

Wings Newsletter

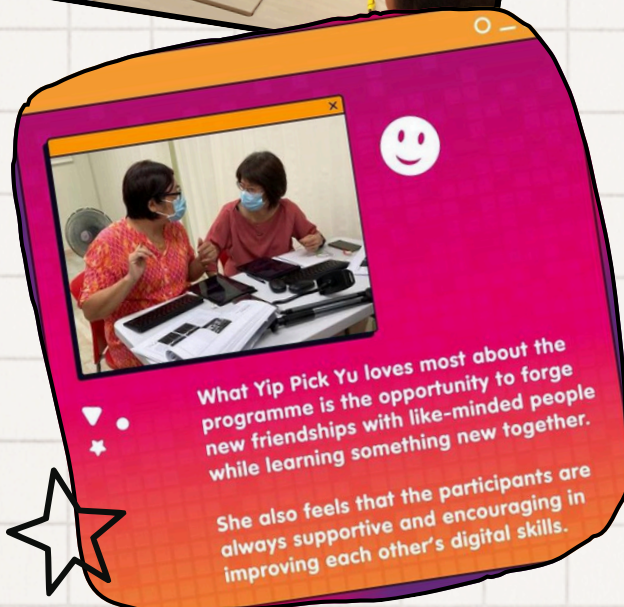
January-March 2024



Digital Ties That Bind Project successfully completed

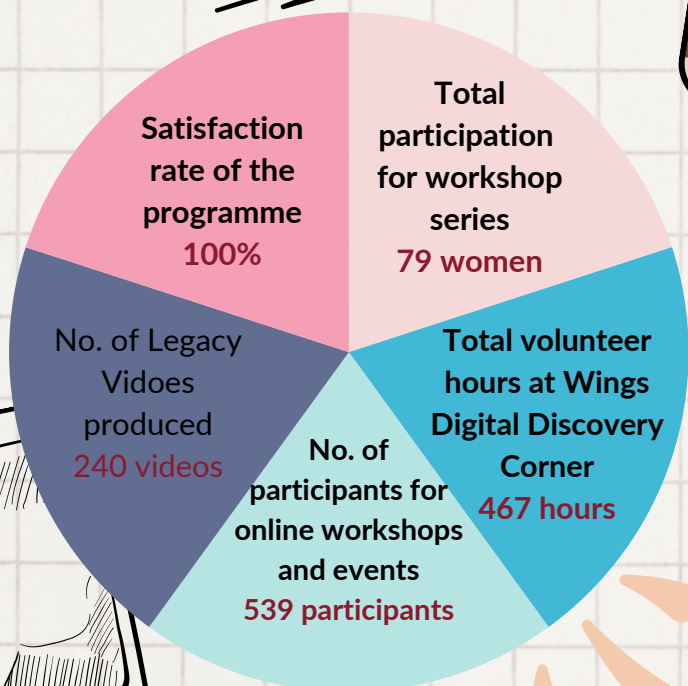
WINGS had been a recipient of the Digital for Life Grant. WINGS project, Our Digital Ties That Bind (DTTB) project empowered older women to stay relevant in the digital age, by equipping them with essential digital skills. It further outreached into the community, where WINGS Digital volunteers produced legacy videos for patients and residents at hospices and nursing homes in Singapore.

Here is our report card for the project:



What Yip Pick Yu loves most about the programme is the opportunity to forge new friendships with like-minded people while learning something new together.

She also feels that the participants are always supportive and encouraging in improving each other's digital skills.





WINGS' Legacy of Love Project In The News

Equipped with digital skills learnt from DTTB workshops, WINGS women paid it forward by volunteering to produce legacy videos for patients at Oasis@Outram, a Hospice and MWS Bethany Nursing Home, Choa Chu Kang. Their dedicated efforts contributed to crafting cherished memories for the beneficiaries and their families. Some of their stories were featured in The Straits Times on January 14, 2024.

WINGS thanks its donors and grantors for helping to make this project a great success. Looking ahead, WINGS will continue with its Digital Enablement of women with new workshops and setting up of a new Digital Special Interest Circle (SIC) in 2024.



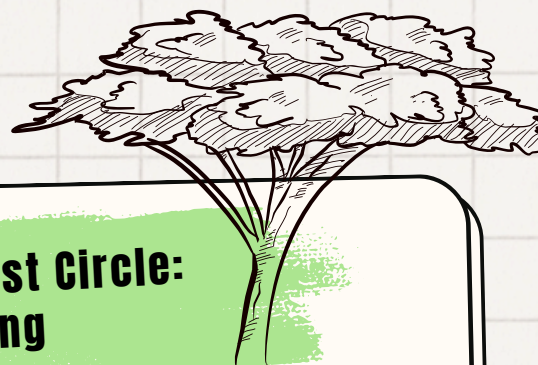
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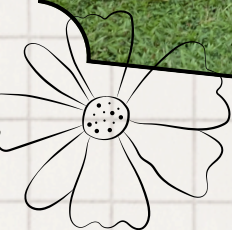
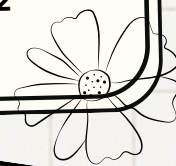
Read the full article at
<https://www.straitstimes.com/singapore/staring-death-in-the-face-s-pore-hospice-patients-pass-on-memories-through-legacy-videos>

Rosalind Seet



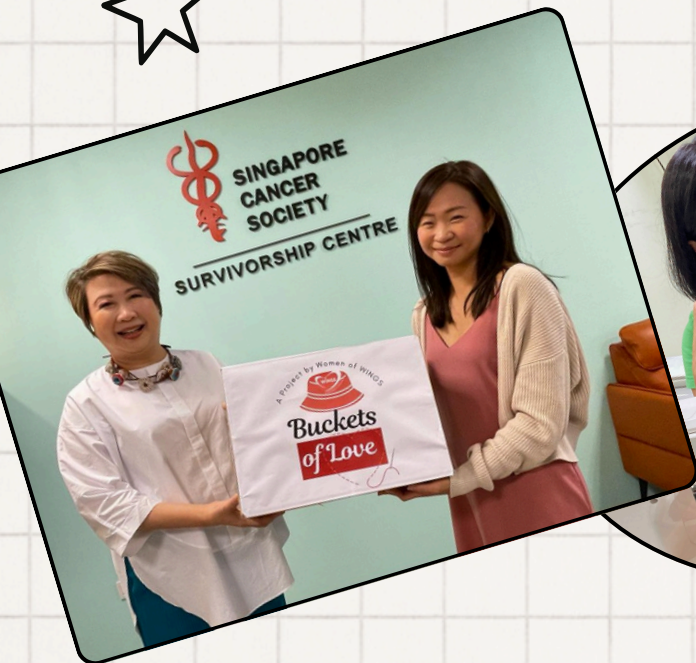
New Special Interest Circle: Forest Bathing

To foster better mental wellness among WINGS women, a new Special Interest Circle (SIC) was launched, focusing on the practice of Forest Bathing. Originating from Japan, this mindfulness activity offers participants an opportunity to relax their minds and reconnect with their senses and help bolster health benefits such as stress reduction and increased concentration. Since December 2023, this SIC has been conducting 1.5hour immersive experience at Singapore Botanic Gardens for WINGS women. Guided by volunteer-leaders who received training supported by the Agency for Integrated Care's (AIC) Community Silver Trust Fund, the SIC aims to conduct a total of 52 sessions, benefiting 312 participants in total.

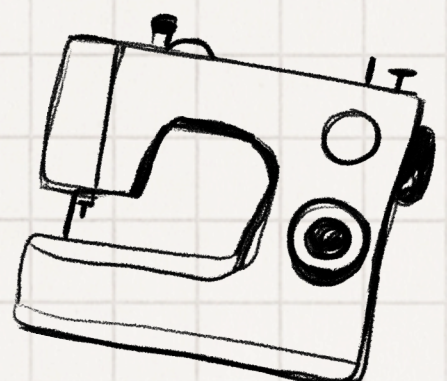
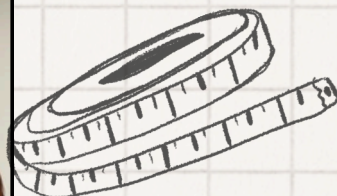


Dispensing Love: One Bucket Hat at a Time

WINGS Buckets of Love project, which is about WINGS women sewing bucket hats for cancer patients, has reached a significant milestone. This group of enthusiastic volunteers have already completed more than half of the 1000 hats they have to sew. The fruits of their labour have been gratefully received at both the Singapore Cancer Society and Ng Teng Fong General Hospital. WINGS is also working with other organisations to ensure that these hats reach more cancer patients.



WINGS Staff & Volunteers delivered Bucket Hats to Singapore Cancer Society on 29 Sep 2023





Christmas at WINGS: Joint Performance by Joyful Singers and SONGWINGS

WINGS wrapped up 2023 with an enjoyable event, Christmas with WINGS, held at Junction 8 Open Plaza. A combined performance by our Special Interest Circles (SIC), the Joyful Singers and SONGWINGS, the event was celebrated with WINGS women. The joyous performers delighted the crowd with Christmas carols, line dancing and even a mini-musical! We look forward to supporting our SICs as they continue to impact others in the Community.



About the Designer

As a retiree, I now have more time and enjoy learning new things. Joining the Digital Ties that Bind workshop at Wings have boosted my digital skills significantly. Now, I am more confident in using digital apps in my daily life and have since honed my designing skills, using Canva to create beautiful cards and documents. Through that workshop, I also became a digital ambassador, helping senior women use digital tools. My involvement in creating legacy videos have also sparked my interest in video editing and I now enjoy creating personal videos for family and social events! Volunteerism has been a great addition to my retirement, keeping me engaged and connected in today's digital age!



Alina Yeo