



cwa

Caregiving Welfare Association

newsletter

MAY 2024

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



Hear From Our Clients



Seniors' Outing

Hear from Our Clients: Home-based Personal Care



"I am grateful for this professional service as I am the sole caregiver for my mother. I've encountered excellent staff who have been very helpful overall. I particularly appreciate the flexibility in scheduling. Violet, Sok Eng, and Rebecca have done a great job. Thank you all!"

- Edwin, Family Caregiver



Our **Home-based Personal Care** service is now available round-the-clock, even on weeknights, weekends, and public holidays.

For more information and to book a session with us, please visit <https://tinyurl.com/w2xh4rb7>, call 6466 7996/6466 7957, or email homecare@cwa.org.

Hear from Our Clients: Caregiver Support Group



Getting to know people who battle self-doubt, navigate difficult relationships, and handle practical issues has significantly reduced the tunnel vision I often experience. Their empathy has both encouraged and comforted me, enabling me to embrace this phase of life rather than resent it as an unfortunate fate. Admiration has replaced pity as I've come to know these responsible individuals who have made similar decisions to personally care for the people they love.

- Cindy, Caregiver Support Group Member



Our Caregiver Support Group offers compassionate support through your caregiving journey.

To find out more about the support we provide for family caregivers of seniors and to register your interest, please visit

<https://tinyurl.com/CWACaregiverSupportGroup>.

Nutrition Talk by NUHS Health Peers



Our seniors embarked on an enriching journey into the realm of nutrition during a special talk led by NUHS Health Peers on 15 and 16 April.

They were treated to valuable insights on sugar management and healthier dietary choices, gaining practical knowledge to enhance their well-being. We extend our heartfelt thanks to NUHS for facilitating this engaging and informative session.

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 visit <https://tinyurl.com/MemberCWA>.

Seniors' Outing: Gardens By The Bay



22 of our seniors enjoyed a delightful day at Gardens By The Bay, surrounded by stunning flora and beautiful landscape on 30 April.

This special day wouldn't have been possible without the incredible support of our dedicated volunteers from Inchcape, whose presence added an extra layer of joy to the experience. From strolling through vibrant floral displays to basking in the tranquility of nature, every moment was filled with smiles and shared memories.

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 visit <https://tinyurl.com/MemberCWA>.

WE ARE HIRING

COMMUNITY CAREGIVERS CENTRAL/NORTH-EAST/EAST REGIONS



- **EARN UP TO \$19/HOUR**
- **NO PRIOR EXPERIENCE REQUIRED**
- **FLEXIBLE WORKING HOURS**
- **COMPETITIVE SALARY WITH CPF CONTRIBUTION**

To apply, please visit <https://tinyurl.com/JoinUsCWA>,
call 6466 7996, or email homecare@cwa.org.sg.

UPCOMING EVENTS

MAY
3

1 PM - 2 PM

*NUHS Lunchtime
Webinar*

MAY
8

2 PM - 3.30 PM

*"Balik Kampung"
by HPB*

MAY
10

2 PM - 5 PM

*Digital For Life:
Learn Digital*

MAY
17

1 PM - 2 PM

*NUHS Lunchtime
Webinar*

MAY
21

2 PM - 3 PM

*"Balik Kampung"
by HPB*

MAY
23

2.30 PM - 4 PM

*"Mindfulness" Caregiver
Support Group (Bilingual)*

MAY
24

2 PM - 5 PM

*Digital For Life:
Learn Digital*

MAY
25

10 AM - 11.30 AM

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

MAY
30

2.30 AM - 4 PM

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

DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**

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>.