



## CAL E-Newsletter November 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. CAL was formed in October 2011 by Singapore Anglican Community Services (SACS), Caregivers' Association of the Mentally Ill and BinjaiTree Limited.

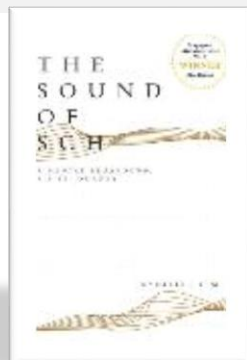
### WEST ZONE

#### MOU with JurongHealth RHS



Caregivers Alliance Limited signed a Memorandum of Understanding with JurongHealth Services Pte. Ltd. on 31st August with the aim of bringing enhanced care services to the community in the western region of Singapore.

#### “Depression and Suicide” Talk at Ng Teng Fong General Hospital



On 22nd October, CAL organised a public talk on Depression and Suicide at the Ng Teng Fong General Hospital. 230 hospital personnel benefitted from talks by a psychiatrist and caregivers. Award winning author, Ms Danielle Lim showcased her new work *The Sound of Sch: A Mental Breakdown. A Life Journey*, a moving book about the journey of a caregiver and a person-in-recovery.

## Activities at Ng Teng Fong General Hospital (NTFGH)



CAL conducted information sessions for 3 NTFH teams, to share about CAL's work and presence in NTFGH. We discussed how these teams can collaborate with us and we will continue to reach out to other departments in NTFGH.

Two new Caregiver-to-Caregiver (C2C) training classes were started in NTFGH on 11th August. At the combined graduation on 29th October, Caregivers shared how C2C provided with a safe space for them to share and make new friends who are on similar journeys.

In total, we ran 6 events at NTFGH between August to October with many more to come in 2017.

## The First Taman Jurong Caregiver-to-Caregiver (C2C) Class



Taman Jurong Community Centre (TJCC) saw it's first C2C English class start on 19<sup>th</sup> September and led by Ms Brenda Koay. This is an exciting development for CAL because the last time CAL had activities in the area was in 2013 with three C2C classes in Bukit Batok East Community Club.

## Mental Health Awareness Workshop



In the effort to increase understanding of mental illness and the difficult journey that caregivers go through, CAL held three mental health talks at various religious organisations between August and October, reaching a total of 184 participants. One such talk took place at Mt Carmel Bible Presbyterian Church where Dr Joseph Khoo, Lee Ying Ying and Jill Khoo shared their personal stories. CAL held another talk in Chinese at the Singapore Soka Association (SSA) through the Agency for Integrated Care (AIC) and there was so much interest that CAL has already been invited back to conduct a second talk at SSA.



Caregiver-to-Caregiver Classes at CareConnect TTSH

## National Seminar on Productivity in Healthcare (NSPH)



The National Seminar on Productivity in Healthcare 2016 attracted participants from diverse areas including the medical, commercial and information technology sectors. Keynote and plenary speakers included local and international professionals from Sweden, the United States, New Zealand and Thailand.

At the breakout session on the second day, Dr. Sally Thio and Ms. Angeline Teoh presented a talk on "Engaging Caregivers in Mental Health Care through Sustainable Training Programmes". About 70 participants attended and strong interest came from a nursing home and from Dr. Edwin Loh of SingHealth about collaborative ways of providing more community based care for people.

## Singapore Patient Conference (SPC) at TTSH 27-28 October



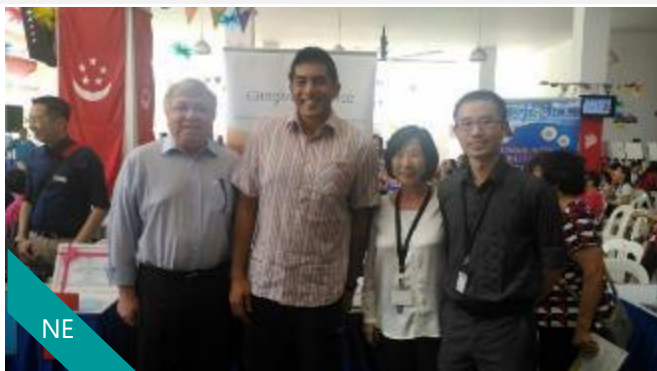
The Singapore Patient Conference was an excellent opportunity for CAL's Central team to do outreach and increase its visibility in the community. CAL hosted a booth at CareConnect's Open House Day and we also conducted a workshop to raise awareness of caregivers' needs. Our caregiver leaders' (Cindy Tan and Lim Soon Cheng) tireless outreach efforts struck a chord with participants. Dr. Amy Khor, Guest-of-Honour who visited CAL's booth, was impressed by their spirit of volunteerism and sincerity.

## Caregiver-to-Caregiver Class Graduation



51 caregivers graduated from the C2C classes that commenced on 3<sup>rd</sup> September at the Hougang Care Centre (HCC) and the Institute of Mental Health (IMH).

## Healthy Minds, Happy Lives



Member of Parliament of Ang Mo Kio Group Representation Constituency, Mr Darryl David, CAL Chairman Mr Keith Chua, CAL counsellor Dexter Yeng and Caregiver Volunteer Alice Loo were at "Healthy Minds, Happy Lives", an event organized by SACS at Ci Yuan Community Centre on 3<sup>rd</sup> September. Alice shared her caregiving experiences at the event and CAL reached out to almost 200 participants.

## "The Resilient Caregiver" Mental Health Awareness Workshop at Khoo Teck Puat Hospital



CAL started operations at KTPH two times a week from September. In two months, we were able to reach out to about 100 caregivers. On 22<sup>nd</sup> November, a mini-workshop on "The Resilient Caregiver" was conducted for nurses and caregivers from the Geriatric Outpatient Clinic at the KTPH Learning Centre by Program Manager Judy Koh. Participants learned how to assess their own levels of psychological fatigue and how to improve resilience.

## “Stamp Out Stigma” Walk



On 8th October, over 1,200 Singaporeans participated in “Walk with Us, Stamp out Stigma” along Orchard Road. The mass walk was co-organised by 15 key community mental health partners to raise awareness of the importance of mental health on personal well-being and to combat stigma towards people with mental health conditions. CAL participated in the walk and hosted a booth at the carnival. In addition, CAL’s caregiver leader, Mr Andrew Bei, shared his caregiving experiences at a forum aimed at raising awareness of depression.

## The First Kembangan Caregiver-to-Caregiver Class



The first Kampung Kembangan Community Club C2C class graduated on 20th August. The ceremony was attended by the Citizens’ Consultative Committee Chairman Prof. Teoh who was visibly moved by the sharing of caregivers. In his speech, he reaffirmed Kembangan CC’s commitment to our C2C cause and was encouraged by our support of heartlanders.

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