



**cwa**

Caregiving Welfare Association

*newsletter*

**JUNE 2025**

AGEING WELL, CARING BETTER

**20** *Years*  
OF COMPASSIONATE  
ENDEAVOUR

**FEATURED ARTICLES**



**SG60 NVPC Connect Series**



**Stride For Care 2025**

## **SG60 NVPC Connect Series**



We were proud to be part of NVPC's SG60 edition of the Company of Good Connect! Series on 19 June as a Community Partner.

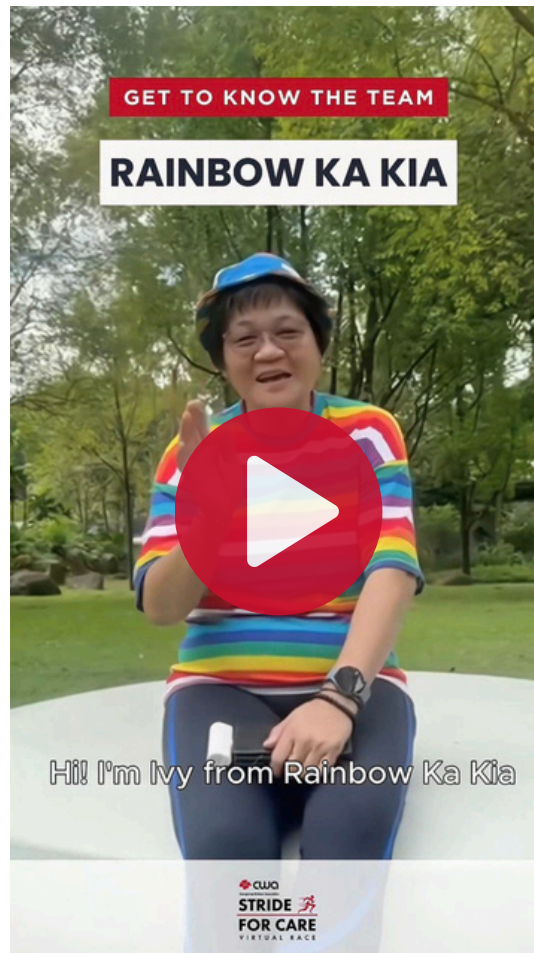
At our booth, we had the opportunity to share more about flexible and meaningful volunteering opportunities, from befriending seniors to supporting caregiver programmes and fundraising events.

It was inspiring to witness how purpose-driven organisations and changemakers are coming together to #GiveAsOneSG, building a more caring, cohesive Singapore through sustained and flexible volunteering.

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).



## **Stride For Care 2025: Get to Know Rainbow Ka Kia**



**Meet one of our top fundraising teams for Stride For Care 2025!**

**In this video, they share why they're walking the talk and rallying together for seniors in need and their caregivers.**

**YOU can be a part of the movement too:**

- ☒ **Sign up for the virtual race**
- ☒ **Support their fundraising journey**
- ☒ **Make your steps count for a cause**

 **Show your support for Rainbow Ka Kia and find out more [here](#).**

## Yoga Session



Our seniors recently enjoyed a rejuvenating yoga session led by volunteer instructor Mrs Sarika Bhargava. With her warm guidance, they embraced gentle stretches and mindful breathing — creating a morning filled with calm, connection, and care.

Inspired to make a difference too? Lend your time or support our cause — every effort brings us closer to enriching the lives of seniors and caregivers. Email [volunteer@cwa.org.sg](mailto:volunteer@cwa.org.sg) to learn how you can get involved.

**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](#).



## Haircut Session



On 13 May, we were delighted to partner with nbrhoodsg for a special haircut session for our seniors.

With the expert hands of Nicholas Heng, our seniors received more than just a fresh new look, they gained a boost of confidence and a heartwarming moment of care and connection.

A big thank you for generously sharing your time and skills. Your thoughtful gestures brought not just style, but smiles all around.

**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 **\$1,000,000** 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





# UPCOMING EVENTS

**JUNE**

**2**

3.30 PM TO 5 PM

*Social Activity*

**JUNE**

**3**

2 PM TO 4 PM

*Poppy Clay Handicraft*

**JUNE**

**4**

2 PM TO 4 PM

*Art Therapy  
(The Red Pencil)*

**JUNE**

**6**

2 PM TO 5 PM

*Seniors Get-together  
Session*

**JUNE**

**10**

2 PM TO 4 PM

*Poppy Clay Handicraft*

**JUNE**

**11**

3 PM TO 4.30 PM

*Art Therapy  
(The Red Pencil)*

**JUNE**

**12**

2 PM TO 4.30 PM

*Seniors Get-together  
Session*

**JUNE**

**13**

2 PM TO 5 PM

*Seniors Get-together  
Session*

**JUNE**

**17**

2 PM TO 4 PM

*Poppy Clay Handicraft*

# UPCOMING EVENTS

**JUNE  
18**

3 PM TO 4.30 PM

*Art Therapy  
(The Red Pencil)*

**JUNE  
19**

3 PM TO 4.30 PM

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

**JUNE  
20**

2 PM TO 5 PM

*Seniors Get-together  
Session*

**JUNE  
23**

2 PM TO 4.30 PM

*Photography Session*

**JUNE  
24**

2 PM TO 4 PM

*Poppy Clay Handicraft*

**JUNE  
25**

3 PM TO 4.30 PM

*Art Therapy  
(The Red Pencil)*

**JUNE  
27**

9 AM TO 2 PM

*ACJC Carnival*

**JUNE  
27**

2 PM TO 5 PM

*Seniors Get-together  
Session*

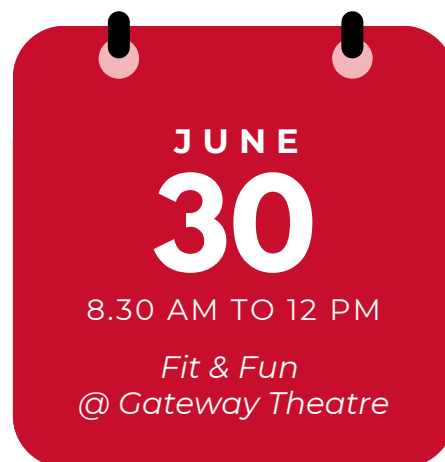
**JUNE  
28**

10 AM TO 11.30 AM

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



# 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>.

**DONATE**



**SUPPORT**



**VOLUNTEER**



**Connect  
with us!**