



cwa

Caregiving Welfare Association

newsletter

JULY 2025

AGEING WELL, CARING BETTER

20 *Years*

OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



Caregiving Week 2025



Volunteer Telegram Channel

Caregiving Week 2025: Caregiving Fest



Caregiving Welfare Association

SATURDAY, 20 SEPTEMBER
9.30AM TO 4PM
SENGKANG GRAND MALL, ATRIUM

CAREGIVING FEST



FREE ENTRY



EVENT HIGHLIGHTS

EXCITING PERFORMANCES

INTERACTIVE BOOTHS

ECO-THEMED WORKSHOPS

USEFUL RESOURCES

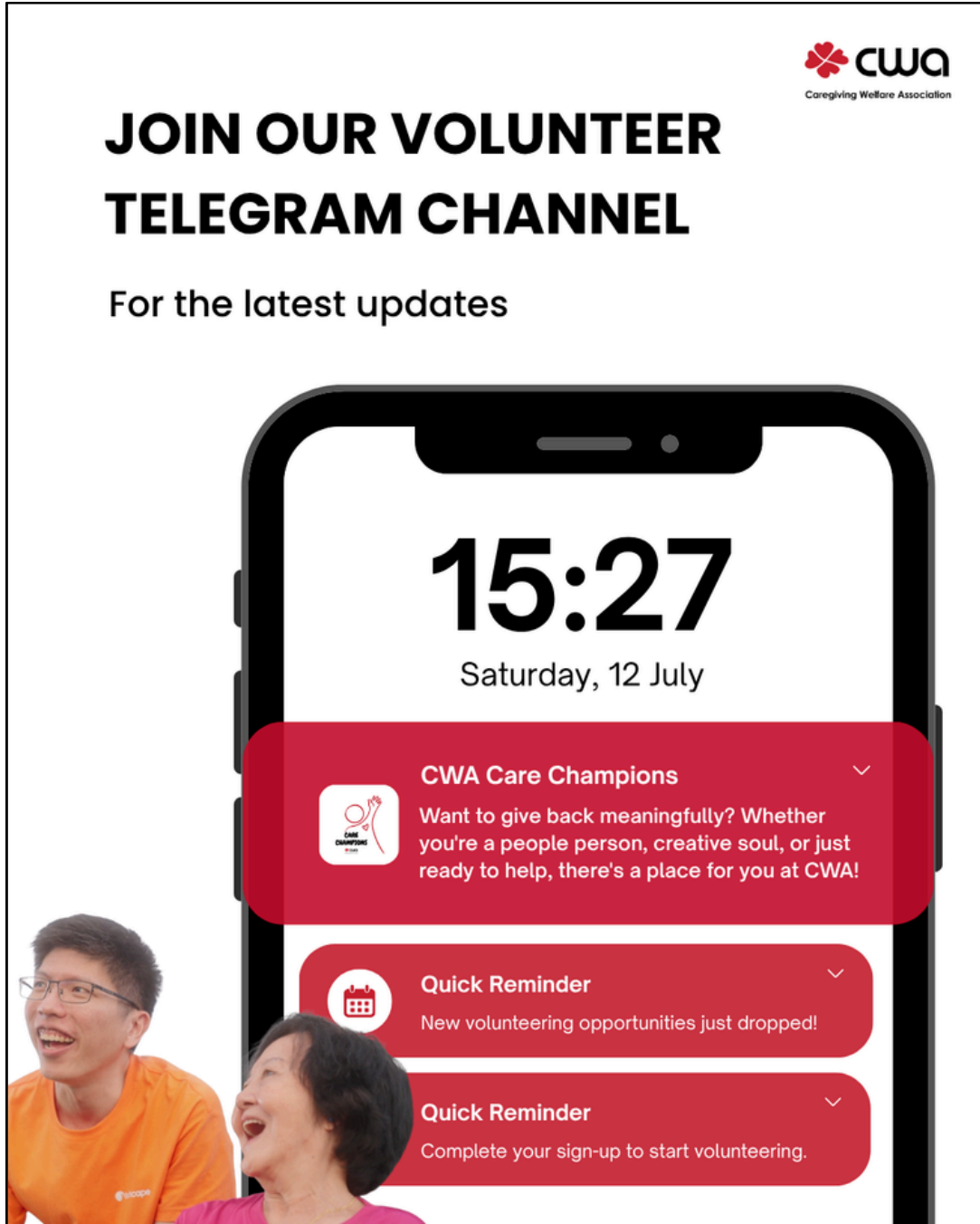



GUEST-OF-HONOUR

MR TAN KIAT HOW

SENIOR MINISTER OF STATE, MINISTRY OF HEALTH

Volunteering Just Got Easier







 **CWA**
Caregiving Welfare Association


JOIN OUR VOLUNTEER TELEGRAM CHANNEL

For the latest updates

15:27
Saturday, 12 July

 **CWA Care Champions** 
Want to give back meaningfully? Whether you're a people person, creative soul, or just ready to help, there's a place for you at CWA!

 **Quick Reminder** 
New volunteering opportunities just dropped!

Quick Reminder 
Complete your sign-up to start volunteering.

Stay connected with our latest opportunities, events & updates, all in one place. Join our Telegram Channel and be part of something meaningful. ❤️

Join Now

Stride For Care 2025 – Final Results Are Out!



The graphic features a white background with red wavy lines at the top. At the top center is the CWA logo and the text "STRIDE FOR CARE VIRTUAL RACE" with a runner icon. Below this is the headline "The Stride for Care 2025 Final Results Are In!". In the center is a framed certificate titled "CERTIFICATE OF ACHIEVEMENT" presented to "YOUR NAME HERE". The certificate text reads: "of Team Gyaru from Singapore for completing 150km and for raising \$500 from 28 March 2025 to 13 July 2025 and unlocking 18 achievements:". Below the text is a grid of 18 red icons representing various challenges. At the bottom left is an illustration of two runners on a track. At the bottom center is a red button with the text "Download Your E-cert!".

All challenge activities have been verified, and the results are now official!

Completed your target distance? Log in [here](#) to download your e-certificate! 🎉

Thank you for being part of Stride for Care 2025 and helping us make a meaningful difference for seniors and caregivers in our community. ❤️

Community Caregivers' Get-together



On 14 June, our Community Caregivers (CCGs) gathered to connect, share experiences, and support one another.

2 of our CCGs led a peer-sharing session focused on enhancing the way we care for our clients:

- 🌱 Josephine shared how to craft simple, homemade toys for mind stimulation
- 🎨 Linda introduced Nagomi Art, using soft pastels for creative engagement

By learning from one another, our CCGs continue to grow in skill and deepen their care, because every client deserves the best.

Interested in joining our growing team of Community Caregivers? Learn more [here](#).

CARE Carnival 2025



We had an incredible time at CARE Carnival 2025 last month, connecting with seniors and their caregivers in our community.

Visitors explored our booth to learn about our services, from Home Personal Care to our Caregiver Support Group and Case Management & Supportive Counselling. We also shared insights through a talk on how we walk alongside caregivers throughout their journeys.

Events like these remind us that caregiving is a community effort, and we're proud to stand with our partners in building a stronger network of care and compassion.

To find out more about our volunteering and Corporate Social Responsibility (CSR) opportunities, click [here](#) or email marketing@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 **\$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

JULY

1

2 PM TO 3 PM

Poppy Clay Handicraft

JULY

2

1 PM TO 2.30 PM

Dance Class

JULY

4

2 PM TO 5 PM

*Seniors Get-together
Session*

JULY

6

10.30 AM TO 12 PM

Adaptive Sports

JULY

7

3.30 PM TO 5 PM

Arts & Crafts

JULY

8

2 PM TO 3 PM

Poppy Clay Handicraft

JULY

9

1 PM TO 2.30 PM

Dance Class

JULY

9

2.30 PM TO 5 PM

SMU Gathering

JULY

11

10.30 AM TO 12 PM

*Seniors Get-together
Session*

UPCOMING EVENTS

JULY
13

10.30 AM TO 12 PM

Adaptive Sports

JULY
14

8.30 AM TO 1 PM

Bird Paradise Outing

JULY
15

2 PM TO 3 PM

Poppy Clay Handicraft

JULY
16

1 PM TO 2.30 PM

Dance Class

JULY
16

3 PM TO 4.30 PM

*"Art Therapy" Caregiver
Support Group (Eng)*

JULY
17

3 PM TO 4.30 PM

*"Art Therapy" Caregiver
Support Group (Chi)*

JULY
18

2 PM TO 5 PM

*Seniors Get-together
Session*

JULY
19

11 AM TO 12.30 PM

Social Activity

JULY
20

10.30 AM TO 12 PM

Adaptive Sports

UPCOMING EVENTS

JULY
21

7.30 AM TO 12.30 PM

Ocean Purpose Project

JULY
22

8 AM TO 12 PM

Nature Walk

JULY
22

2 PM TO 3 PM

Poppy Clay Handicraft

JULY
23

1 PM TO 2.30 PM

Dance Class

JULY
24

2.30 PM TO 4 PM

*"Mindfulness" Caregiver
Support Group (Bilingual)*

JULY
25

2 PM TO 5 PM

*Seniors Get-together
Session*

JULY
27

10.30 AM TO 12 PM

Adaptive Sports

JULY
28

8.30 AM TO 12 PM

*Fit & Fun
@ Gateway Theatre*

JULY
28

2 PM TO 5 PM

Bingo & Crafts

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!**