



cwa

Caregiving Welfare Association

newsletter

DECEMBER 2025

AGEING WELL, CARING BETTER

20 *Years*

OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



CWA x Call Lade



Christmas Celebration



Journey Back To You

*A Guided Art Therapy Journey
for Family Caregivers of Seniors*



Are you a family caregiver who has been giving so much of yourself?

“Journey Back To You” is a gentle 6-session art therapy programme that helps you slow down, reflect, and reconnect with the person you are beyond caregiving — in a warm, creative, and supportive space.

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

CWA x Call Lade: Community Engagement



Over two sessions, the Call Lade team shared many joyful moments together with our seniors – from friendly bingo games and a lively morning workout to the calming, therapeutic colouring of diffusing stones. Beyond the activities, what truly made the experience special for the volunteers was hearing the seniors share their life stories with them.

These moments of connection and trust reminded us that meaningful relationships and shared time are the most valuable gifts of all.

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](#).

Christmas Celebration



On 11 December, we had a heartwarming Christmas celebration with seniors from CWA and Lions Befrienders, filled with laughter, music, and festive cheer.

A heartfelt thank you to QB House for volunteering their time and enthusiasm – from organising lively bingo games to leading a cheerful Christmas sing-along that brought smiles all around.

We also had a caricature station where seniors received personalised drawings to take home, making the celebration even more memorable.

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Angklung Workshop



Our seniors took part in a lively Angklung Community Workshop organised in collaboration with the Esplanade Community Engagement initiative on 15 December.

During the session, seniors were introduced to the basics of playing the angklung, learning simple chords and rhythms in a fun, supportive environment. Together, they practised familiar tunes such as Rasa Sayang and Jingle Bells, filling the space with music and festive cheer.

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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 **\$1,000,000** 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

JANUARY

2

2 PM TO 5 PM

*Seniors Get-together
Session*

JANUARY

2

2 PM TO 5 PM

Health Check-up

JANUARY

5

1 PM TO 5 PM

*Movie Screening: The King
of Musang King*

JANUARY

6

2 PM TO 5 PM

Handicraft Session

JANUARY

7

2 PM TO 4 PM

Senior Dance Class

JANUARY

9

2 PM TO 5 PM

*Seniors Get-together
Session*

JANUARY

9

2 PM TO 5 PM

Health Check-up

JANUARY

10

10 AM TO 11.30 AM

*'Journey Back To You" Art
Therapy Session*

JANUARY

12

2 PM TO 4 PM

Zentangle Workshop

UPCOMING EVENTS

JANUARY

13

2 PM TO 5 PM

Handicraft Session

JANUARY

14

2 PM TO 4 PM

Senior Dance Class

JANUARY

16

2 PM TO 5 PM

*Seniors Get-together
Session*

JANUARY

16

2 PM TO 5 PM

Health Check-up

JANUARY

20

2 PM TO 5 PM

Handicraft Session

JANUARY

21

2 PM TO 4 PM

Senior Dance Class

JANUARY

22

1 PM TO 4 PM

*CNY Goodies
Shopping Tour*

JANUARY

23

2 PM TO 5 PM

*Seniors Get-together
Session*

JANUARY

23

2 PM TO 5 PM

Health Check-up

UPCOMING EVENTS

JANUARY

24

10 AM TO 11.30 AM

*"Journey Back To You" Art
Therapy Session*

JANUARY

26

8.30 AM TO 12.30 PM

*Fit & Fun
@ Gateway Theatre*

JANUARY

27

2 PM TO 5 PM

Handicraft Session

JANUARY

28

2 PM TO 4 PM

Senior Dance Class

JANUARY

31

10 AM TO 11.30 AM

*"Journey Back To You" Art
Therapy Session*

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>.

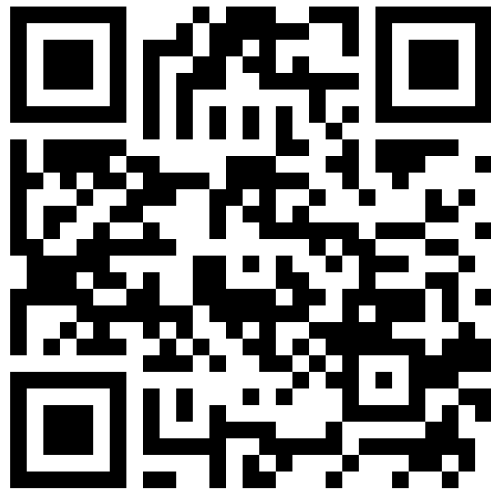
DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**