes and services reached **1,377 beneficiaries**.

With a **\$45** monthly donation, you enable a caregiver to seek respite and attend one session of our Caregiver Support Group, reducing the risk of caregiver burnout.

With a **\$50** monthly donation, you provide breakfast and groceries to a senior, alleviating their financial burden.

With an **\$80** monthly donation, you provide 2 hours of Home-Based Personal Care (HPC) services for 2 homes, assisting with personal hygiene, meal preparation, companionship, and daily living activities, significantly enhancing their quality of life.

With a **\$450** monthly donation, you fund an art therapy workshop for 10 caregivers, offering them emotional and psychological support in a safe environment.

With a **\$500** monthly donation, you sponsor outdoor social activities for 14 seniors, promoting physical health and social engagement.

With a **\$1,000** monthly donation, you provide a health and wellness programme for 20 seniors, including exercise classes, social activities, enrichment workshops, and health screenings to maintain their physical and emotional well-being.

To support us, you can scan and use the PayNow QR Code on the right via your mobile banking app.

Our Programmes and Services:

Home-based
Personal Care

Caregiver Support
Group

Case Management
& Supportive
Counselling

Provision
Programme



UPCOMING EVENTS

MAY
5

2 PM TO 4 PM

*MoCA Screening for
Research Programme*

MAY
6

2 PM TO 5 PM

Handicraft Session

MAY
8

2 PM TO 4 PM

*MoCA Screening for
Research Programme*

MAY
9

2 PM TO 5 PM

*Seniors Get-together
Session*

MAY
13

2 PM TO 5 PM

Handicraft Session

MAY
13

1 PM TO 5 PM

Haircut Session

MAY
14

3.30 PM TO 5 PM

Painting Workshop

MAY
15

3 PM TO 4.30 PM

*"Art Therapy" Caregiver
Support Group (Chi)*

MAY
16

2 PM TO 5 PM

*Seniors Get-together
Session*

UPCOMING EVENTS

MAY
19

3 PM TO 4 PM

*Medication Management
Health Talk*

MAY
20

2 PM TO 5 PM

*Poppy Clay
Handicraft Session*

MAY
21

3 PM TO 4.30 PM

*"Art Therapy" Caregiver
Support Group (Eng)*

MAY
22

2.30 PM TO 4 PM

*"Mindfulness" Caregiver
Support Group (Bilingual)*

MAY
23

9.30 AM TO 2 PM

GIC Wellness Carnival

MAY
23

2 PM TO 5 PM

*Seniors Get-together
Session*

MAY
26

8.30 AM TO 12 PM

*Fit & Fun
@ Gateway Theatre*

MAY
27

2 PM TO 4 PM

*Poppy Clay
Handicraft Session*

MAY
30

2 PM TO 5 PM

*Seniors Get-together
Session*

DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**