

THE UPLIFTERS

January - June 2026

As we reflect on the first half of 2026, we celebrate the milestones, partnerships and meaningful moments made possible by your unwavering support.

Together, we have empowered more women to embrace lifelong learning, strengthen their well-being, build meaningful connections and find their purpose.

Every life touched reflects our shared commitment to helping women live and age well with confidence.

Thank you for being part of this journey and for making a lasting difference to women, their families and our community.



LEARN

Learning today, Living with Confidence

At WINGS, learning is a pathway to greater well-being. Beyond acquiring new skills, learning builds confidence, unlocks potential and supports a healthier, more fulfilling life.



Lantern Making for Lions Home

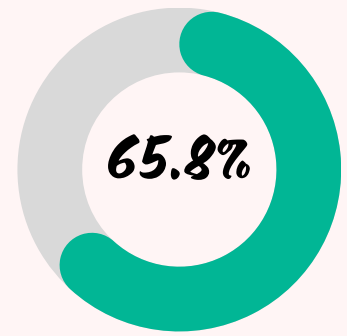


Digital Ties That Bind Workshop

INFINITY-ICOPE Study (Phase 3)



WINGS continued our partnership with SingHealth on **INFINITY-ICOPE Phase 3**, part of a national study on functional health that began in 2024. An additional **27 women joined in late 2025**, followed by **12 more in July 2026**. Through the assessments, WINGS better understands our women's health needs and can connect them with relevant support.



showed **no decline** in functional health

I found the different tests very interesting and useful. They helped me better understand my personal health and the areas I should pay attention to. I think this is a meaningful programme that can help seniors become more aware of their health.

~ Mdm Koh, WINGS Member since 2011



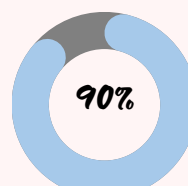
F.I.T+ (2nd batch)



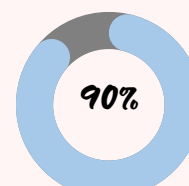
Following the success of its first run, WINGS completed a **second F.I.T+ programme**, supporting women to age well through better nutrition, improved fitness and healthier lifestyle habits. Over 12 weeks, participants strengthened their physical health, built confidence and adopted practical habits they could sustain. The strong outcomes show how F.I.T+ helps women take active steps towards healthier, more independent ageing.



IMPACT HIGHLIGHTS



achieved their goals



very likely to continue healthy habits



would recommend F.I.T+

Exploring Wellness with Movement



WINGS initiated *Exploring Wellness Through Movement*, a supportive space for women to pause, recharge and reconnect through gentle movement, breathwork and reflection, strengthening their well-being and resilience while reinforcing an important message to care for themselves too.



“

The workshop was a novel experience. The encouraging guidance from the trainer gave us the freedom of expression in movement, which facilitated emotional release. We went away feeling uplifted.

~WINGS participant

”

Caregiver Initiative Programmes



Caregivers are the quiet strength behind many families. WINGS equips women with practical knowledge, emotional support and meaningful connections to care for their loved ones and themselves, with greater confidence and resilience.



How to Give Better Care to Loved Ones



Participants gained practical skills to communicate more effectively and provide better support to their care recipients.

They also learned about the importance of a Lasting Power of Attorney (LPA) and how it can support future care and decision-making.

Nearly **90% of participants** felt more confident after the session, demonstrating the workshop's meaningful impact on empowering caregivers with greater confidence and capability.



Last Aid[®] for Caregivers



WINGS provided a safe and supportive space for participants to learn practical knowledge on navigating end-of-life care with compassion and approach life's inevitable moments with greater understanding, preparation and resilience.

Over 95% of respondents rated the **Last Aid[®] for Caregivers** workshop experience positively, reflecting the programme's meaningful impact.



Hacks to "Reversing" Rejected Insurance Claims



Through this workshop, caregivers gained practical knowledge and real-life strategies to navigate insurance claims, understand claim rejections and advocate more effectively for their loved ones. **80% of the participants** valued the practical tips for smoother insurance claims and the real-life case studies, helping them feel better equipped to manage future challenges.





Connecting Communities

Every connection strengthens our community.
Through shared experiences, women inspired one another,
strengthened bonds and create lasting impact together.



International Women's Day: Give to Gain



In conjunction of **International Women's Day 2026**, themed "**Give to Gain**", WINGS brought together **41 participants** on **11 March 2026**, for an afternoon event celebrating functional health and holistic wellbeing.

Expert insights from **Dr Kanwaljit Soin (WINGS Founding President)** and **Dr Ng Lee Beng (Senior Consultant, SGH)**, complemented by Toastmasters-led reflection circles and personal health goal-setting, equipped participants with practical takeaways to support healthier living. The spirit of community was further brought to life by WINGS volunteers, with **80 handcrafted crocheted flowers** by the **Eco-Crafters SIC** and **healthier rojak prepared**, a meaningful showcase of how learning, connection and volunteerism can come together to support women's well-being.



AmChamSG Women Elevate Symposium 2026



On 13 April 2026, WINGS participated the **AmChamSG Women Elevate Symposium**, "Thriving in Transition," graced by **Minister of State for Foreign Affairs and Trade and Industry, Gan Siow Huang**. AmChamSG announced a partnership with **Society for WINGS** under its Adopt-a-Charity programme and with the Women in Business Committee supporting mentorship to empower women navigate through mid-life transitions.



EVA Women - Empowering Voices and Actions for Single Mothers and Widows

*NEW
Initiative*



Graced by **Bishan Member of Parliament Elysa Chan**, EVA was launched on **2 May 2026** as a new initiative by **WINGS**, dedicated to empowering single mothers and widows aged 25 to 75 to thrive.

WINGS collaborated with TCC Credit Co-operative for the launch event, which welcomed 344 attendees at Bishan Community Club. EVA supports women's physical, mental, social, financial and legal wellbeing through practical resources, professional guidance and community support.

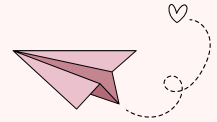


Dress to Impress @ DORS

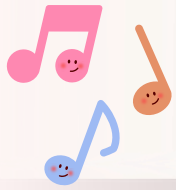
Led by **Pat Kraal**, Managing Director and Booker of Platinum Angels Management (PAM) and in collaboration with Marilyn Tan Jewellery, Dress to Impress @ DORS held on **6 June 2026** welcomed **26 women** from WINGS, for an empowering styling experience. Through expert tips and live styling demonstrations, women embraced their individuality, discovered new ways to express themselves and gained confidence to present their best selves.



Giving with Heart



Volunteering is more than giving your time. It is about creating meaningful connections and making a lasting difference. Our dedicated volunteers shared their compassion, skills and creativity through initiatives that brought joy, fostered connection, and uplifted lives across the community.



Evergreen Strummers at Lion's Home For The Elders @ Bishan



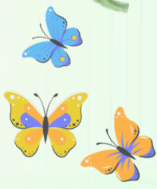
The **Evergreen Strummers**, a heartwarming initiative, brought together **19 senior volunteers aged 70 to 90** to perform familiar ukulele medleys for residents of Lions Home For The Elders @ Bishan. To foster deeper connections, the group also learnt Hanyu Pinyin and performed familiar Chinese songs, spreading joy and companionship through the shared language of music.



Crepe Paper Flower Workshop with Hunting Energy Services

Bringing community care to life, participants from **Hunting Energy Services** handcrafted crepe paper flowers for residents of Lions Home For The Elders @ Bishan. More than a creative activity, the workshop was a heartfelt gesture of kindness, bringing warmth, encouragement and smiles to the residents.





Plant Pals Special Interest Circle (SIC)



Plant Pals SIC members deepened their connection with nature and one another through visits to the National Orchid Garden, Tulipmania at Gardens by the Bay, City Sprouts @ Henderson and hosting Biodiversity in Bloom. Their shared passion not only helps nurture well-being but also grow friendships and strengthen community bonds.



Eco-crafter Special Interest Circle (SIC)



The Eco-Crafters SIC, known as the “*Craftaholics*”, brings women together through a shared passion for creativity and sustainable crafting. Using recycled and upcycled materials, the group learn to create do-it-yourself (DIY) arts and crafts while building friendships and social connections. Their handmade creations also support WINGS’ events and initiatives, including International Women’s Day, adding thoughtful and personal touch to these occasions.

Caregivers deserve care too

“ *Caregiving is filled with
uncertainty, yet it is also a
journey of love...*

– Doreen ”



Doreen's words echo the experiences of many women caregivers who devote themselves to their loved ones while quietly navigating the emotional demands of caregiving.

At WINGS, we believe that those who care for others deserve care too. Hence, WINGS has partnered SG Assist to provide women caregivers with support, connection and space to nurture their own well-being.

Join us in empowering women caregivers to continue caring with strength, purpose and love.

Give Today, Multiply Your Impact



Scan To Support

wings.sg/donate

Help us journey alongside women caregivers.
Donations qualify for a 250% tax deduction
and can be made via Giving.sg, Paynow,
Bank Transfer or Cheque.

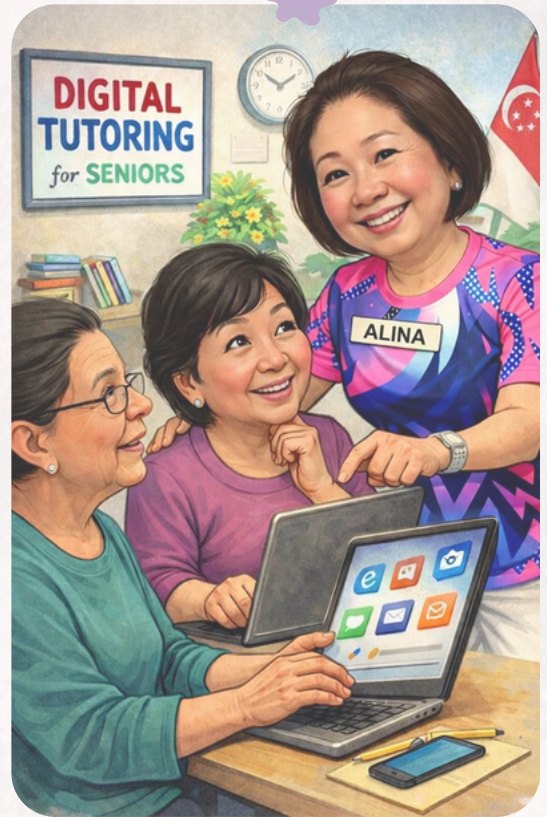


About the Designer

Volunteering with WINGS for nearly four years has been a deeply meaningful and rewarding journey. I've had the joy of helping senior women build their digital confidence and sharing practical skills that make technology feel more accessible.

Along the way, I have also had the privilege of creating legacy videos that capture precious stories and memories for families to cherish. Today, I am grateful to continue using my digital skills in a different way by designing WINGS' Uplifter e-newsletter. It is incredibly fulfilling to use what I know to connect, create and make a difference.

Alina Yeo



A Note to our Donors

Dear donors,

Thank you for believing in WINGS! Your generosity has enabled WINGS to provide us the opportunity to learn new skills through the various programmes offered, to participate in community activities, and give back through volunteering in areas close to our hearts. For many of us, life after retirement is not about slowing down. Through WINGS, we continue to grow in confidence, foster meaningful connections and friendships; empowering us to find purpose and fulfilment in contributing to others.

Your support makes all of this possible, and we are deeply grateful for the difference you make in our lives.

THANK
☺ YOU