



Caregiving Welfare Association

newsletter

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.

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

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>.

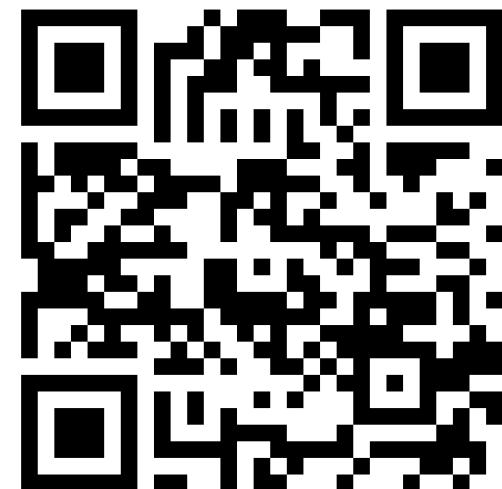
DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**