



**cwa**

Caregiving Welfare Association

*newsletter*

**AUGUST 2025**

AGEING WELL, CARING BETTER

**20** *Years*  
OF COMPASSIONATE  
ENDEAVOUR

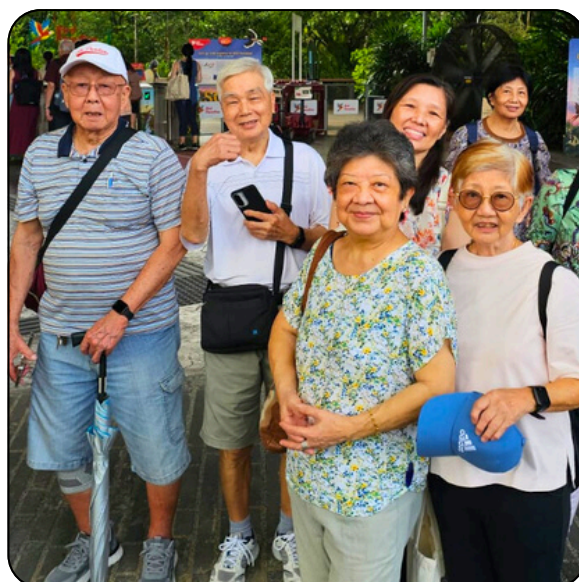
### FEATURED ARTICLES

**ECO-THEMED WORKSHOPS**

**THE GOOD BODY SCRUB**  
MAKE YOUR OWN BODY SCRUB  
USING COFFEE GROUNDS

**THE MILL**  
**Shoo, Fly Inhale, Exhale Calm**  
MAKE YOUR OWN AROMATIC BLENDS  
USING NATURAL ESSENTIAL OILS

**Caregiving Week 2025**



**Bird Paradise Outing**

## Caregiving Week 2025: Caregiving Fest



### ECO-THEMED WORKSHOPS





**MAKE YOUR OWN  
BODY SCRUB**  
USING COFFEE  
GROUNDS



**MAKE YOUR OWN  
AROMATIC BLENDS**  
USING NATURAL  
ESSENTIAL OILS



**MAKE YOUR OWN  
WALLET**  
USING RECYCLED  
PLASTIC



**MAKE YOUR OWN  
CARABINER**  
USING RECYCLED  
CARPET

Get hands-on with eco-themed workshops on Saturday, 20 September, 9.30am – 4pm  
@ Sengkang Grand Mall, Atirum — FREE FOR ALL!

[Find Out More](#)



## Bird Paradise Outing



On 14 July, 16 amazing volunteers from NTUC Income gave our seniors a day to remember at Bird Paradise.

From exploring colourful aviaries to spotting unique bird species, every moment was filled with excitement and discovery. But what truly made the day special was the laughter, conversations, and friendships that blossomed along the way.

A big thank you to our volunteers for creating such a joyful and heartwarming experience!

**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](#).



## **Ocean Purpose Project Outing**



On 21 July, our seniors enjoyed a meaningful outing with the Ocean Purpose Project at Pasir Ris Park. They explored the Regenerative Seaweed Garden and Traditional Herb Garden, learned about traditional healing practices, and tried hands-on gardening using seaweed fertiliser from beach cleanups.

The session ended with tastings of refreshing food and drinks made from garden herbs, a wholesome experience that blended nature, culture, and sustainability.

**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](#).



## **SG60 National Day Celebration**



We kicked off the SG60 celebrations early on 4 August, bringing seniors from Caregiving Welfare Association and Lions Befrienders together for a heartwarming celebration filled with music, games, workshops, and endless smiles.

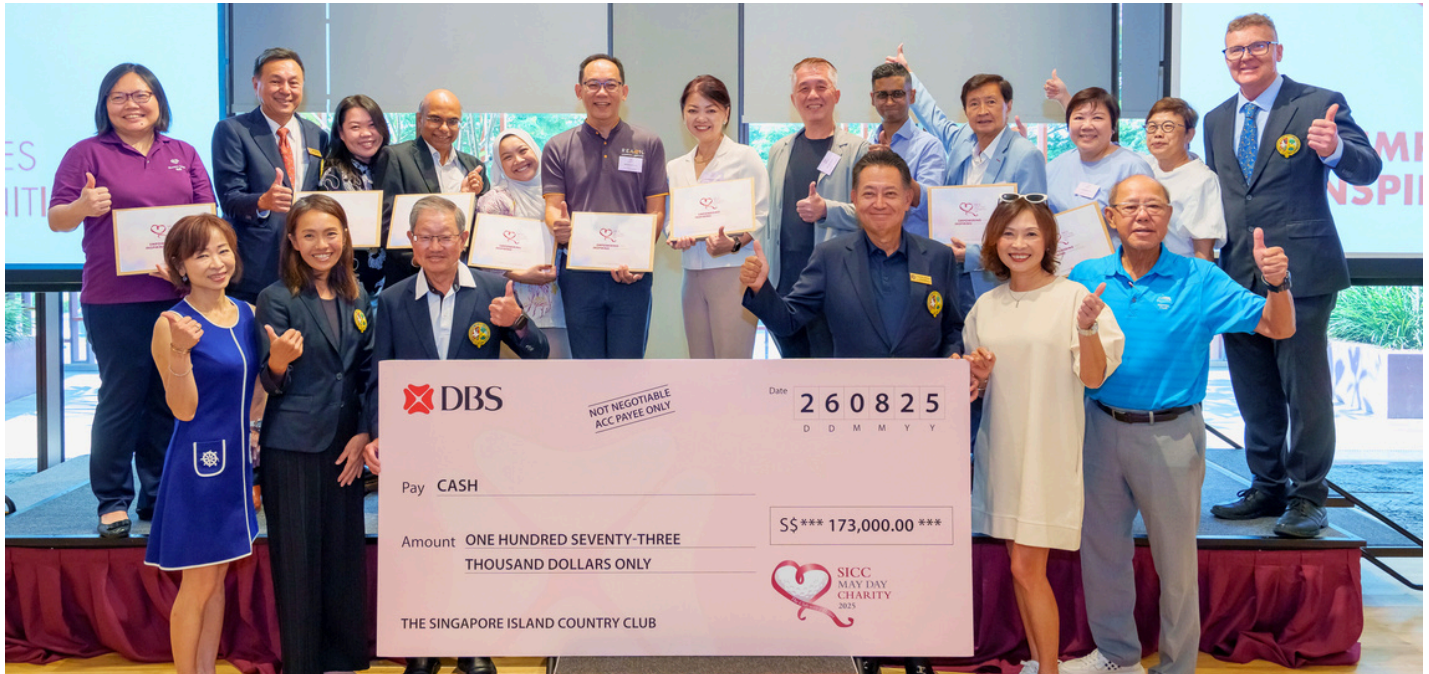
🌟 Shoutout to the amazing partners who made this possible:

Gateway Theatre, NDP 25 Committee, The Good Earth School, and our dedicated volunteers from Johnson & Johnson, NTUC Income, Rahmatan Lil Alamin Foundation, and The Mill International

**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](#).



## SICC May Day Charity



CWA was among the beneficiaries of the Singapore Island Country Club (SICC) May Day Charity this year, which successfully raised \$1.9 million in support of various social service agencies. On 26 August 2025, our Executive Director, Mr Steven Yeo, accepted the cheque on behalf of CWA.

We are deeply grateful to SICC and its members for their generosity and commitment to uplifting the community. This contribution will go a long way in sustaining and expanding our programmes for seniors and their caregivers, empowering our beneficiaries and fostering dignified ageing-in-place.

♥ Want to make a difference too?

Support us by volunteering your time or donating to our cause — every bit helps! Click [here](#) or email [marketing@cwa.org.sg](mailto:marketing@cwa.org.sg) for more information.





# 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](mailto: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 **\$90** 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 **\$675** monthly donation, you fund an art therapy workshop for 15 caregivers, offering them emotional and psychological support in a safe environment.

With a **\$750** monthly donation, you sponsor outdoor social activities for 15 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

**AUGUST**

**1**

2 PM TO 5 PM

*Seniors Get-together  
Session*

**AUGUST**

**3**

10.30 AM TO 12 PM

*Adaptive Sports*

**AUGUST**

**4**

8 AM TO 2 PM

*National Day Celebration*

**AUGUST**

**5**

2 PM TO 5 PM

*Handicraft Session*

**AUGUST**

**6**

1 PM TO 2.30 PM

*Dance Class*

**AUGUST**

**8**

7 AM TO 11 AM

*National Day Celebration*

**AUGUST**

**8**

2 PM TO 5 PM

*Seniors Get-together  
Session*

**AUGUST**

**10**

10.30 AM TO 12 PM

*Adaptive Sports*

**AUGUST**

**12**

2 PM TO 5 PM

*Handicraft Session*



# UPCOMING EVENTS

**AUGUST**

**13**

1 PM TO 2.30 PM

*Dance Class*

**AUGUST**

**15**

8.30 AM TO 1 PM

*Seniors Get-together  
Session*

**AUGUST**

**17**

10.30 AM TO 12 PM

*Adaptive Sports*

**AUGUST**

**18**

3 PM TO 5 PM

*Upcycling Clothes-making  
Workshop*

**AUGUST**

**19**

10.30 AM TO 12.30 PM

*NHB Activity*

**AUGUST**

**19**

2 PM TO 5 PM

*Handicraft Session*

**AUGUST**

**19**

3 PM TO 5 PM

*Upcycling Clothes-making  
Workshop*

**AUGUST**

**20**

1 PM TO 2.30 PM

*Dance Class*

**AUGUST**

**21**

2.30 PM TO 4 PM

*"Mindfulness" Caregiver  
Support Group (Bilingual)*

# UPCOMING EVENTS

**AUGUST**  
**22**

2 PM TO 5 PM

*Seniors Get-together  
Session*

**AUGUST**  
**23**

10 AM TO 11.30 AM

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

**AUGUST**  
**24**

10.30 AM TO 12 PM

*Adaptive Sports*

**AUGUST**  
**25**

8.30 AM TO 12 PM

*Fit & Fun  
@ Gateway Theatre*

**AUGUST**  
**25**

3 PM TO 5 PM

*Upcycling Clothes-making  
Workshop*

**AUGUST**  
**26**

2 PM TO 5 PM

*Handicraft Session*

**AUGUST**  
**26**

3 PM TO 5 PM

*Upcycling Clothes-making  
Workshop*

**AUGUST**  
**27**

1 PM TO 2.30 PM

*Dance Class*

**AUGUST**  
**28**

3 PM TO 4.30 PM

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



# UPCOMING EVENTS



## Monthly Provisions & Grocery Vouchers

In our ongoing commitment to support seniors and caregivers in need, we extend a helping hand every second week of the month. Join us as we provide essential provisions and grocery vouchers to families facing challenging times.

To find out more about how you can **support us**, please visit <https://cwa.org.sg>.



**Connect  
with us!**