



CWA

Caregiving Welfare Association

newsletter

MARCH 2026

AGEING WELL,
CARING BETTER

22

Years

OF COMPASSIONATE
ENDEAVOUR



FEATURED ARTICLES



**CWA on Mediacorp
Ria 897's Pantang**



**Caregiver Support Group:
March Session**

FOR FAMILY CAREGIVERS OF SENIORS



FREE
CAREGIVER
SUPPORT
GROUP

NEXT SESSION
CARING FOR YOURSELF
WHILE CARING FOR OTHERS

 **WED, 29 APRIL**

 **7PM TO 9PM**

 **3 GHIM MOH ROAD,**
#01-294

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

Ageing
Asia
2026
WORLD**AGEING**FESTIVAL

 **SMU**
SINGAPORE MANAGEMENT
UNIVERSITY

 **CWA**
Caregiving Welfare Association

15 APRIL 2026

Marina Bay Sands Expo &
Convention Centre, Hall C,
Singapore



Supporting Partner



Sign up for FREE
Exhibition Pass

We're proud to support the World Ageing Festival 2026, organised by Ageing Asia in partnership with Singapore Management University (SMU). The festival brings together innovations, practical insights, and solutions to support active ageing and independent living.

Date: 15 April 2026

Venue: Marina Bay Sands Expo & Convention Centre, Hall C

Highlights include the Active Ageing Seminar, the 17th Ageing Asia Innovation Exhibition featuring over 200 exhibits, and live demonstrations of solutions that support healthy and independent ageing.

Click [here](#) to register for FREE.

CWA on Mediacorp Ria 897's Pantang



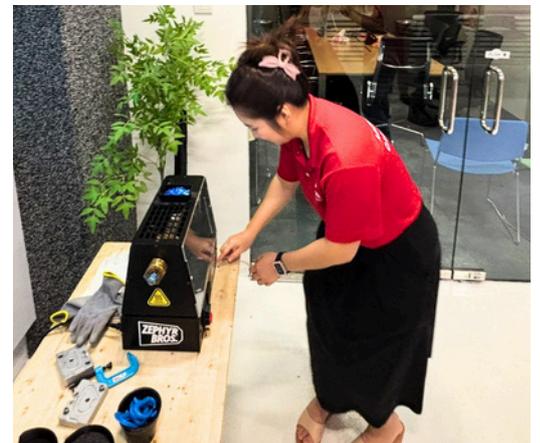
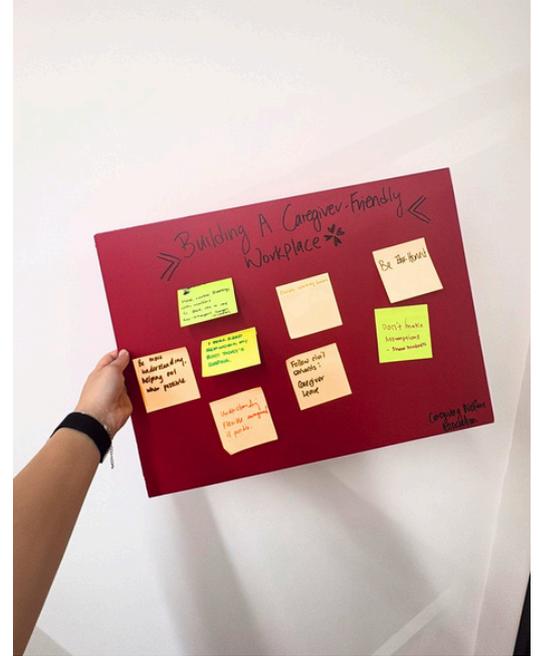
CWA was recently featured on *Pantang*, a vodcast by Mediacorp Ria 897, contributing to conversations on the realities of caregiving and the importance of community support for caregivers.

The episode featured a caregiver's lived experience alongside Olivia Leong, Head of Community-based Services at CWA, who shared professional insights on the challenges caregivers face, the impact of cultural expectations, and the support available for caregivers in Singapore.

Through such platforms, CWA continues to raise awareness of caregiving challenges and advocate for greater understanding and support for caregivers in the community.

Watch the full episode [here](#).

Building Caregiver-Friendly Workplaces



On 6 March, we engaged The Mill International Pte Ltd in a meaningful conversation on how workplaces can better recognise and support employees who are also caregivers.

As part of this engagement, CWA conducted a complimentary talk on “*What Makes a Healthy Workplace for Caregivers*”, where practical strategies were shared on how organisations can build more inclusive and caregiver-friendly workplace cultures.

This engagement is part of CWA’s ongoing efforts to raise awareness of caregiving challenges and encourage stronger workplace support systems for caregiver-employees.

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 Support Group: March Session



Caregiving can bring financial challenges that many may not feel prepared for. In this session, caregivers learnt about common caregiving expenses, practical financial planning tips, and available support schemes to help ease the burden.

We were also pleased to have Jun Yuan, Financial Consultant from ArchFTP, who shared professional insights and his personal caregiving experience, helping participants better understand relevant government support.

Through such sessions, CWA continues to equip caregivers with practical knowledge and support as they navigate their caregiving journey.

Are you caring for a senior loved one? Our FREE Caregiver Support Group offers a safe space to share, learn, and feel supported. For more details and to register, please click [here](#).

Urban Sketching



On 16 March, our seniors brought their sketchbooks to the Rail Corridor towards Star Vista, enjoying a morning of urban sketching, fresh air, and laughter.

Students from Eunoia Junior College, CHIJ St Nicholas Girls' School, Raffles Institution, and Temasek Polytechnic also joined the outing, creating a meaningful intergenerational experience through art and connection.

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](#).

Crochet Workshop



Our seniors recently picked up a new skill through a crochet session, learning how simple strands of yarn can be transformed into something meaningful with patience and practice.

While mastering the techniques was not always easy, the experience was filled with focus, encouragement, and a strong sense of accomplishment as they created their very own pieces.

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](#).

Learning Across Borders: CWA Hosts FEDESAP Delegation



On 23 March, CWA was honoured to host senior executives from Fédération des Services à la Personne et de Proximité (FEDESAP), France's leading federation for home support services, as part of their study mission to Singapore.

The visit brought together sector leaders to exchange perspectives on Singapore's eldercare landscape, best practices, and innovative approaches that support ageing in place.

During the sharing, we highlighted the socio-cultural factors that shape caregiving in Singapore and how these influence the way home care services are delivered to better support seniors and their families.

We are grateful for the opportunity to be part of FEDESAP's learning journey and look forward to future collaborations, partnerships, and continued knowledge exchange.



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

APRIL

1

1 PM TO 4 PM

Senior Dance Class

APRIL

4

10 AM TO 11.30 AM

*"Journey Back To You"
Art Therapy Session*

APRIL

6

2 PM TO 5 PM

*"Songs of the Goddess"
by Jessie Yeong*

APRIL

7

9.30 AM TO 10.30 AM

Senior Boxing Class

APRIL

7

2 PM TO 4 PM

Crochet Class

APRIL

8

1 PM TO 4 PM

Senior Dance Class

APRIL

10

2 PM TO 5 PM

Health Check-up

APRIL

10

2 PM TO 4 PM

*Seniors Get-together
Session*

APRIL

10

4 PM TO 5 PM

Handicraft Session

UPCOMING EVENTS

APRIL

13

2 PM TO 4 PM

*Movie Screening: "Long
Long Time Ago 2"*

APRIL

14

9.30 AM TO 10.30 AM

Senior Boxing Class

APRIL

14

1 PM TO 4 PM

Face Mask Painting

APRIL

15

1 PM TO 4 PM

Senior Dance Class

APRIL

18

10 AM TO 11.30 AM

*"Journey Back To You"
Art Therapy Session*

APRIL

20

2 PM TO 4 PM

*Importance of Will &
Legacy Planning*

APRIL

21

9.30 AM TO 10.30 AM

Senior Boxing Class

APRIL

21

2 PM TO 4 PM

Crochet Class

APRIL

22

1 PM TO 4 PM

Senior Dance Class

UPCOMING EVENTS

APRIL
23

9.30 AM TO 10.30 AM

Yoga Class

APRIL
23

2 PM TO 4 PM

*Haircut Session
by QB House*

APRIL
24

2 PM TO 5 PM

*Seniors Get-together
Session*

APRIL
24

2 PM TO 5 PM

Health Check-up

APRIL
27

8.30 AM TO 12.30 PM

*Fit & Fun
@ Gateway Theatre*

APRIL
28

9.30 AM TO 10.30 AM

Senior Boxing Class

APRIL
28

2 PM TO 4 PM

Crochet Class

APRIL
29

1 PM TO 4 PM

Senior Dance Class

APRIL
29

7PM TO 9 PM

Caregiver Support Group

DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**