



cwa

Caregiving Welfare Association

newsletter

MARCH 2025

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



Stride For Care 2025



Peranakan Museum Seniors' Outing



Stride for Care 2025 is the Caregiving Welfare Association's (CWA) first-ever virtual race, dedicated to raising awareness and funds for seniors in need and their caregivers.

This inclusive event allows participants to walk, jog, or run at their own pace, anytime and anywhere. Whether you're an avid runner or just looking for a meaningful way to stay active, Stride for Care is for you.

Click [here](#) to register your interest and be the first to receive updates on the official launch, registration details, and exclusive event updates.

More details will be shared after the launch. Stay tuned!

Ageing Asia
2025
WORLD **AGEING** FESTIVAL

 13th ELDERCARE
INNOVATION
AWARDS 2025



 **CWA**
Caregiving Welfare Association

JOIN US
8-9 APRIL 2025

Marina Bay Sands Expo &
Convention Centre Hall A,
Singapore




Sign up for FREE
Exhibition Pass

**Supporting
Partner**

As a Supporting Partner with the World Ageing Festival 2025, we invite you to register for a complimentary pass to the 16th Ageing Asia Innovation Exhibition taking place on 8-9 April 2025 at Marina Bay Sands Expo & Convention Centre, Hall A, Singapore.

Explore over 120 exhibitors showcasing solutions that improve the quality of life for Asia Pacific's ageing population. The theme, "Age of Longevity: Living Healthier, Living Happier," promises to inspire and drive meaningful change.

 **Date: 8-9 April 2025**

 **Venue: Marina Bay Sands Expo & Convention Centre Hall A, Singapore**

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

Mosaic Art Workshop



On 17 February, 20 of our seniors had a delightful time exploring their artistic side at a Mosaic Art Workshop, guided by our talented student volunteers from Hwa Chong Institution.

With simple drawings and vibrant pre-cut paper tiles, they brought their creativity to life, crafting beautiful mosaic masterpieces while sharing moments of joy, laughter, 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](#).

Scam Awareness by Singapore Police Force



A big thank you to the team from the Community Policing Unit, Clementi Division, Queenstown NPC for conducting an essential scam awareness session for our seniors on 18 February.

Through an engaging and informative session, our seniors picked up practical tips on identifying, avoiding, and reporting common scams, including phone, SMS, and impersonation fraud. They also had the opportunity to try out the ScamShield app and learn how it can help safeguard them against potential threats

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Peranakan Museum Seniors' Outing



On 28 February, 26 of our seniors embarked on a heartwarming and enriching trip to the Peranakan Museum, made possible through our collaboration with the Health Promotion Board and National Heritage Board.

The day began with a "Balik Kampung" session, followed by a guided tour exploring Peranakan heritage. A highlight of the visit was the exclusive Peranakan clothing exhibition, showcasing intricate embroidery and vibrant kebayas—a special treat for our seniors!

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Be the Light That Warms a Senior's Heart



This Ramadan, let's extend kindness and care to seniors in need. Many vulnerable seniors in our community struggle with daily essentials, loneliness, and the challenges of ageing. Your contribution can bring warmth, companionship, and essential support to them during this blessed month.

Every donation counts. With your help, we can continue providing home-based care, provisions, and social connection to those who need it most.

For more information and to donate, 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.

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



UPCOMING EVENTS

MARCH

5

2.30 PM TO 4 PM

*"Mindfulness" Caregiver
Support Group (Bilingual)*

MARCH

7

2 PM TO 5 PM

*Seniors Get-together
Session*

MARCH

10

3 PM TO 5 PM

"SIM! Scam" Talk

MARCH

14

2 PM TO 5 PM

*Seniors Get-together
Session*

MARCH

17

3.30 PM TO 5 PM

Social Activity

MARCH

19

3 PM TO 4.30 PM

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

MARCH

20

3 PM TO 4.30 PM

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

MARCH

21

2 PM TO 5 PM

*Seniors Get-together
Session*

MARCH

24

8.30 AM TO 12 PM

*Fit & Fun
@ Gateway Theatre*

UPCOMING EVENTS

MARCH

24

3 PM TO 5 PM

"SIMI! Scam" Talk

MARCH

27

2.30 PM TO 4 PM

*"Mindfulness" Caregiver
Support Group (Bilingual)*

MARCH

28

2 PM TO 5 PM

*Seniors Get-together
Session*

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!**