



The Uplifters

Apr – Jun 2025

LEARN



As we move through 2025 with renewed energy and purpose, we are excited to share the stories, milestones, and meaningful moments from the second quarter of the year. From creative learning and digital discovery to heart-led volunteering and community celebration, your continued support has made every uplifting step possible.

Together, we are nurturing confident, compassionate women—leaders, caregivers, volunteers—who uplift not just themselves, but those around them.

Music for the Soul: Kalimba & Keyboard

At WINGS, music isn't just for entertainment – it's a powerful tool for relaxation, cognitive stimulation, and emotional well-being. Through mindful breathing and focus, they discovered how music can uplift the spirit and restore inner calm.



In this therapeutic musical workshop, participants were introduced to the calming tones of the Kalimba – a soothing thumb piano known for its gentle melodies and meditative rhythm.



"Everything is good! I have a patient trainer, and I wouldn't mind joining intermediate classes because it is a fun and calming musical workshop that helps me relax and enjoy music after a long day."

— Joanna Lum, 61 (WINGS member since 2017)

They also explored familiar melodies through our Keyboard Basics workshop. Using roll-up pianos and simple chords, they combine music, memory, and motor skills in an engaging mental workout!

Lifelong Learning with Purpose and Passion



"The Roll & Play workshop is a simple and good introduction for those who want to learn to play the piano in chords."

— Linda Heng, 63 (WINGS member since 2007)

Creative Coding: E-Cards and Virtual Gardens



In this hands-on workshop, participants stepped into the world of coding for the first time using Scratch. They designed interactive e-cards and virtual gardens, merging animation, sound, and storytelling – proving that it is never too late to explore digital creativity!



"I've heard so much about coding and how popular it is these days. I'm glad I joined! It was a fun and engaging way to learn something new."

— Evelyn Neo, 79 (WINGS member since 2018)



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Celebrating International Women's Day Lifelong Learning with Purpose and Passion

On 26 March 2025, WINGS marked International Women's Day with a special event centred on healthy ageing and empowering caregivers.

In partnership with SUSS and SG Assist, participants had the opportunity to explore innovative solutions like the Age+ Living Lab's smart dining concept, designed to promote independent living.



DINING

Product collections



Electric Can Opener
Ideal kitchen gadget for arthritis in hands or seniors. Save energy when opening cans. Safe as it leaves smooth edges.

Shopee
Takeapp
Amazon



Non-Slip Jar & Bottle Opener
Dome-shaped to fit comfortably into the palm of the hand. Ideal for people with a weak grip, decreased sensation in their hands and upper extremity weakness.

Shopee
Takeapp
The Golden Concepts



Nose Cut Out Cup
The unique cut out design accommodates the nose, so the user does not need to tilt their head or neck when drinking.

Shopee
Takeapp
The Golden Concepts



Barrier-free Mug (with scale)
The cup can be easily picked up from any angle, suitable for people with strokes and those with limited mobility.

Shopee
Takeapp
Culture Homes (HK)

Pg 1



DINING

Product collections



Insulation bowl with lid
Sandwich insulation to keep food warm, with a thin, lightweight design for easy dining and storage. They are buoyant for efficient washing and resistant to food stains.

Shopee
Takeapp
Culture Homes (HK)



Integrated Silicone Soup Spoon
Silicone soup spoons are heat-resistant, safeguarding seniors from burns and ensuring safe handling of hot foods.

Shopee
Takeapp
Culture Homes (HK)



Scoop Dish
Designed for limited hand mobility, features a raised side for easy spooning and a removable suction cup base for stability during use.

Shopee
Takeapp
The Golden Concepts



Universal Assist Chopsticks
These chopsticks for easier independent eating, suitable for weakened finger strength or post-stroke use.

Shopee
Takeapp
K'nan Enterprise Co (TW)

Pg 2

to age well, fulfilling their aspirations of being socially engaged, staying being financially secure and enjoying experiences



They also experienced **immersive VR Recreation Therapy** from Vue Reality Labs and sampled **nutritious soft meals** crafted by GentleFoods for those with swallowing difficulties. These hands-on, interactive sessions offered valuable insights and practical tools to support women navigating the ageing journey—whether for themselves or as caregivers—highlighting WINGS' ongoing commitment to helping women age with strength, dignity, and confidence.

"The event was an eye-opener. Seniors can get help if they need it from different agencies. The Age+ living lab products are informative and helpful."

— Gladys Heng, 78
(WINGS member since 2019)

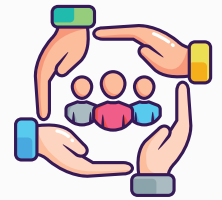




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ENGAGE



World Ageing Festival – Ageing Asia 2025

At the **16th Ageing Asia Innovation Forum** from 8–9 April, WINGS proudly showcased our programmes, volunteer-led initiatives, and fundraising efforts to over 8,300 attendees. Our passionate volunteers and trainers introduced WINGS to a global audience.

Live TikTok streams, along with vibrant displays and fundraising efforts featuring upcycled crafts made from recycled sachets, helped us engage potential clients, partners, and supporters. Together, these efforts amplify our mission to empower women and champion healthy ageing.



Community in Action

Planning SIC Rebrands to Eco-Crafters!

Our Planning Special Interest Circles (SIC) has a new identity: **Eco-Crafters!**



With an expanded focus on upcycled creations from coasters and plushie outfits to sensory fidget mats, the group continues to champion sustainability and handcrafting through craft.



Project Heart Bakes – Baking with Purpose

This heartwarming new initiative, **Project Heart Bakes**, brings women together to bake for a meaningful cause. More than just a culinary journey, the sessions offer therapeutic benefits through kneading and rolling of dough; supporting joint mobility while offering a **relaxing and mindful experience**.



Participants received training in April and returned in June to prepare a variety of baked treats, which were then lovingly delivered to beneficiaries of Harmony Village, spreading warmth, care, and joy with every bite.





Giving Back with Purpose

At WINGS, volunteering is more than an act of service—it's a journey of **compassion, creativity, and connection**.

This quarter, our dedicated volunteers or Uplifters brought light, joy, and legacy to the community through meaningful initiatives that continue to uplift lives.



Legacies of Love – Preserving Life Stories



Through **Legacies of Love**, WINGS volunteers help hospice and nursing home residents share and preserve their life stories. On 27 March, 12 digital volunteers spent a meaningful day at HCA Hospice Oasis@Outram, recording heartfelt interviews with six residents. These personal stories were captured on film, **turning memories into precious keepsakes** for families and future generations.

Memory Lane – Uncovering Life Stories with AI

In April, our digital volunteers explored a new way to connect through **Memory Lane – Uncovering Your Life Stories**. This workshop introduced **AI-powered reminiscence therapy**, enabling volunteers to create personalised memory books using technology and storytelling. It was a heartwarming blend of innovation and empathy, equipping volunteers with tools to spark joy and connection in our community. We can't wait to share this with the larger community.



"It is a very interesting course!
I enjoyed the fun with friends
and the chance to write our
life journey into a book!"
— Betty Teo, 66
(WINGS member since 2009)





Leading with Purpose and Strength

Giving Back with Purpose

To nurture the next generation of WINGS Volunteer (Uplifters) Leaders, we launched the Leading with Purpose and Strength workshop in April.



ACTUAL	1	2	3	4	5
1) Peggy Tan	Empathy	Harmony	Woo	Communication	Includer
2) Irene Tang	Empathy	Consistency	Responsibility	Positivity	Harmony
3) Gladys Heng	Harmony	Responsibility	Consistency	Positivity	Adaptability
4) Terna Bacle	Deliberative	Relator	Harmony	Consistency	Responsibility
5) Brenda Lim	Developer	Relator	Woo	Empathy	Belief
6) Jean Ma	Developer	Positivity	Woo	Belief	Empathy
7) Jane Seale Mah	Deliberative	Harmony	Relator	Connectedness	Consistency
8) Lai Poh Chien	Input	Includer	Arranger	Learner	Positivity
9) Vincy Lo	Empathy	Relator	Analytical	Harmony	Developer
10) Ash Lim Sang	Learner	Individualization	Responsibility	Analytical	Empathy
11) Adeline	Woo	Discipline	Developer	Consistency	Relator
12) Lily Kwan	Woo	Consistency	Analytical	Communication	Belief
13) Poh Guan Euy	Discipline	Responsibility	Includer	Individualization	Learner
14) Cheong Lai Sing	Individualization	Strategic	Relator	Learner	Arranger
15) Chuen Kim Ling	Connectedness	Belief	Responsibility	Developer	Positivity
16) Lee Kowling	Empathy	Adaptability	Relator	Developer	Belief
17) Rachel Wang	Relator	Developer	Harmony	Responsibility	Achiever
18) Jocelyn	Connectedness	Maximizer	Adaptability	Relator	Individualization
19) Lisa Wong					
20) Maureen	Belief	Responsibility	Activator	Analytical	Deliberative

EXECUTING	INFLUENCING	RELATIONSHIP BUILDING	STRATEGIC THINKING
People with dominant Executing themes know how to make things happen.	People with dominant Influencing themes know how to take charge, speak up, and make sure the team is heard.	People with dominant Relationship Building themes have the ability to build strong relationships that can hold a team together and make the team greater than the sum of its parts.	People with dominant Strategic Thinking themes help teams consider what could be. They absorb and analyze information that can inform better decisions.
Achiever Arranger Belief Consistency Deliberative Discipline Focus Responsibility Restorative	Activator Command Communication Competition Maximizer Self-Assurance Significance Woo	Adaptability Connectedness Developer Empathy Harmony Includer Individualization Positivity Relator	Analytical Context Futuristic Ideation Input Intellection Learner Strategic



Using the StrengthsFinder framework, participants uncovered their personal strengths and grew in confidence through hands-on team activities—including skits and a spirited egg drop challenge!



This empowering session was a powerful step towards building a community of purpose-driven leaders who will continue to uplift others.





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*Together,
We make a
Difference*

MAKE A DIFFERENCE - Tote Board's EFR Dollar-for-Dollar matching

Double Your Impact — Empower Those Who Care



Every day, women like Mdm W dedicate themselves to caring for their loved ones, often putting their own needs last. With Tote Board's Enhanced Fund-Raising (EFR) programme, your donation to WINGS will be matched dollar-for-dollar, instantly doubling the impact of your gift. You will also receive a 250% tax deduction, making your generosity go even further.

Your support helps empower women caregivers to navigate their journeys with dignity, strength, and the resources they need—ensuring they are never alone. Together, we can build a stronger, more compassionate support system for our women caregivers for generations to come.



About the Designer: Chew Kim Ling

I chanced upon an opportunity to enrol in a programme called “Digital Ties that Bind” by WINGS in June 2023, which opened me up to a new world of digital learning! When the programme ended, I volunteered to become a Digital Ambassador, sharing knowledge gained to teach digital tutorials such as ChatGPT and Canva, creating legacy videos for Oasis@Outram Day Care Centre patients and MWS Bethany Nursing Home residents. It has been meaningful to see ladies pick up new digital skills to stay relevant and to bless others with a keepsake of their life stories.



To our donors



Through a wide range of programmes, volunteering opportunities, and community engagement initiatives, WINGS continues to inspire women to thrive as they age.



This impact would not be possible without the heartfelt contributions of our donors and sponsors, whose support fuels every step of our journey.

