



CWA

Caregiving Welfare Association

newsletter

APRIL 2026

AGEING WELL,
CARING BETTER

22

Years

OF COMPASSIONATE
ENDEAVOUR



FEATURED ARTICLES



**Supporting Caregivers
Through Self-Care**



**Seniors' Birthday
Celebration**

FOR FAMILY CAREGIVERS OF SENIORS



FREE
CAREGIVER
SUPPORT
GROUP

NEXT SESSION
OVERCOMING PRACTICAL
CHALLENGES OF CAREGIVING



THU, 28 MAY



7PM TO 9PM



3 GHIM MOH ROAD,
#01-294

For more information and to register your interest, please click [here](#).

Supporting Caregivers Through Self-Care



Caregivers spend so much time caring for others that they often put their own needs aside. Yet, their well-being matters too.

Through CWA's caregiver self-care programmes, such as Nagomi Art, caregivers are given a safe and supportive space to slow down, express their emotions, and reconnect with themselves.

These moments of pause can make a meaningful difference, helping caregivers build resilience and continue their caregiving journey with renewed strength.

No caregiver should walk this journey alone. Through CareJourney, CWA provides guidance, resources, and a supportive community for caregivers at every step.

Click [here](#) to learn more.

State Of Play 2026



On 31 March, CWA was honoured to be one of the invited charities at the National Volunteer and Philanthropy Centre's (NVPC) State of Play 2026, where we engaged corporates on meaningful volunteering opportunities.

We connected with organisations to share how they can support seniors and their caregivers, from befriending and community activities to skills-based volunteering.

We're encouraged by the strong interest in giving back and look forward to partnering with corporates to create greater impact in the community.

Interested in CSR or volunteering opportunities? Click [here](#) to explore available opportunities and bring meaningful support to seniors and caregivers in your community.

Give to Gain: International Women's Day



On 31 March, CWA was also glad to be part of Give To Gain, an International Women's Day event organised by ACE Singapore.

Through our booth, we connected with corporates and individuals, sharing more about the realities of caregiving and the different ways they can support seniors and their caregivers in the community.

It was heartening to see meaningful conversations sparked around giving back and making a difference.

Interested in CSR or volunteering opportunities? Click [here](#) to explore available opportunities and bring meaningful support to seniors and caregivers in your community.

Seniors' Birthday Celebration



We celebrated the birthdays of our seniors born from January to March with a simple but meaningful gathering filled with cake, laughter, and good company on 9 April, bringing everyone together for an afternoon of joy and connection.

Moments like these create a sense of belonging for our seniors, reminding us that it is often the simplest celebrations that mean the most.

We are grateful to A3 Baker SG for the cake and brownies, and to our volunteers from Last Dance Pte Ltd and The Good Earth School for making the day extra special.

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](#).

DIY Photo Frame Workshop



Our seniors enjoyed a fun and creative afternoon at a DIY photo frame workshop led by student volunteers from Hwa Chong Institution on 10 April.

Using colourful decoden and charms, they designed and decorated their own personalised photo frames, with each piece reflecting their creativity and personality.

The session was filled with laughter, conversation, and meaningful intergenerational connections. We are grateful to the student volunteers for bringing joy and energy to our seniors and for making the day so special.

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Beraya Bersama Punggol Kita



On 11 April, CWA joined the vibrant Hari Raya celebrations at Beraya Bersama Punggol Kita at Punggol 21 Community Club.

Amidst the festive atmosphere, we had the chance to meet residents and introduce how we support seniors and their caregivers in the community. It was a meaningful moment of connection, bringing people together in the spirit of celebration and care.

We are thankful to be part of this joyful occasion and to connect with the Punggol community in such a warm and welcoming setting.

Interested in partnering with CWA for community outreach or caregiving awareness talks? Click [here](#) to explore collaboration opportunities and bring meaningful support to seniors and caregivers in your community.

Fit & Fun @ Gateway Theatre



Fit & Fun is our monthly session that brings seniors together for light-hearted activities, movement, and meaningful social interaction.

For April, our session on 27 April saw our seniors enjoy a lively afternoon with staff from NVPC at Gateway Theatre. From engaging shooting games to a fun round of Bingo, the session was filled with laughter, connection, and shared moments.

A meaningful CSR collaboration, and a day well spent for everyone involved.

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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 **\$1,800,000** to support our programmes and services, including operational costs, that assist isolated seniors, seniors in need, and their caregivers.

With a **\$15** monthly donation, you support a caregiver in their caregiving journey. Every contribution, no matter the size, helps caregivers feel less alone.

With a **\$60** monthly donation, you fund one art therapy session under Journey Back to You, providing caregivers with emotional and psychological support in a safe environment.

With a **\$116** monthly donation, you provide two hours of home-based care services for two homes, assisting with personal hygiene, meal preparation, companionship, and daily living activities.

With a **\$240** monthly donation, you fund two Case Management & Counselling assessments, helping a caregiver better understand their needs and receive appropriate guidance along their caregiving journey.

With a **\$360** monthly donation, you provide fall detection devices for three isolated seniors, improving safety and peace of mind at home.

With a **\$750** monthly donation, you sponsor one outdoor social activity for 15 seniors, promoting physical health, social connection, and emotional well-being.

With a **\$1,000** monthly donation, you support one beneficiary across CWA's programmes and services, ensuring holistic care for both seniors and caregivers.

Our Programmes and Services:

CareJourney

Home-based Care

Caregiver Support Programmes

Social & Educational Activities



UPCOMING EVENTS

MAY
4

3 PM TO 4 PM

*"5 Good Habits to
Staying Healthy" Talk*

MAY
5

9.30 AM TO 10.30 AM

Senior Boxing Class

MAY
5

2 PM TO 4 PM

Crochet Class

MAY
6

1 PM TO 4 PM

Senior Dance Class

MAY
7

2 PM TO 4 PM

*PIXAL vs Paper
(Digital Activity 1)*

MAY
8

2 PM TO 5 PM

*Seniors Get-together
Session*

MAY
8

2 PM TO 5 PM

Health Check-up

MAY
11

2 PM TO 4 PM

*PIXAL vs Paper
(Digital Activity 1)*

MAY
12

9.30 AM TO 10.30 AM

Senior Boxing Class

UPCOMING EVENTS

MAY
13

1 PM TO 4 PM

Senior Dance Class

MAY
14

2 PM TO 5.30 PM

Act FAST: Learn & Play

MAY
15

2 PM TO 5.4 PM

*Seniors Get-together
Session*

MAY
15

2 PM TO 5 PM

Health Check-up

MAY
18

1 PM TO 5 PM

*Movie Screening:
"Uncle Odyssey"*

MAY
19

9.30 AM TO 10.30 AM

Senior Boxing Class

MAY
20

1 PM TO 4 PM

Senior Dance Class

MAY
21

9.30 AM TO 10.30 AM

Yoga Class

MAY
21

1 PM TO 5 PM

Health Screening

UPCOMING EVENTS

MAY
22

2 PM TO 5 PM

*Seniors Get-together
Session*

MAY
22

2 PM TO 5 PM

Health Check-up

MAY
25

8.30 AM TO 12.30 PM

*Fit & Fun
@ Gateway Theatre*

MAY
26

2 PM TO 5 PM

Senior Boxing Class

MAY
26

2 PM TO 4 PM

Crochet Class

MAY
28

9.30 AM TO 10.30 AM

Yoga Class

MAY
28

7 PM TO 9 PM

Caregiver Support Group

MAY
29

2 PM TO 5 PM

*Seniors Get-together
Session*

MAY
29

2 PM TO 5 PM

Health Check-up

DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**