



cwa

Caregiving Welfare Association

newsletter

DECEMBER 2024

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



Affordable Art Fair Singapore



Art Appreciation Workshop

Affordable Art Fair Singapore



We had an incredible four days at the Affordable Art Fair Singapore. Our booth was alive with creativity and connection as kids, parents, and art enthusiasts joined us for mini art jamming sessions. It was heartwarming to see joy and self-expression blossom across all ages.

Over 170 canvases were sold during the event. Each purchase contributes directly to funding vital care and support for seniors and their family caregivers.

A huge thank you to everyone who visited our booth, painted with us, and supported our cause. Your generosity makes a real difference in the lives of those we serve.

Feeling inspired? If you'd like to partner with us or help fundraise for our mission, reach out to us at donate@cwa.org.sg.

Affordable Art Fair Singapore – Arty-Licious Evening



The Arty-Licious Evening at Affordable Art Fair Singapore was nothing short of inspiring! Caregiving Welfare Association's booth came alive with engaging conversations and hands-on activities, exploring the transformative power of art therapy. Our heartfelt thanks go to Ms Ng Jue Ann and Ms Christine Tok from The Red Pencil Singapore for their insightful and impactful sessions.

If you wish to collaborate or contribute with us, we'd love to hear from you. Reach out to us at donate@cwa.org.sg.

Affordable Art Fair Singapore – Seniors' Outing



12 of our seniors also had a memorable day at the Affordable Art Fair Singapore on 9 November, warmly hosted by the Fair Director himself, Mr Alan Koh.

After breakfast at Group Therapy Cafe, they joined a mini art jamming session at CWA's booth, where their creativity shined.

A huge thank you to the Affordable Art Fair Singapore team for making this possible. Moments like these remind us of the joy that art brings to all ages.

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](#).

Mosaic Art Workshop



On 12 November, 20 of our seniors enjoyed a delightfully creative experience at the Mosaic Art Workshop hosted by Reunion at the National Museum of Singapore.

With self-expression as the guiding theme, each senior designed their own unique mosaic coasters to take home, showcasing their creativity and individuality.

Our heartfelt thanks to the student volunteers from Hwa Chong Institution, whose support and enthusiasm made this workshop even more special.

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](#).

Coffee, Cuts & Connections



We partnered with Build Your Dreams by 1826 for a heartwarming initiative that brightened the lives of our seniors in November. The event featured fresh haircuts by Nbrhoodsg, delightful kopi and cakes by Seven Daze, and meaningful interactions.

Part of the Great Singapore Give campaign by NVPC, this initiative celebrated the spirit of “Everyone Can Give” as we approach Singapore’s 60th year of independence. It wasn’t just about haircuts and food—it was about fostering community bonds, supporting active aging, and showing our appreciation for the contributions of our seniors.

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Art Appreciation Workshop



The graphic features a light grey background with red abstract swirls and starburst icons. On the left, the words 'ART', 'APPRECIATION', and 'WORKSHOP' are arranged vertically in white text on black and red banners. To the right is a circular portrait of a smiling woman with short brown hair and glasses, wearing a black top. Below her portrait, a red banner reads 'HOSTED BY:' and a white banner below that reads 'SOK LENG (ARTUALIZE)'. Below the portrait, the text 'LEARN TO APPRECIATE ART AND CONTRIBUTE TO CHARITY' is written in black. At the bottom left, it says 'JOIN A 1.5 HOUR WORKSHOP WITH JUST A \$20 DONATION TO CWA DURING SG CARES GIVING WEEK.' followed by 'Venue: #02-11 High Street Centre' and 'Enquiries: 96385958 / hello@artualize.com.sg'. At the bottom right, a red starburst shape contains the text 'ONLY \$20' and 'Donate Now.' Below the main graphic, a red banner contains logos for 'GREAT SG GIVE', 'CWA Caregiving Welfare Association', and 'ARTUALIZE', along with the text 'WORKSHOP DATES ARE FLEXIBLE AND WILL BE SCHEDULED IN CONSULTATION WITH PARTICIPANTS AFTER THE DONATION HAS BEEN MADE.'

**ART
APPRECIATION
WORKSHOP**

LEARN TO APPRECIATE ART
AND CONTRIBUTE TO CHARITY

HOSTED BY:
SOK LENG (ARTUALIZE)

JOIN A 1.5 HOUR WORKSHOP WITH JUST A \$20
DONATION TO CWA DURING SG CARES GIVING WEEK.

Venue: #02-11 High Street Centre
Enquiries: 96385958 / hello@artualize.com.sg

**ONLY
\$20**
Donate Now.

In conjunction with:  In support of:  Hosted by: 

WORKSHOP DATES ARE FLEXIBLE AND WILL BE SCHEDULED IN
CONSULTATION WITH PARTICIPANTS AFTER THE DONATION
HAS BEEN MADE.

As part of NVPC Great Singapore Gives, we're bringing you an opportunity to make a real difference while immersing yourself in the beauty of art. 🧡

- 👛 Donate \$20
- 🎨 Redeem a FREE Art Appreciation Workshop
- 👨👩👧👦 Support seniors and their family caregivers

Workshop dates are flexible and will be scheduled in consultation with participants after the donation has been made.

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

Join CWA in the NVPC Great Singapore Gives Campaign!

This year, as part of the **NVPC's Great Singapore Gives Campaign**, we are calling on passionate individuals to support CWA by fundraising for our cause. Your efforts will directly help us continue providing essential services to vulnerable seniors and their family caregivers in our community, including crucial programmes such as Caregiver Support Group and our upcoming Remote Monitoring & Support Programme.

By joining us, you will:

Make a Difference

- Every dollar you raise goes towards improving the lives of seniors and their family caregivers, ensuring they receive the support and care they need.

Receive Exclusive Incentives

- Personalised certificates of recognition for top fundraisers.
- Invitations to special CWA events where you'll get to meet other like-minded individuals and learn more about the impact of your contribution.
- Special mentions on our social media and website to highlight your efforts in supporting our cause.

Be Part of Something Bigger

- Join a community of changemakers and stand with us as we make a lasting impact on the lives of seniors and caregivers across Singapore.

Whether you're planning a personal fundraising challenge, rallying your colleagues, or getting creative with your own ideas, we're here to support you every step of the way!

To find out how you can get involved, simply email donate@cwa.org.sg.





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

DECEMBER

5

11 AM - 2.30 PM

*Christmas Grant-A-Wish
Luncheon for Seniors*

DECEMBER

12

2.30 PM TO 4 PM

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

DECEMBER

16

2 PM - 5 PM

Christmas Celebration

DECEMBER

20

2 PM - 5 PM

*Christmas and New
Year Celebration*

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!**