



The Uplifters

Jan to Mar 2025



FitFest - REnu



WINGS hosted a FitFest in October 2024, centered around the theme **REnu**, focusing on renewing the body and mind through **Rest, Exercise, and NU**trition. This event was in response to insights garnered from our ICOPE pilot. Participants learnt from subject matter experts on sleep wellness, nutrition, and managing anxiety through the mind-body connection. The event also featured new fitness classes, like Spanish Dance by Flamenco Sin Fronteras and Latin Dance with Ben Lau Dance Movement, offering fresh ways to stay active. FitFest REnu empowered participants to reset, recharge, and renew their commitment to a healthier lifestyle.

Fitness Drumming



19 Oct 2024



Latin Dance



Sleep Wellness Talk by Somnus Founders



Spanish Dance by Flamenco Sin Fronteras



SUSS 3rd ICOPE - Training Workshop



4 Dec 2024

Our WINGS volunteers and dedicated staff took part in the third round of Step 1 ICOPE training in December 2024, organised by SUSS in collaboration with the World Health Organization (WHO), equipping them with the skills to become ICOPE assessors. This initiative forms part of our ongoing commitment of supporting the functional health of older women.



NEW Plant Pals SIC

We started a new Special Interest Circle (SIC) - the **Plant Pals SIC**. This group is led by plant enthusiasts in WINGS who are passionate about plants and sustainability. The group hopes to spread awareness about sustainability as well as plant therapy to promote better well-being in seniors.



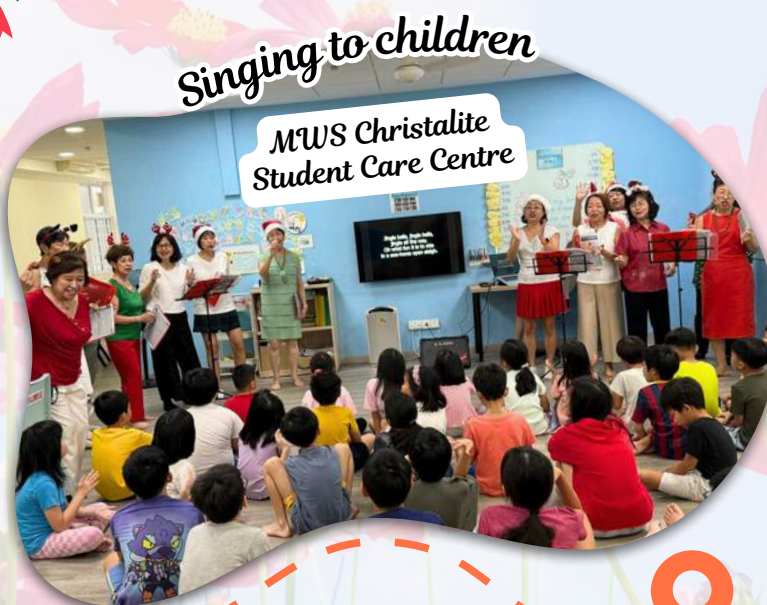
Voices For Change - 3 Degrees Event

WINGS partnered with NTU students for their year-end project, and together participated in the **3 Degrees Voices for Change** competition, resulting in two inspiring video productions. One featured our upcycling WINGS client and trainer, Adelene, showcasing her passion in teaching seniors how to transform sachet waste into fashionable, eco-friendly bags. The other was a documentary on dance instructor Alice Ng, who took on the challenge of learning a flamenco routine in just four practice sessions before performing at **La Fiesta 2024!** With incredible teamwork and dedication, we proudly **secured 3rd place** in the Voice for Change competition!



Joyful Jingles on the road - Christmas Event

During the year-end festive season, **SONGWINGS**, one of our Special Interest Circles (SIC), spread Christmas joy beyond WINGS with performances for two special communities. They visited **MWS Christalite Student Care Centre**, brightening the after-school hours of children aged 7 to 14, and **Oasis@Outram**, a day care centre offering comfort to those with life-limiting illnesses. This experience not only uplifted the communities but also allowed our volunteers to grow in empathy and gain a deeper sense of fulfilment through giving back.





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Digital For Life Festival 2024

In November, six of our Digital Special Interest Circle (SIC) volunteers participated in the Play a Part zone at the Digital for Life Festival 2024, aiming to recruit more volunteers for digital roles such as digital tutors and video editors. WINGS also adopted the Zeles mobile app to manage its volunteer sign-ups and activities. We are proud of our volunteers for helping to bridge the digital divide and empower others through technology!



Start A Digital for Life Growing the Movement

2 & 9 Nov 2024

Digital for Life Growing the Movement



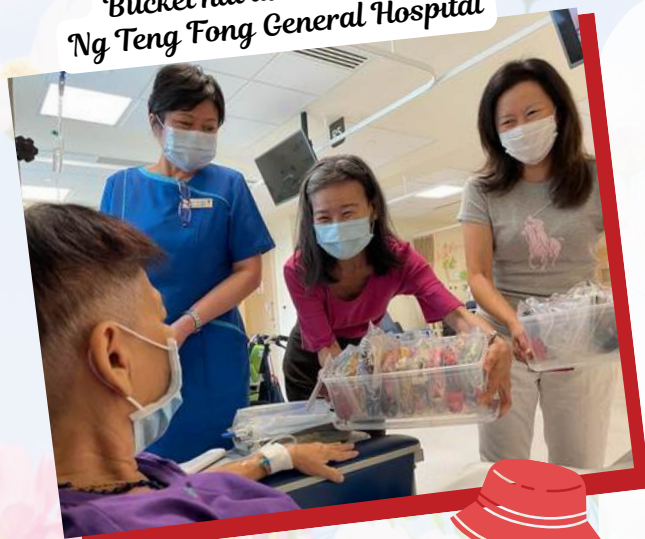
Spreading Warmth and Care: WINGS' IMPACT IN THE COMMUNITY

Safe Place (Mother Care)

WINGS is also honored to support **Safe Place**, an organisation that empowers women facing unsupported pregnancies. Our trained WINGS volunteers, who have completed the **Confinement Nanny training**, share their knowledge on infant and mother care, equipping mothers with knowledge and skills. Through these initiatives, we continue to foster care, connection, and empowerment for the vulnerable in our community.



Bucket hat distribution at
Ng Teng Fong General Hospital



*Buckets
of Love*

Buckets of Love

WINGS continues its distribution of hats to **Ng Teng Fong General Hospital**, **KK Hospital** and **Singapore Cancer Society**. These hats, lovingly sewn by our volunteers from the **Buckets of Love** project, are given to cancer patients to bring them encouragement and dignity whilst facing life challenges.



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About the Designer- Pearlle Ow

I chanced upon an opportunity to enrol in a programme called “Digital Ties that Bind” by WINGS in April 2023, which opened me up to a new world of digital learning! When the programme ended, WINGS challenged participants to become a Digital Ambassador, either by sharing knowledge gained to teach digital tutorials or by creating legacy videos for Oasis@Outram Day Care Centre patients.

I chose to create legacy videos. It has indeed been a rich experience, offering opportunities to meet with the patients, listen to them, and interviewing them to document their thoughts in videos that are passed down to their loved ones. The video content is heart-warming as patients share their thoughts for their families, both joyful and regretful, about their lives. This has been an immeasurable learning journey and a meaningful opportunity to connect with the community.

3 PILLARS



To Our Donors



“WINGS offers many enriching programmes, meaningful activities, and volunteering opportunities that have empowered women to connect and contribute to communities, sharing the importance of ageing well, being healthy, being financially secure, and being socially engaged. These experiences would not have been possible without the strong support of our very generous donors and sponsors.”





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3 PILLARS

1 LEARN

2 ENGAGE

3 VOLUNTEER

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Links to the 2 videos:

https://www.instagram.com/reel/DBN_x7KCOir/?

<https://www.instagram.com/reel/DBQc5m7i9z6/?>