



cwa

Caregiving Welfare Association

newsletter

JULY 2024

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



Hear From Our Clients



Seniors' Outing

CAREGIVING WEEK 2024



16 SEPTEMBER
TO
21 SEPTEMBER

*save
the date*

Join us for Caregiving Week 2024, a week packed with activities designed to celebrate and support our seniors and caregivers! Here's a quick look at what's coming:

Caregivers' Oasis

Mid-Autumn Festival Celebration

Seniors Connect

Caregivers Connect

Caregiving Fest

Stay tuned for updates on our social media channels and website as we unveil the schedule of events and registration details.

Hear from Our Clients: Caregiver Support Group



Being part of this community has opened my eyes to others going through similar experiences. It's made me more appreciative of my own situation and provided a support system. Now, I know I'm not alone, and there's always someone who understands and is ready to help.

- Mdm Phang, 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>.

Asian Civilisations Museum Seniors' Outing



On 20 June, we had the pleasure of spending a truly enriching and fun-filled day at the Asian Civilisations Museum with our lovely seniors. This delightful excursion was attended by 25 of our beloved seniors and was made even more special with the support of 11 enthusiastic volunteers from Singapore Polytechnic.

Our seniors explored the museum's fascinating exhibits, delving into the rich tapestry of Asian history and culture. It was heartwarming to see them share their own stories and experiences, sparking wonderful conversations with the younger generation.

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>.

Digital For Life: Learn Digital @ CWA



In June, we concluded the series of enriching "Digital For Life" sessions, graciously conducted by the Infocomm Media Development Authority (IMDA). These sessions were designed to bridge the digital divide and empower our seniors with essential digital skills.

Over the course of the sessions, they dived into various facets of the digital world, including setting up and using smart devices, exploring information online, communicating online, and learning how to transact online.

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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





VOLUNTEERS NEEDED

- Caregiving Week 2024
- Community Engagement
- Festive Celebrations
- Outings & Workshops
- In-centre Activities

For more information and to apply, please visit <https://tinyurl.com/VolunteerCWA>.



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

UPCOMING EVENTS

JULY

1

10.30 AM - 1.30 PM

*Seniors' Breakfast
Get-together*

JULY

3

2 PM - 3 PM

*"Balik Kampung"
by HPB*

JULY

5

1 PM - 2 PM

*NUHS Lunchtime
Webinar*

JULY

12

1 PM - 2 PM

*NUHS Lunchtime
Webinar*

JULY

17

2 PM - 3 PM

*"Balik Kampung"
by HPB*

JULY

18

2.30 PM - 4 PM

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

JULY

19

1 PM - 2 PM

*NUHS Lunchtime
Webinar*

JULY

20

10 AM - 11.30 AM

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

JULY

25

2.30 PM - 4 PM

*"Mindfulness" Caregiver
Support Group (Bilingual)*

UPCOMING EVENTS

JULY
26

1 PM - 2 PM

*NUHS Lunchtime
Webinar*

JULY
29

9 AM - 1 PM

*Heritage For Wellbeing
(National Day Edition)*

JULY
31

2 PM - 3 PM

*"Senior Health
Curriculum" by HPB*

DONATE



SUPPORT



VOLUNTEER



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>.