



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



**SG 60**  Caregiving Welfare Association

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

### CAREGIVING FEST



**Caregiving**  
A LIFELINE FOR SENIORS  
WEEK 2025  
 Caregiving Welfare Association

**FREE ENTRY**



GOODIE BAGS UP FOR GRABS!  
"WHILE STOCKS LAST"



LUCKY DRAW

### EVENT HIGHLIGHTS

- EXCITING PERFORMANCES
- INTERACTIVE BOOTH
- ECO-THEMED WORKSHOPS
- USEFUL RESOURCES



**GUEST-OF-HONOUR**  
**MR TAN KIAT HOW**  
SENIOR MINISTER OF STATE, MINISTRY OF HEALTH



## Volunteering Just Got Easier

  
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!

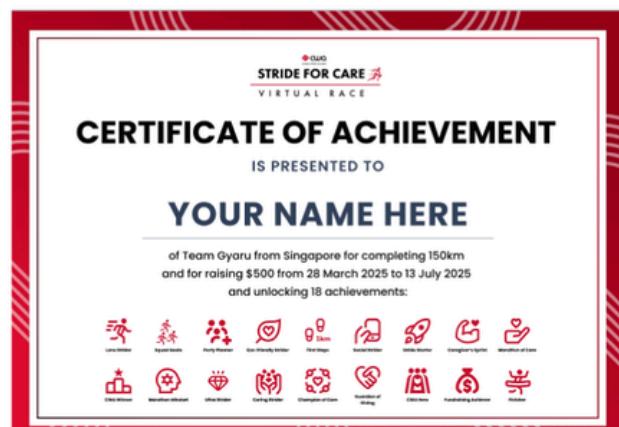


**cwa**  
Caregiving Welfare Association

**STRIDE FOR CARE** 

**VIRTUAL RACE**

### The Stride for Care 2025 Final Results Are In!



**CERTIFICATE OF ACHIEVEMENT**  
IS PRESENTED TO  
**YOUR NAME HERE**

of Team Gyaru from Singapore for completing 150km  
and for raising \$500 from 28 March 2025 to 13 July 2025  
and unlocking 18 achievements:



**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](mailto: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](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 **\$1,000,000** 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:

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Home-based Personal Care

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Caregiver Support Group

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Case Management & Supportive Counselling

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Provision Programme

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# 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!