



Caregiving Welfare Association

newsletter

**SEPTEMBER 2024**

AGEING WELL, CARING BETTER

20 Years  
OF COMPASSIONATE  
ENDEAVOUR

### FEATURED ARTICLES



Caregiving Week 2024



National Day Celebration

# CAREGIVING WEEK 2024



## CAREGIVING FEST

Saturday, 21 September

9.30am to 3pm

Sengkang Grand Mall, Atrium

Exciting Performances

Useful Resources

Insightful Talks

Caregiving Tips



### GUEST-OF-HONOUR

**Ms Sim Ann**

**Senior Minister of State in the Ministry of Foreign Affairs and the Ministry of National Development**

**Grassroots Adviser, Holland-Bukit Timah GRC**

For more information, please visit <https://caregivingweek.com>  
or email [marketing@cwa.org.sg](mailto:marketing@cwa.org.sg).

## Strength Within, Care Beyond: Staying Physically Strong as a Caregiver

**Author:**

Ms Debra Ow

Senior Physiotherapist,  
Altum Physio Pilates Pte Ltd

Staying physically strong as a caregiver is of utmost importance as it directly impacts one's ability to provide optimal care and support to your loved ones. Caregiving often involves physically demanding tasks, such as lifting, transferring, and assisting with daily activities. Maintaining physical strength and endurance enables caregivers to perform these tasks with ease, reducing the risk of injury to themselves and the person under their care. Physical strength also contributes to better mental well-being, as it promotes confidence, resilience, and a sense of accomplishment, which are crucial in navigating the challenges and emotional strain that can come with the role. Ultimately, by prioritizing their physical well-being, caregivers can ensure they are better equipped to provide the highest level of care, maintain their own health and well-being, and sustain their commitment to their loved ones.

Here are some tips that can help:

1. Caregiver Training
2. Address the aches and discomforts that you have first - See a physiotherapist
3. Unlock your joy in motion - find an activity that you like!
4. Making it sustainable - Every effort counts!

To read more, click [here](#).

To find out more about the support we provide for family caregivers of seniors and to register your interest, please visit <https://tinyurl.com/CWACaregiverSupportGroup>.

## National Day Celebration



On 1 July, volunteers from DBS treated 19 of our seniors to a delightful breakfast at the "House Downstairs" café at Ulu Pandan Community Club. After breakfast, the fun continued back at our centre with a lively game of bingo.

We extend our heartfelt gratitude to the DBS volunteers for their generosity and the joy they brought to our seniors. It is through such acts of kindness that we continue to build a supportive and caring community.

**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 visit <https://tinyurl.com/MemberCWA>.

## Chinese Ink Painting Workshop



In collaboration with the National Heritage Board (NHB), volunteers from Inchcape and NielsenIQ brought 14 seniors to Skyville@Dawson on 29 July.

The group explored murals depicting Singapore's heritage, followed by an arts and crafts session that evoked cherished memories. The event concluded with a delightful spread of tarts, pies, coffee, and tea from Kopi & Tarts, generously provided by NHB.

**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 visit <https://tinyurl.com/MemberCWA>.

## 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 **\$25** 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 **\$80** 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 **\$300** monthly donation, you fund an art therapy workshop for 15 caregivers, offering them emotional and psychological support in a safe environment.

With a **\$500** monthly donation, you sponsor outdoor social activities for 14 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

---





# VOLUNTEERS NEEDED

- Caregiving Week 2024
- Community Engagement
- Festive Celebrations
- Outings & Workshops
- In-centre Activities



For more information and to apply, please visit <https://tinyurl.com/VolunteerCWA>.

**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 visit <https://tinyurl.com/JoinUsCWA>, call 6466 7996, or email [homecare@cwa.org.sg](mailto:homecare@cwa.org.sg).

# UPCOMING EVENTS

SEPTEMBER

**6**

1 PM - 2 PM

NUHS Lunchtime  
Webinar

SEPTEMBER

**11**

2 PM TO 3 PM

"Senior Health  
Curriculum" by HPB

SEPTEMBER

**12**

10.30 AM - 12.30 PM

*Dance Rehearsal  
(Caregiving Week 2024)*

SEPTEMBER

**13**

1 PM - 2 PM

NUHS Lunchtime  
Webinar

SEPTEMBER

**16**

2 PM - 5 PM

*Caregiving Week 2024  
Caregivers' Oasis*

SEPTEMBER

**17**

9 AM - 2 PM

*Caregiving Week 2024  
Mid-Autumn Festival*

SEPTEMBER

**18**

9.30 AM TO 12PM

*Caregiving Week 2024  
Seniors Connect*

SEPTEMBER

**18**

2 PM - 4.30 PM

*Caregiving Week 2024  
Caregivers Connect*

SEPTEMBER

**20**

1 PM - 2 PM

*NUHS Lunchtime  
Webinar*

# UPCOMING EVENTS

SEPTEMBER

**21**

9.30 AM - 3 PM

*Caregiving Week 2024  
Caregiving Fest*

SEPTEMBER

**23**

10.30 AM - 1 PM

*Social Activity  
(In-centre)*

SEPTEMBER

**23**

2 PM - 4.30 PM

*Social Activity  
(In-centre)*

SEPTEMBER

**24**

10.30 AM - 2 PM

*Social Activity  
(In-centre)*

SEPTEMBER

**25**

10.30 AM - 12.30 PM

*Social Activity  
(In-centre)*

SEPTEMBER

**25**

2 PM - 3 PM

*"Senior Health  
Curriculum" by HPB*

SEPTEMBER

**25**

3.15 PM - 3.45 PM

*"Mindfulness" Caregiver  
Support Group (Bilingual)*

SEPTEMBER

**27**

1 PM - 2 PM

*NUHS Lunchtime  
Webinar*

SEPTEMBER

**27**

3 PM - 4.30 PM

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

# 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>.