



# **CWA** *newsletter*

Caregiving Welfare Association

## **JANUARY 2026**

AGEING WELL,  
CARING BETTER

# 22 *Years*

OF COMPASSIONATE  
ENDEAVOUR



### **FEATURED ARTICLES**



**Caregiver Support Group**



**YMCA Youth For Causes**



# 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](#).



# WE ARE HIRING



**MALAY-SPEAKING  
COMMUNITY CAREGIVERS**

For more information and to apply, please click [here](#).

## Caregiver Support Group: January Session



Our first Caregiver Support Group session of the year brought caregivers together for a thoughtful and reflective conversation on the roles they take on and the often unseen impact of caregiving. Through guided discussions and shared experiences, participants were reminded that their feelings are valid, and that they are not alone in their caregiving journey.

Caregiving often begins quietly: taking on more responsibilities at home, making decisions on behalf of a loved one, and placing others' needs before one's own. Over time, these roles can extend beyond daily routines, shaping caregivers' emotional well-being, relationships, and sense of self.

**Are you caring for a senior loved one?** Our **FREE** Caregiver Support Group offers a safe space to share, learn, and feel supported. For more details and to register, please click [here](#).



## **YMCA Youth For Causes Awards Ceremony**



**What a night to remember at the YMCA Youth For Causes Awards Ceremony on 10 January.**

**Our seniors opened the evening with Queen Card, followed by our Youth For Causes teams clinching Merits, Distinctions, and the Public Outreach Award, while raising an incredible \$37,000 in support of seniors and their caregivers.**

**We are also deeply grateful to be recognised as Most Supportive SSA, a meaningful affirmation of our shared commitment to the community. This milestone reflects the strength of partnerships and the collective impact we can achieve when generations come together for a common cause.**



## **Seniors' Outing – Chinese New Year Shopping & Factory Tour, and Woodlands Waterfront**



On 22 January, our seniors enjoyed a festive Chinese New Year Shopping & Factory Tour at Fragrance Foodstuff Pte Ltd, where they had the opportunity to explore local food products and shop for festive treats.

The outing continued with a relaxing visit to Woodlands Waterfront, where seniors took in scenic views, enjoyed the fresh air, and spent meaningful time together. They also had a first-hand look at the soon-to-be-ready RTS Rail Line, sparking excitement about getaways to Johor Bahru city.

**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](#).





# **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 **\$1,800,000** 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:

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CareJourney

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Home-based Care

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Caregiver Support Programmes

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Social & Educational Activities

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# UPCOMING EVENTS

**FEBRUARY**

**2**

9 AM TO 1 PM

*Migrant Story of  
Singapore Tour*

**FEBRUARY**

**3**

2 PM TO 5 PM

*Handicraft Session*

**FEBRUARY**

**4**

1 PM TO 4 PM

*Senior Dance Class*

**FEBRUARY**

**5**

2 PM TO 4 PM

*Activity by Receza*

**FEBRUARY**

**6**

2 PM TO 5 PM

*Seniors Get-together  
Session*

**FEBRUARY**

**6**

2 PM TO 5 PM

*Health Check-up*

**FEBRUARY**

**9**

2 PM TO 4 PM

*Movie Screening: "Money  
NO Enough 1"*

**FEBRUARY**

**10**

2 PM TO 5 PM

*Handicraft Session*

**FEBRUARY**

**11**

1 PM TO 4 PM

*Senior Dance Class*



# UPCOMING EVENTS

FEBRUARY

**12**

4 PM TO 5 PM

*CNY Art & Craft*

FEBRUARY

**13**

2 PM TO 5 PM

*Seniors Get-together  
Session*

FEBRUARY

**13**

2 PM TO 5 PM

*Health Check-up*

FEBRUARY

**14**

10 AM TO 11.30 AM

*"Journey Back To You" Art  
Therapy Session*

FEBRUARY

**19**

2.30 PM TO 4 PM

*Zentangle Workshop*

FEBRUARY

**20**

2 PM TO 5 PM

*Seniors Get-together  
Session*

FEBRUARY

**20**

2 PM TO 5 PM

*Health Check-up*

FEBRUARY

**23**

9.30 AM TO 12 PM

*Fit & Fun  
@ Gateway Theatre*

FEBRUARY

**23**

1 PM TO 3 PM

*Silver Pad Game  
by RSVP*

# UPCOMING EVENTS

FEBRUARY

**24**

2PM TO 5PM

*Crochet Handicraft*

FEBRUARY

**25**

1.30 PM TO 4 PM

*Senior Dance Class*

FEBRUARY

**26**

2 PM TO 3.30 PM

*SPF Scam Talk  
by RSVP*

FEBRUARY

**27**

2 PM TO 5 PM

*Seniors Get-together  
Session*

FEBRUARY

**27**

2 PM TO 5 PM

*Health Check-up*

FEBRUARY

**28**

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>.



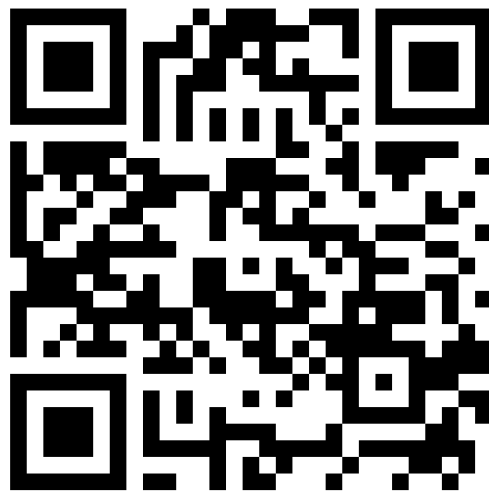
**DONATE**



**SUPPORT**



**VOLUNTEER**



**Connect  
with us!**