



CWA

Caregiving Welfare Association

newsletter

JUNE 2026

AGEING WELL,
CARING BETTER

22

Years

OF COMPASSIONATE
ENDEAVOUR



FEATURED ARTICLES



**Father's Day
Celebration**



**Community Caregivers:
Building Stronger Bonds**



FOR FAMILY CAREGIVERS OF SENIORS

Financial Resilience Programme

Session 1: Navigating Caregiver Support Schemes

Session 2: Caregiver Budgeting

Session 3: Healthcare & Long-Term Care Planning

 **14, 21 & 28 July 2026 | 7pm – 8.30pm**

 **3 Ghim Moh Road, #01-294**

 **\$30 for all 3 sessions**

For more information and to register your interest, please click [here](#).

Keeping Minds Active with BrainXercise



Keeping the mind active is an important part of healthy ageing. On 9 June, our seniors took part in BrainXercise, an engaging session designed to stimulate both the mind and body through a series of fun and interactive activities.

The programme focused on exercises that help preserve cognitive function, improve attention and processing speed, and support overall brain health. By combining mental challenges with physical movement, our seniors stayed engaged while strengthening brain cell connections and promoting lifelong cognitive wellness.

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](#).

Father's Day Celebration



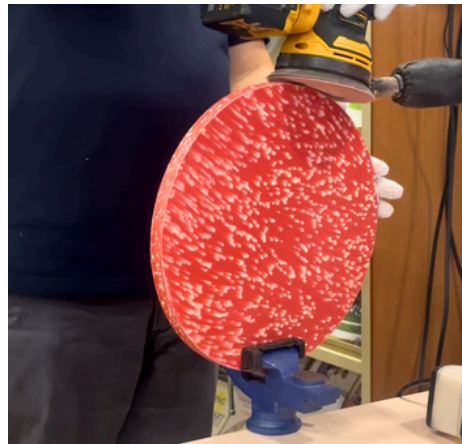
On 19 June, our Father's Day celebration was filled with laughter, friendly competition, and meaningful moments together. Seniors got to know one another better through a lively game of Human Bingo, while others put their skills to the test in exciting rounds of carrom.

The afternoon was made even sweeter with delicious curry puffs and traditional pancakes, creating the perfect setting for conversations, laughter, and new friendships.

To celebrate the occasion, our senior dads also received special treats in their goodie bags. A big thank you to Gardenia for generously sponsoring their Cookies & Cream Wholemeal Cream Rolls, adding an extra touch of joy to our Father's Day celebration.

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Turning Waste To Wonder



Creativity met sustainability on 22 June as our seniors took part in a unique upcycling workshop, proudly organised by The Good Earth School with the support of dedicated volunteers.

Using recycled materials, our seniors transformed what would have been waste into stylish and functional stools, discovering that everyday items can be given a brand-new purpose. The workshop was filled with excitement as everyone enjoyed getting hands-on, learning new skills, and expressing their creativity through each unique creation.

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Championing Caregiver Well-Being at AMD



On 24 June, Caregiving Welfare Association had the opportunity to deliver a corporate talk for employees at AMD on the topic, "Self-Care for Caregivers."

Caregiving can be deeply meaningful, but it also comes with physical, emotional, and mental demands that are often overlooked. During the session, participants gained a deeper understanding of the challenges caregivers face and explored practical self-care strategies to help prevent burnout, manage stress, and maintain their overall well-being while balancing caregiving responsibilities with work and personal commitments.

The talk also reinforced an important message: caring for yourself is not selfish—it is essential. By prioritising their own health and well-being, caregivers are better equipped to provide consistent, compassionate, and sustainable care for their loved ones over the long term.

We are grateful to AMD for partnering with us to raise awareness of caregiving in the workplace and for recognising the importance of supporting employees who juggle both professional and caregiving responsibilities. Together, we can build more caregiving-friendly workplaces where caregivers feel understood, supported, and empowered.

Interested in partnering with CWA for community outreach or caregiving awareness talks? Click [here](#) to explore collaboration opportunities and bring meaningful support to seniors and caregivers in your community.

Caregiver Self-Care Programme



Taking time to care for yourself is just as important as caring for others.

On 25 June, our caregivers enjoyed a relaxing and creative afternoon making beautiful pipe cleaner flowers by hand. As colourful petals and stems slowly came together, the workshop provided a welcome opportunity to unwind, express creativity, and take a well-deserved break from the demands of caregiving.

More than just a craft session, it was a chance for caregivers to connect with one another, share conversations, and recharge in a warm and supportive environment.

Are you a caregiver looking for support? Whether you're new to caregiving or have been on the journey for years, we're here to support you every step of the way. Click [here](#) to find out more and book a free consultation.

Mosaic Coaster Workshop



Our seniors had a wonderful afternoon on 25 June, unleashing their creativity at the Mosaic Coaster Workshop. Piece by piece, colourful mosaic tiles were carefully arranged into unique handcrafted coasters, with each design reflecting its creator's own style and imagination.

Beyond learning a new craft, the workshop provided a relaxing and enjoyable opportunity for our seniors to connect, chat, and encourage one another throughout the session. Watching the vibrant pieces come together into beautiful finished coasters was both rewarding and satisfying, and everyone left with a meaningful keepsake to bring home and plenty of smiles to share.

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Community Caregivers: Building Stronger Bonds



On 27 June, our Community Caregivers came together for a meaningful afternoon of connection, learning, and appreciation at the CCG Gathering.

Through engaging activities like "2 Truths, 1 Lie" and the Marshmallow Challenge, caregivers strengthened friendships, shared laughter, and built stronger bonds. The gathering also offered time to reflect on their caregiving journeys, receive updates from CWA, and celebrate the vital role they play in supporting seniors and their families.

Thank you to all our Community Caregivers for your dedication and compassion. Together, we continue to build a stronger, more supportive caregiving community.

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

Empowering Through Caregiving Awareness



On 29 June, we welcomed a group of ladies from Selarang Halfway House for a meaningful sharing session centred on the realities, challenges, and importance of caregiving.

The session explored the many roles that caregivers take on and the physical, emotional, and mental demands they often experience while supporting their loved ones. Through real-life examples and practical insights, participants gained a deeper appreciation of the caregiving journey and the importance of recognising and supporting caregivers within the community.

Participants also learnt simple yet effective self-care techniques that can be incorporated into their daily lives. The session reinforced an important message—that caring for yourself is not a luxury, but a necessity. By prioritising their own physical and emotional well-being, caregivers are better equipped to provide compassionate, sustainable care without compromising their own health.

Through partnerships like these, CWA hopes to continue raising awareness of caregiving, equipping individuals with practical knowledge, and building a more compassionate community where caregivers feel understood, valued, and supported.

Interested in partnering with CWA for community outreach or caregiving awareness talks? Click [here](#) to explore collaboration opportunities and bring meaningful support to seniors and caregivers in your community.

Fit & Fun @ Gateway Theatre



Fit & Fun is our monthly signature programme that encourages seniors to stay active through simple keep-fit exercises, outdoor activities, and meaningful social interaction. The programme also provides opportunities for seniors to connect with corporate volunteers through CSR partnerships.

For June, our session on 29 June brought seniors together with volunteers from The Mill International for a lively morning of fitness, fun, and laughter. Using creative exercise chairs made from recycled carpets, seniors took part in an energetic workout before testing their knowledge in interactive games featuring Singapore's favourite local dishes and iconic landmarks.

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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

JULY

1

1 PM TO 4 PM

Senior Dance Class

JULY

1

4 PM TO 5 PM

Carnival Game Building

JULY

2

2 PM TO 4 PM

*Live Better with Digital:
Be a Smart Senior*

JULY

3

9.30 AM TO 12 PM

*Carnival
@ Nan Chiau*

JULY

3

2 PM TO 5 PM

*Seniors Get-together
Session*

JULY

3

5.45 PM TO 10 PM

Concert Xinyao

JULY

6

11 AM TO 12.30 PM

*Senior Birthday
Celebration*

JULY

6

1.15PM TO 4.30 PM

Movie Outing: Dear You

JULY

7

9.30AM TO 11 AM

*Nature Walk
(Ulu Pandan Park)*

UPCOMING EVENTS

JULY

7

2 PM TO 4 PM

Mural-making Workshop

JULY

8

1 PM TO 4 PM

Senior Dance Class

JULY

8

4 PM TO 5 PM

Flower Basket Handicraft

JULY

9

1 PM TO 5.30 PM

*Gardens By The Bay
Senior Outing*

JULY

10

2 PM TO 5 PM

*Seniors Get-together
Session*

JULY

10

2PM TO 5 PM

Health Check-up

JULY

13

8.30 AM TO 12.30 PM

*Fit & Fun
@ Gateway Theatre*

JULY

14

9.30 AM TO 10.30 AM

Senior Boxing Class

JULY

14

2 PM TO 4 PM

Crochet Class

UPCOMING EVENTS

JULY
15

1 PM TO 4 PM

Senior Dance Class

JULY
16

11 AM TO 12 PM

*Yoga Class
(Standing)*

JULY
16

2 PM TO 4 PM

Pixel and Paper Activity

JULY
17

2 PM TO 5 PM

*Seniors Get-together
Session*

JULY
17

2 PM TO 5 PM

Health Check-up

JULY
19

9 AM TO 6 PM

Strike For Care

JULY
21

9.30AM TO 10.30 AM

Senior Boxing Class

JULY
21

1.30 PM TO 3PM

Zentangle Class

JULY
22

1 PM TO 4 PM

Senior Dance Class

UPCOMING EVENTS

JULY
23

3 PM TO 5 PM

Intergen Walk

JULY
24

2 PM TO 5 PM

*Seniors Get-together
Session*

JULY
24

2 PM TO 5 PM

Health Check-up

JULY
27

2 PM TO 4.30 PM

*Movie Screening:
Long Long Time Ago 4*

JULY
28

9.30 AM TO 10.30 AM

Senior Boxing Class

JULY
28

2 PM TO 4 PM

Crochet Class

JULY
29

3.30 PM TO 5PM

Photowalk @ Rail Corridor

JULY
29

7 PM TO 9 PM

Caregiver Support Group

JULY
30

2 PM TO 4 PM

Drum Jamming

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>.

