



cwa

Caregiving Welfare Association

newsletter

SEPTEMBER 2025

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES

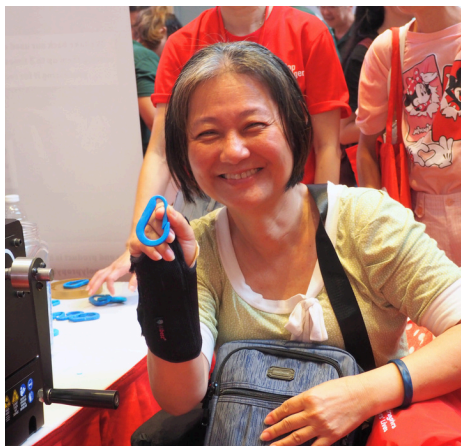


Caregiving Week 2025



Bird Paradise Outing

Caregiving Week 2025



The 10th edition of Caregiving Week (15–21 September 2025) concluded with over 1,000 participants, 60 partners and sponsors, and 90 volunteers rallying together under the theme “A Lifeline for Seniors.” The week saw the launch of CareJourney, a structured pathway of support for caregivers of seniors with stroke and dementia, and the release of the Home-based Monitoring White Paper, highlighting how technology and timely human support can keep vulnerable seniors safe at home.

At the culminating Caregiving Fest 2025 in Sengkang Grand Mall, participants enjoyed performances, eco-themed workshops, and the immersive “My Life Behind the Door” exhibition.

We extend our heartfelt thanks to all our partners, sponsors, and volunteers — your support made this milestone year possible. Together, we continue to strengthen lifelines for seniors and caregivers.

Clay-making Workshop



As part of SG60 celebrations, seniors at CWA took part in a clay-making workshop themed “Our Community: SG60 and Beyond.” They crafted pieces inspired by Singapore’s culture and heritage, using colours and shapes to reflect their aspirations and dreams for the nation. The sessions not only tapped into their creativity but also gave them a meaningful way to express their love for Singapore, resulting in heartfelt artworks that embody the SG60 community spirit.

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](#).

Batik Painting (AREU x NTUC U Care)



On 16 September 2025, AREU and NTUC U Care brought joy to our seniors through a meaningful CSR programme at CWA. The event saw 24 beneficiaries, 16 volunteers, and AREU EXCO leaders coming together for a fun-filled day of batik painting, lunch, and bingo.

We also extend our heartfelt thanks to their Management Partner, AdrenalinXperience, for volunteering alongside us and sponsoring Ruyi Oil for the seniors' goodie bags. Their support made the day extra special.

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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

OCTOBER

1

1 PM TO 2.30 PM

Dance Class

OCTOBER

3

2 PM TO 5 PM

*Seniors Get-together
Session*

OCTOBER

6

2 PM TO 5 PM

Mid-Autumn Celebration

OCTOBER

7

2 PM TO 5 PM

Handicraft Session

OCTOBER

7

2.30 PM TO 4 PM

*"Mindfulness" Caregiver
Support Group (Bilingual)*

OCTOBER

8

1 PM TO 2.30 PM

Dance Class

OCTOBER

10

2 PM TO 5 PM

*Seniors Get-together
Session*

OCTOBER

13

9 AM TO 1 PM

Mid-Autumn By The Bay

OCTOBER

14

2 PM TO 5 PM

Handicraft Session

UPCOMING EVENTS

OCTOBER

15

1 PM TO 2.30 PM

Dance Class

OCTOBER

16

3 PM TO 4.30 PM

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

OCTOBER

17

2 PM TO 5 PM

*Seniors Get-together
Session*

OCTOBER

21

2 PM TO 5 PM

Handicraft Session

OCTOBER

22

1 PM TO 2.30 PM

Dance Class

OCTOBER

24

2 PM TO 5 PM

*Seniors Get-together
Session*

OCTOBER

25

10 AM TO 11.30 AM

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

OCTOBER

27

8.30 AM TO 12.30 PM

*Fit & Fun
@ Gateway Theatre*

OCTOBER

28

2 PM TO 5 PM

Handicraft 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>.

DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**