



CAL E-Newsletter September 2016

Caregivers Alliance Limited (CAL) is a professional non-profit organisation in Singapore dedicated to meeting the needs of families and caregivers of persons with mental health issues. While there are other organisations providing support to the community affected by mental illness, only CAL focuses exclusively on supporting caregivers with professional services. CAL was formed in October 2011. Our founding members are Singapore Anglican Community Services, Caregivers' Association of the Mentally Ill and BinjaiTree Limited.

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National Day Observation Ceremony



9 August 2016

The National Day Observation Ceremony is an annual commemorative event organised by Kampung Kembangan Community Club. For the first time this year, CAL was invited to be part of their celebrations.

CAL participated in the event with 5 caregivers who carried out community outreach, engagement and publicity for CAL and its services. In addition, caregivers and persons-in-recovery manned booths to market their handcrafted goods and demonstrate the functionality of a terrarium.

Lion Befrienders



3 July 2016

As part of CAL's outreach efforts, a collaboration was formed with our community partner Lions Befrienders where we assisted in the training of their volunteers to provide effective support when they carry out home visits to the elderly who are isolated and living alone.

The Mental Health Awareness & Basic Caregiver's workshop in Chinese was held at CAL's Valley Point office and was attended by a total of 37 volunteers. The participants had fun at the session and gave CAL positive feedback on our training programme. 25 participants signed up as CAL's community volunteers and several individuals also registered for our C2C Education Programme. Volunteer Executive, Ivy Quah provided feedback that Lions Befrienders intends to organize another such training session for their next batch of volunteers.



Evelyn Chng
Caregiver Support Specialist

I learnt about CAL through an Obsessive-Compulsive Disorder (OCD) seminar in September 2015. I later enrolled for the 12-week Caregiver-to-Caregiver Education programme with the intention of better equipping myself with the skills and knowledge to manage my son's OCD behaviour.

I benefited a lot from the programme where I learned about the brain structure, medication and communication, as well as to recognise the signs of a relapse and to appreciate the little improvements from our loved ones. Most of all, the sharing among fellow caregivers assured me I was not alone in my caregiving journey. I decided to join CAL as a Caregiver Support Specialist in August 2016 to reciprocate with my service and to empower other caregivers in taking care of their loved ones.

我是在2015年9月的一场强迫症研讨会上认识照顾者联盟。之后我报名参加为期12周的C2C课程，目的是为了武装自己，学习相关的技能和知识，让自己能更好地管理儿子的强迫症行为。其课程让我获益良多。我学习大脑结构、药物种类、有效沟通、如何及早发现复发迹象，以及如何为亲人的小进步去作鼓励。最重要的是，同班其他照顾者的分享让我意识到我并非孤军作战。2016年8月，我决定成为照顾者联盟大家庭的成员，希望通过我的分享，能服务更多的照顾者。



Maj (NS) Uva Raj
Manager, Community Outreach & Special Projects / Senior Counsellor

To be able to make a difference in the social service landscape was the impetus for my transition from soldiering to soldering pieces of normalcy. While tangible benefits are necessary, the intangibles from such work offer a holistic perspective to one's mindset. It is a rewarding journey.



Samantha Sim
Counsellor

It has been an enriching experience for me since joining Caregivers Alliance Limited (CAL). The Caregiver-to-Caregiver Education programme, coupled with caregivers' sharing of invaluable experiences and stories has provided me with new perspectives. As a mental health clinician by training, I am very happy to play a role in supporting caregivers in their long journey with their loved ones. I am also very grateful and pleased to work with a dedicated team of volunteers and staff in CAL. I endeavour to give my best to this worthy cause.

Caregivers Alliance Limited

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