

WICARE BLAST

OUR MONTHLY
NEWSLETTER

Feature Story: Transformative Power of Community

On 31 July 2025, six ladies sat at Watami restaurant in Junction 8 and had lunch. They had just come from their last session of Wicare's Care & Connect Group (CCG) therapy, conducted by our counsellors for widows who are newly bereaved. They connected instantly and the group, Watami, was birthed. The following months would see them meeting over meals in their respective homes or at restaurants. Although these ladies hail from the eastern, western and north-eastern parts of Singapore and their ages range from their 40s to 60s, it is obvious diversity is not a deterrent to forming strong friendships. Instead, just a common thread holds the group together - the pain of losing a spouse. Through sharing sorrows, laughter, and life experiences, they remind one another that no one has to walk alone. Whether celebrating birthdays, learning to bake or cook, or just holding space for one another without judgement, the group has done it all. The value of the group isn't in fixing one another's problems, as "not all challenges need a solution", they reflect. Indeed, what one needs in times like these are compassionate ears. We're on a hunt for more stories like these. Are you or anyone you know, also part of a small community? Do email us at elainetan@wicare.org.sg to share your story!



Left to Right: Kerrin, Rena, Doreen, Seow Ly, Michelle, Shih Hui

Join Our First Volunteer-Led Interest Group:

**Walking Buddies
@ East Coast
Park**



Do you enjoy an evening walk along the shoreline of East Coast beach? Or do you have a mid-year resolution to start walking? If you do, join Bandhna and together, unwind after a long day, meet new friends and make every sunset stroll something to look forward to together. The fresh sea breeze and relaxed conversations may just be what you need. Register [here](#).



Wicare and Rotary Club of Changi Deliver Life- Changing Support



In a heartwarming collaboration that brings out the power of compassion, the Rotary Club of Changi, renowned for its dedication to service, has generously awarded \$22,000 to Wicare's cause. This contribution is already making a profound difference, alleviating burdens and illuminating pathways to brighter futures for vulnerable families. Wicare extends its sincere gratitude to Dr. Natascha, Thomas, Dr. Gong, Dr. Julian Ong, Helen and Ai Ling, whose support was instrumental in bringing this initiative to fruition.

The impact of their generosity is best articulated in this testimonial:

A Mother's Relief I am constantly on different jobs in order to support ourselves. My child has a congenital learning condition which hinders his speech and he is now battling puberty. This is especially difficult as he doesn't have a father figure to guide him through. Please accept our sincere thanks for this financial support which will be spent wisely. - **A resilient widow, now better equipped to provide for her child born with Down Syndrome.**

Testimonies like this are powerful reminders of the profound difference that collective compassion can make. The partnership between Wicare and the Rotary Club of Changi exemplifies how targeted support can empower individuals, ease hardship, and foster hope within our community.

How You Can Help: The journey to support more deserving families continues. If members wish to donate and support Wicare's invaluable work, please reach out to us via email at contactus@wicare.org.sg or make a direct contribution via PayNow to UEN: S98SS0084G (Wicare Support Group). Your generosity can be the beacon of hope for another family navigating life's challenges.

Heritage Tour on Fort Canning Hill + Singapore River Cruise



81-year old Caroline

25 Apr 2026 - 36 of our members stepped out for a Heritage on the Hill Tour at Fort Canning Park and a scenic bumboat cruise along the Singapore River. Did you know that Fort Canning's history stretches back over 700 years? Knowledgeable tour guides brought our members through colonial-era fortifications such as the iconic Fort Canning Gate and the 14th century archaeological dig site, and enthralled participants with stories from ancient



Malay kingdoms. At the end of the 2.5-hour walking tour and under sweltering heat, the ultra-fit group made their way over to Clarke Quay to board a bumboat for a relaxing 30-minute cruise down the Singapore River - taking in views of Boat Quay, Clarke Quay and the Marina Bay skyline. But beyond the sights and history, what made this outing truly special was the company. Healing doesn't only happen in counselling rooms. Sometimes, it happens on a hilltop or on a boat! A special shout out to our fit-as-a-fiddle, oldest participant, 81-year old Caroline, who completed the entire 4-hour event with us!

