



cwa

Caregiving Welfare Association

newsletter

JANUARY 2025

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



Luncheon at Carlton City Hotel Singapore



Christmas Party

Luncheon at Carlton City Hotel Singapore



On 5 December, our seniors were warmly hosted by Carlton City Hotel Singapore as part of the Tanjong Pagar Gives Back initiative, a meaningful annual community engagement effort. Together with seniors from Montfort Care Family Service Telok Blangah, they enjoyed a delightful luncheon at Plate, filled with laughter, delicious food, and heartwarming activities.

The afternoon featured interactive icebreakers, including a fun bingo game and a lively karaoke session, fostering joy and new friendships among the seniors. We extend our heartfelt thanks to Carlton City Hotel Singapore and Discover Tanjong Pagar for creating such a memorable experience for our seniors.

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](#).

Project iRemember Health Screening Event



CWA had the privilege of participating in Project iRemember's Health Screening event at Henderson CC on 7 December.

It was a meaningful day connecting with seniors and the community, where we shared insights about our programmes and services designed to support seniors and their caregivers.

From heartfelt conversations to new connections formed, we're inspired to continue making a positive difference in the lives of those we serve.

Want to learn more about our programmes and services? Click [here](#) to find out how we can support you or your senior loved ones.

Christmas Party for Our Community Caregivers



We hosted a heartwarming Christmas Party for 32 of our incredible Community Caregivers on 14 December. It was a festive celebration filled with laughter, joy, and recognition for their unwavering dedication and hard work.

As part of the festivities, we proudly presented awards to acknowledge their exceptional contributions:

Imagination In Action Award: Ms Josephine Tham

Kudos Service Award: Ms Audrey Yap & Mr Jason Lee

Devoted Service Award: Mr Ng Wai Seng

Long Service Award: Ms Veronica Ang & Mr Khoo Jong Boon

These amazing individuals exemplify the spirit of caregiving, and we are so grateful for their commitment to making a difference in the lives of vulnerable seniors.

If you have a heart for helping others, we'd love for you to join our team of Community Caregivers. For more information and to apply, click [here](#).

Christmas Party for Our Seniors



A group of seven passionate student volunteers from Singapore Polytechnic joined us on 16 December for a heartwarming Christmas-themed arts and crafts session, bringing festive joy to 20 seniors.

The students led our seniors through a delightful series of origami crafts, including mistletoes, Christmas trees, dancing snowmen, and even Santa Claus. It was a wonderful afternoon filled with creativity, laughter, and the spirit of giving.

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Brighten Lives This Festive Season

This Chinese New Year, join us in making a difference by supporting two meaningful fundraising campaigns dedicated to enhancing the lives of seniors and caregivers. With your generosity, we can continue to uplift, empower, and bring joy to the lives of those who need it most.



Share the Joy: Give an Ang Bao of Love

Turn your ang baos into blessings! Many seniors in our community face financial struggles, social isolation, and health challenges. By donating your ang bao, you provide essential care services such as home-based personal care, social engagement activities, and caregiver support.

DONATE ❤️



A Million Smiles for Seniors and Caregivers

For 92-year-old Mdm Eu, Chinese New Year was once a time of joy and family reunions. But now, living alone in a small rental flat and struggling with declining health, she wonders if there will be a reunion this year. Help us bring warmth and companionship to seniors like Mdm Eu.

DONATE ❤️

Donations are eligible for 250% tax deduction. For more information, click [here](#).

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Join CWA in the NVPC Great Singapore Gives Campaign!

This year, as part of the **NVPC's Great Singapore Gives Campaign**, we are calling on passionate individuals to support CWA by fundraising for our cause. Your efforts will directly help us continue providing essential services to vulnerable seniors and their family caregivers in our community, including crucial programmes such as Caregiver Support Group and our upcoming Remote Monitoring & Support Programme.

By joining us, you will:

Make a Difference

- Every dollar you raise goes towards improving the lives of seniors and their family caregivers, ensuring they receive the support and care they need.

Receive Exclusive Incentives

- Personalised certificates of recognition for top fundraisers.
- Invitations to special CWA events where you'll get to meet other like-minded individuals and learn more about the impact of your contribution.
- Special mentions on our social media and website to highlight your efforts in supporting our cause.

Be Part of Something Bigger

- Join a community of changemakers and stand with us as we make a lasting impact on the lives of seniors and caregivers across Singapore.

Whether you're planning a personal fundraising challenge, rallying your colleagues, or getting creative with your own ideas, we're here to support you every step of the way!

To find out how you can get involved, simply email donate@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 **\$25** 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 **\$300** monthly donation, you fund an art therapy workshop for 15 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

JANUARY

3

2 PM TO 5 PM

*Seniors Get-together
Session*

JANUARY

10

2 PM TO 5 PM

*Seniors Get-together
Session*

JANUARY

14

4 PM TO 6 PM

*Chinese New Year
Celebration*

JANUARY

17

2 PM TO 5 PM

*Seniors Get-together
Session*

JANUARY

18

8.30 AM TO 1 PM

*DBS Community
Pop-up Market*

JANUARY

18

2 PM TO 4.30 PM

*Chinese New Year
Celebration*

JANUARY

22

2 PM TO 3 PM

*"Senior Health
Curriculum" by HPB*

JANUARY

24

2 PM TO 5 PM

*Seniors Get-together
Session*

JANUARY

31

2 PM TO 5 PM

*Seniors Get-together
Session*

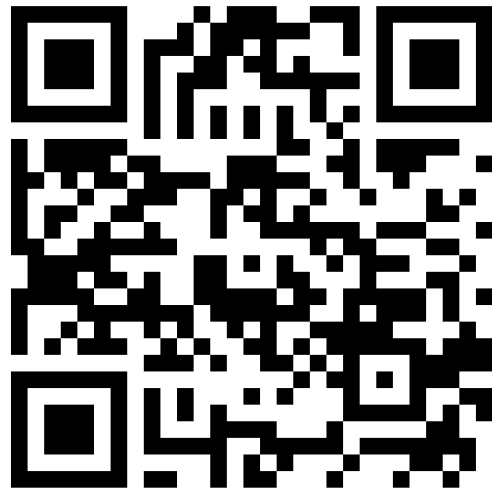
DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**