



cwa

Caregiving Welfare Association

newsletter

NOVEMBER 2024

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES



Self-Love is Selfless



Handicraft Session

Self-Love is Selfless



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Caregiving is a very noble role and duty that a person can perform for another as it benefits people who are unable to take care of themselves due to age or sicknesses. Yet many caregivers forget and forgo their own needs when taking care of others. This is one of the problems with people who has great empathy for others. Self-sacrifice is often mistaken for doing good for another person. Yet that is one of the acts of harm towards a human being – the caregiver himself.

Taking care of oneself is of utmost importance in caregiving. This is because by taking care of yourself, you keep the source of support ongoing for the other person who is dependent on you on a long-term basis. Only when one is safe and fine can one then go take care of others. This is like the scenario on airplane when one should put on their oxygen masks for themselves first then attend to help others. If the caregiver collapse, no one will be able to help those in need of assistance. Self-love in caregiving is not selfish. It is selfless.

So here I will share with you some self-love tips for caregivers that should be practiced often to keep the physical, mental and emotional health of caregivers in check:

1. Eat healthy meals regularly
2. Keep hydrated
3. Sleep and rest regularly
4. Cater time for exercise
5. Ask for help
6. Give yourself a break

To read more, click [here](#).

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>.

Caregiver Support Group

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



Art Therapy Sessions

Express yourself freely through the transformative power of art.



Mindfulness-based Sessions

Be attuned to the present moment through guided mindfulness practices.

Our monthly support groups, including Art Therapy (English and Mandarin) and bilingual Mindfulness-based sessions, offer caregivers emotional and psychological support in a safe environment. Facilitated by professionals like Ms Jeanette Chan, Ms Erin Lee, and Ms Ng Jue Ann, these sessions help caregivers recognise and manage their stress, acquire knowledge and skills, and learn from other members' experiences.

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>.

Making Health a Priority



With our Remote Monitoring and Support Programme, vulnerable and solo-living seniors can now measure vital health metrics from the comfort of their homes.

This initiative provides eligible seniors with essential tools—a blood pressure monitor, oximeter, weighing scale, and a tablet—to track their health twice daily. These quick and easy measurements are recorded during two specific windows: between 5am and 12pm and between 5pm and 11pm.

This structured routine encourages consistency and fosters a proactive approach to health management. Regular monitoring not only empowers seniors with critical insights into their well-being but also allows for early detection of potential health concerns, providing peace of mind for both seniors and their family caregivers.

This programme has the potential to transform lives, but we need your help to keep it going. Your generous donation can make it possible for us to extend this service to more seniors, covering the cost of equipment and support services that are crucial to their health journey.

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

Handicraft Session



On 2 October, students from Singapore Polytechnic visited our seniors for a delightful handicraft session. Together, they made colourful fans and enjoyed some vibrant colouring activities. This activity is part of an ongoing initiative, with Singapore Polytechnic students conducting similar sessions throughout the month, bringing fresh ideas and enthusiastic energy each time.

A huge thank you to Singapore Polytechnic for their continued dedication and for creating these engaging opportunities for our seniors. We look forward to more collaborative programmes in the coming months.

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>.

Art Appreciation Workshop



SG CARES

ART APPRECIATION WORKSHOP

Learn art appreciation and contribute to charity

Learn how to appreciate art in a 1.5 hour workshop by making a \$20 donation to **Caregiving Welfare Association (CWA)** in conjunction with SG Cares Giving Week.

Dates: 5 - 7 December 2024
Time: 2pm - 3.30pm 2pm
Venue: #02-11 High Street Centre

In conjunction with

**GREAT SG
GIVE**

In support of

 **CWA**
Caregiving Welfare Association

Hosted by

ARTUALIZE
海之韵

To make a donation, please email donate@cwa.org.sg.

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 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.

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

NOVEMBER

6

3 PM - 5.30 PM

*Social Activity
(In-centre)*

NOVEMBER

7

11 AM TO 1.30 PM

Deepavali Celebration

NOVEMBER

7

2.30 PM - 4 PM

*"Mindfulness" Caregiver
Support Group (Bilingual)*

NOVEMBER

9

8.30 AM - 12 PM

*Seniors' Outing:
Affordable Art Fair*

NOVEMBER

12

9 AM - 1.30 PM

*Monthly Workshop:
National Museum*

NOVEMBER

13

10 AM - 11.30 AM

*Social Activity
(In-centre)*

NOVEMBER

14

2 PM TO 3 PM

*"Senior Health
Curriculum" by HPB*

NOVEMBER

23

10 AM - 11.30 AM

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

NOVEMBER

28

2.30 PM - 4 PM

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

DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**