

WICARE BLAST



OUR MONTHLY
NEWSLETTER



New Befrienders Training

14 Mar 2026 - Our recent session brought new and experienced befrienders together for a meaningful day of learning. Participants were guided through key administrative matters, the roles of Befrienders and Befrienders Code of Conduct. Through soft skills training and role-play, participants gained practical tools and greater confidence to walk alongside new widows.

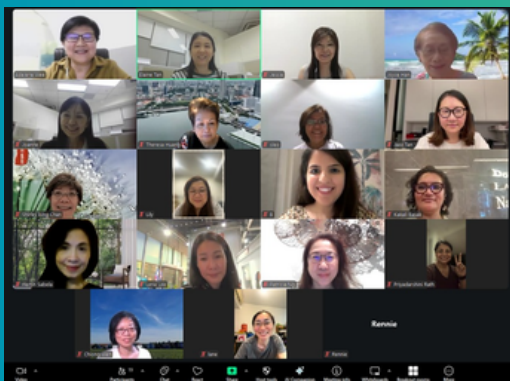


Community Brainstorming Sessions

16 & 17 Mar 2026 - In our January newsletter, we invited all Wicare members to meet and brainstorm with our staff. This month, 31 of you stepped forward to join us - online via Zoom and onsite at our Wicare office. Both sessions began with self-introductions, followed by a short quiz on Wicare's subgroups, volunteer opportunities and ongoing efforts. Our Executive

Director, Adelene, then encouraged everyone present to co-create ideas that could strengthen our community bonds. Members were invited not only to share suggestions, but also to step forward to lead or support initiatives. Many fresh and inspiring ideas emerged. Across the two sessions, several key themes surfaced: social connections, wellness and healing, skills development, service, and family support and resources. From these, participants collectively prioritised three focus areas: 1) Connections and Social Gatherings; 2) Wellness and Health; 3) Interest Groups

Ideas for fostering connections included organising regular meals together. For wellness and interest groups, participants showed strong interest in forming walking or hiking groups. There were also suggestions to organise activities by life stage and geographical location, making participation more accessible and meaningful.



One particularly heartening moment was when a younger widow shared her need for tutoring support for her school-going children. Another participant - an experienced and trained school teacher - immediately volunteered. It was a powerful reminder of what can happen when members come together with openness and generosity. A big 'Thank You' to all who contributed and want to partner with Wicare. We are currently consolidating the ideas shared and identifying members who are keen to take the lead on these initiatives—so do give us a little time as we bring the next steps together. In the meantime, it's not too late to step forward. If you feel inspired to lead something or would simply like to be part of these efforts, we warmly welcome you to join us. Do email us at elainetan@wicare.org.sg

