



CWA

newsletter

Caregiving Welfare Association

FEBRUARY 2026

AGEING WELL,
CARING BETTER

22 *Years*
OF COMPASSIONATE
ENDEAVOUR



FEATURED ARTICLES



Board Strategic Workshop



Ring in the Year of the Horse Together



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](#).

Board Strategic Workshop: Shaping CWA's Future



Our Board and Sub-Committee members came together on 7 February for a Strategic Workshop to chart the Caregiving Welfare Association's direction for the next 3–5 years.

The session focused on strengthening CWA's core services, identifying emerging gaps in caregiver support, and exploring new opportunities to better serve seniors and caregivers in Singapore's evolving caregiving landscape. Through thoughtful discussions and collaborative planning, members explored how CWA can build on its strengths while innovating to meet future community needs.

As CWA looks ahead, these collective insights will guide our continued growth as a trusted pillar of support for seniors and caregivers across Singapore.

4S Caregiver Connect Roadshow



On February 7, CWA participated in the 4S Caregiver Connect Roadshow at Eunos Crescent, organised by 4S, where our team engaged caregivers through an outreach booth and shared information on available caregiving support and resources.

As part of the programme, CWA also conducted a talk on the fundamentals of caregiving, equipping participants with practical knowledge and insights to better support their senior loved ones in their caregiving journey.

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.

Angbao Making Workshop with Hwa Chong Institution



On 12 February, our seniors participated in a Chinese New Year angbao-making workshop organised by students from Hwa Chong Institution. The session brought festive cheer through hands-on crafting, and creative expression.

Beyond celebrating the festive season, the activity fostered meaningful intergenerational bonding, bringing seniors and students together through shared creativity, conversations, and mutual learning.

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](#).

Ring in the Year of the Horse Together



On 16 February, our seniors welcomed the Year of the Horse with a joyful Chinese New Year celebration filled with festive cheer and community spirit.

With an energetic lion dance by Nam Sieng, a lively Lo Hei toss, and shared laughter all around, the celebration brought seniors together to stay socially connected and actively engaged within the community.

We look forward to many more meaningful moments that foster friendship, belonging, and joyful ageing 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](#).

Chinese New Year Celebration with Fujifilm



Our seniors enjoyed a meaningful Chinese New Year celebration with volunteers from Fujifilm Business Innovation Singapore on 23 February.

Through lantern making, fun games, and cheerful conversations, the morning was filled with laughter, connection, and meaningful intergenerational bonding. The activities encouraged seniors to stay socially engaged while enjoying the festive spirit and celebrating the Chinese New Year together as a community.

Bring your CSR efforts to life with CWA. Partner with us to create meaningful programmes that support seniors and their caregivers. Click [here](#) to explore partnership opportunities.

Community Outreach with Student Volunteers



On 25 February, students from New Town Secondary School and the College of Alice and Peter Tan, NUS partnered with CWA to conduct a door-to-door outreach at Ghim Moh Road, engaging seniors directly within their neighbourhood.

The outreach covered Blocks 1 to 5 along Ghim Moh Road, where students engaged residents through conversations, checked in on seniors' well-being, and shared information about available community programmes and support services. These interactions helped identify seniors who may benefit from additional assistance while strengthening connections within the neighbourhood.

Such ground engagement efforts play an important role in ensuring seniors remain connected, supported, and aware of resources available within their community.



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

MARCH

2

2 PM TO 3.30 PM

*Silver Pad
Game Session*

MARCH

3

2 PM TO 5 PM

Handicraft Session

MARCH

4

1 PM TO 4 PM

Senior Dance Class

MARCH

6

2 PM TO 5 PM

*Seniors Get-together
Session*

MARCH

6

2 PM TO 5 PM

Health Check-up

MARCH

9

2 PM TO 3.30 PM

*Silver Pad
Game Session*

MARCH

10

2 PM TO 5 PM

Handicraft Session

MARCH

11

1 PM TO 4 PM

Senior Dance Class

MARCH

12

2 PM TO 4 PM

*Movie Screening: "Long
Long Time Ago 1"*

UPCOMING EVENTS

MARCH

13

2 PM TO 5 PM

*Seniors Get-together
Session*

MARCH

13

2 PM TO 5 PM

Health Check-up

MARCH

14

10 AM TO 11.30 AM

*"Journey Back To You"
Art Therapy Session*

MARCH

16

9 AM TO 11 AM

Urban Sketching

MARCH

16

2 PM TO 3.30 PM

*Silver Pad
Game Session*

MARCH

17

2 PM TO 5 PM

Handicraft Session

MARCH

18

1 PM TO 4 PM

Senior Dance Class

MARCH

19

2 PM TO 5 PM

Nagomi Art

MARCH

20

2 PM TO 5 PM

*Seniors Get-together
Session*

UPCOMING EVENTS

MARCH

20

2 PM TO 5 PM

Health Check-up

MARCH

23

3.30 PM TO 5 PM

*Silver Pad
Game Session*

MARCH

24

2 PM TO 5 PM

Handicraft Session

MARCH

25

1.30 PM TO 4 PM

Senior Dance Class

MARCH

25

7 PM TO 9 PM

*Caregiver
Support Group*

MARCH

27

2 PM TO 5 PM

*Seniors Get-together
Session*

MARCH

27

2 PM TO 5 PM

Health Check-up

MARCH

28

11 AM TO 12.30 PM

*"Journey Back To You"
Art Therapy Session*

MARCH

30

8.30 AM TO 12.30 PM

*Fit & Fun
@ Gateway Theatre*

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!**