



cwa

Caregiving Welfare Association

newsletter

APRIL 2025

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



CWA
Caregiving Welfare Association

STRIDE FOR CARE
VIRTUAL RACE

[REGISTER NOW →](#)

28 MARCH - 13 JULY 2025



BECAUSE EVERY STRIDE BRINGS HOPE TO SENIORS AND THEIR CAREGIVERS.

Stride For Care 2025



State Of Play 2025




Caregiving Welfare Association

STRIDE 

FOR CARE

V I R T U A L R A C E

REGISTER NOW 

28 MARCH - 13 JULY 2025



BECAUSE EVERY STRIDE BRINGS HOPE TO SENIORS AND THEIR CAREGIVERS.

Make every step count—for a cause that matters.

Whether you're running, walking, or hiking, join the Caregiving Welfare Association's (CWA) first-ever virtual race anytime, anywhere to support seniors and their caregivers in our community.

At CWA, we support joyful ageing-in-place and empower caregivers every step of the way.

Join us in this meaningful movement, because every stride brings hope to our beneficiaries.

 **REGISTER NOW**

Seniors' Outing – Age+ Living Lab



On 3 March, 25 of our seniors took a step into the future with a visit to the Age+ Living Lab.

They explored an interactive gerontechnology exhibition—set within a life-sized home environment—demonstrating how assistive devices and smart technology can support seniors in living independently and confidently.

A heartfelt thank you to SG Assist for the eye-opening experience. Our seniors left inspired, empowered, and excited about the future of ageing well with tech.

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](#).

State Of Play 2025



We were proud to be part of State of Play 2025 on 27 March — a day of shared purpose and meaningful conversations.

At our booth, participants experienced ageing first-hand through the Elderly Life Simulation Attire (ELSA) by Dr Kuan from NUS Tembusu College, gaining insight into the daily challenges seniors face.

We also welcomed a corporate volunteer from Inchcape Singapore, who shared how volunteering can create real impact for seniors and caregivers Thank you, National Volunteer & Philanthropy Centre, for fostering this space for empathy, partnerships, and care.

Looking to make an impact? Join us in supporting initiatives that enhance the well-being of our beneficiaries, whether through volunteering, sponsorship, or programme collaboration. Reach out to us today at marketing@cwa.org.sg.

Lessen Their Worries, Fill Their Bags



For many seniors and caregivers in our community, basic groceries can be a heavy burden. Rising costs and limited income mean essentials like rice, oil, and fresh produce often feel out of reach.

Through our Provision Programme, we offer monthly grocery packs and \$50 supermarket vouchers—lightening the load and restoring dignity in daily life.

Because it's more than just food. It's care. It's comfort. It's one less worry.

Just \$50 can support a senior's monthly provision pack. Every contribution counts—your donation makes a real difference.

DONATE 



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 **\$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 **\$450** monthly donation, you fund an art therapy workshop for 10 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

APRIL

1

2 PM TO 5 PM

Hari Raya Celebration

APRIL

2

3.30 PM TO 5 PM

Social Activity

APRIL

4

10 AM TO 11.30 AM

*Seniors Get-together
Session*

APRIL

5

10 AM TO 11.30 AM

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

APRIL

7

3 PM TO 5 PM

SIMI Scam! Talk

APRIL

9

3 PM TO 4.30 PM

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

APRIL

10

3 PM TO 4.30 PM

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

APRIL

11

2 PM TO 5 PM

*Seniors Get-together
Session*

APRIL

17

3.30 PM TO 5 PM

Social Activity

UPCOMING EVENTS

APRIL
18
2 PM TO 5 PM
*Seniors Get-together
Session*

APRIL
24
2.30 PM TO 4 PM
*"Mindfulness" Caregiver
Support Group (Bilingual)*

APRIL
25
2 PM TO 5 PM
*Seniors Get-together
Session*

APRIL
28
8.30 AM TO 12 PM
*Fit & Fun
@ Gateway Theatre*

DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**