



Caregiving Welfare Association

newsletter

OCTOBER 2025

AGEING WELL, CARING BETTER

20 Years
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



Mid-Autumn Celebration



Bingo Fun



Home-based Monitoring

Empowering seniors to live safely and independently at home.



24/7 RAPID
RESPONSE



SKILLED
CARE TEAM



SMART NON-INTRUSIVE
TECHNOLOGY



EMERGENCY
COORDINATION



SCAN HERE FOR
MORE INFORMATION



6466 7996



homecare@cwa.org.sg

Affordable Art Fair

**Friday, 14 November, 11am – 9pm
Saturday, 15 November, 10am – 7pm
Sunday, 16 November, 10am – 7pm**

**F1 Pit Building, 1 Republic Boulevard
Singapore, 038975**



Bear Painting

Paint, decorate, and bring your own mini bear figurine to life



“Stories Of Care”: A Guided Clay Activity

Mould, shape, and express what care means to you

Get your tickets now!

Mid-Autumn Celebration



Nothing beats good company, mooncakes, and Chinese tea during the Mid-Autumn Festival. A huge thank you to the amazing volunteers from @incomeinsurance for lighting up our seniors' day on 6 October with paper lantern making and other fun-filled activities.

Your warmth and enthusiasm truly made the celebration shine brighter.

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](#).

Bingo Fun



It was an afternoon filled with laughter and excitement as volunteers from Veolia joined our seniors for a lively Bingo session at Gateway Theatre's Sky Garden. The volunteers brought wonderful energy, cheering, chatting, and celebrating every win with our seniors.

Beyond the games, it was a meaningful time of connection, where simple moments of fun created lasting memories and smiles all around.

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Stepping Out For Stroke 2025



We're proud to have been part of Stepping Out For Stroke 2025.

A heartfelt thank-you to the Singapore National Stroke Association (SNSA) for bringing together survivors, caregivers, healthcare professionals, and community partners for this meaningful milestone event.

As a Community Partner for StrokeConnect, the Caregiving Welfare Association is proud to support collective efforts that strengthen the support network for stroke survivors and their caregivers.

👉 Let's make caregiving a shared journey.

If your organisation shares our passion for supporting seniors and caregivers, we'd love to collaborate! Email marketing@cwa.org.sg to explore partnership opportunities.



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 **\$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:

Home-based Personal Care

Caregiver Support Group

Case Management & Supportive Counselling

Provision Programme



UPCOMING EVENTS

NOVEMBER

3

9 AM TO 12 PM

NUHS Community Health Post

NOVEMBER

3

3 PM TO 4 PM

NUHS Fall Prevention Talk

NOVEMBER

4

2 PM TO 5 PM

Handicraft Session

NOVEMBER

5

1 PM TO 2.30 PM

Senior Dance Class

NOVEMBER

6

2 PM TO 5 PM

Fun Session by Rezeca Renewables

NOVEMBER

7

9.30 AM TO 10.30 AM

Exercise by Fairfield Methodist Sec Sch

NOVEMBER

7

2 PM TO 5 PM

Seniors Get-together Session

NOVEMBER

7

2 PM TO 5 PM

Health Check-up

NOVEMBER

10

9.30 AM TO 10.30 AM

Exercise by Fairfield Methodist Sec Sch

UPCOMING EVENTS

NOVEMBER

11

9.30 AM TO 10.30 AM

*Exercise by Fairfield
Methodist Sec Sch*

NOVEMBER

11

2 PM TO 5 PM

Handicraft Session

NOVEMBER

12

1 PM TO 2.30 PM

Dance Class

NOVEMBER

13

3 PM TO 4.30 PM

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

NOVEMBER

14

10 AM TO 11 AM

*Affordable Art Fair
Outing*

NOVEMBER

18

11.30 AM TO 3.30 PM

Oceanarium Outing

NOVEMBER

18

2 PM TO 5 PM

Handicraft Session

NOVEMBER

19

1 PM TO 2.30 PM

Dance Class

NOVEMBER

19

3 PM TO 4.30 PM

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

UPCOMING EVENTS

NOVEMBER

20

2.30 PM TO 4 PM

*"Mindfulness" Caregiver
Support Group (Eng)*

NOVEMBER

21

2 PM TO 5 PM

*Seniors Get-together
Session*

NOVEMBER

21

2 PM TO 5 PM

Health Check-up

NOVEMBER

24

8.30 AM TO 12.30 PM

*Fit & Fun
@ Gateway Theatre*

NOVEMBER

24

2 PM TO 5 PM

*Fun Session by Rezeka
Renewables*

NOVEMBER

25

2 PM TO 5 PM

Handicraft Session

NOVEMBER

26

1 PM TO 2.30 PM

Senior Dance Class

NOVEMBER

27

2 PM TO 3.30 PM

Zentangle Class

NOVEMBER

28

2 PM TO 5 PM

*Seniors Get-together
Session*

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>.



Connect
with us!