



# FACES

A newsletter of Filos Community Services

April | 2011



## From the ED's desk

The story goes of an old man who was walking along a beach filled with starfish as far as the eye could see. As he walked, he would stoop down, pick up one starfish at random, and throw it back into the ocean.

A young lady was observing what this old gentleman was doing. She walked up to the old man and asked him why he was bothering with throwing one starfish back each time when there were so many on the beach --how could it possibly make a difference? The old man picked up yet another starfish and threw it back into the ocean.

He turned to the young lady and said 'It made a difference to that one!'

This story is on a poster that hangs on the walls of my office. It is a constant reminder to me of how the small and seemingly insignificant things we do to help a troubled youth, a struggling single mother, a poor and lonely elderly, a desperate family in

crisis, goes a long way to MAKE A DIFFERENCE at their time of need.

At Filos, we are so grateful for a special group of people, our VOLUNTEERS, who have joined us in making a difference, one and a time, to those who need to know that someone cares. This issue is dedicated to them: they are the friendly face to our students in the Tuition Programme, the cheery companion to our elderly clients who live alone in their one room flats, the helping hand that offers a spark of hope for struggling families.

I know of a single mother who eked out a living with her pre-school child. The child was often neglected as she was out of the house for long hours, working hard to make ends meet. As a result the child became difficult and developed behaviour issues. A volunteer befriended this family. Through regular visits to the family and practical help that was rendered to them, over the years, the child eventually turned around. He started

studying hard and is now doing well in Secondary School. That volunteer made a difference to this struggling family.

The rewards of Volunteering are priceless – to the person being helped and to the Volunteer himself. Join us in making a difference and to throw more starfish back into the sea!

No act of kindness, no matter how small, is ever wasted (Aesop)

God Bless!

Dr. Foo Fung Fong  
Executive Director  
Filos Community Services ◆



# Impacting the Families

The Vision and Mission of Filos is to affirm, nurture and develop the intrinsic value of the individual to its fullest potential and to build healthy relationships within the family and their community.

Our Family Life Services fleshes out this goal. In 2010 our Family Life Services reached out to:

- 505 attendances over 17 Family Life Talks and Workshops
- 5456 attendances (parents, teachers and students) over 49 Family Life Talks and Workshops at Catholic High School under the School Family Education(SFE)

#### Programme

- 22,110 attendances (parents, teachers and students) over 72 Family Life Talks and Workshops at Poi Ching School under the SFE Programme

In 2011, we welcome Geylang Methodist Secondary School and Temasek Secondary School as our new partners in promoting Family Life in the SFE Programme.

Topics that our Panel of Filos Speakers have covered include:

- Parenting your Net Savvy Child/Teen (Guiding your Child/Teen through Cyberissues)

- Breaking the Silence – Talk to your Child/Teen about Sex
- 21st Century Parenting – Parenting Challenges of the 21st Century
- Understanding your Child – DISC Personality profiling of Parent and Child
- Charting a Road Map for your Family – growing with your kids through the years
- Helping your Child Manage Stress
- Raising a Resilient Teen
- Helping your Child adjust to Secondary School Life ♦



Engaged parents at Filos' Family Life Workshops



Jacqueline Kan:  
SFE Co-ordinator @  
Catholic High School



Parents and teachers engaged in learning,  
Catholic High School



Dr. Foo gives a talk on 'Preparing your Child for Secondary School' to Sec. 1 parents

# YES Programme



Rosie Goh

**R**osie Goh is the FACE of Filos to troubled teens undergoing the YES programme.

YES stands for Youth Exploring Sexuality.

This is a Health Promotion Board programme that

- equips at risk youth with lifeskills to help them make informed decisions with regards to sex.
- influences the youth to adopt less permissive attitudes towards casual sex
- raises awareness of Sexually Transmitted Infections amongst youth in Singapore.

Rosie, together with Carrie Chan, worked with a group of 12 girls from at risk backgrounds, befriending them and imparting life principles to guide them through important phases and decisions in their lives.

Here's what Rosie has to say of her experience:

- **What made you volunteer to help with these students?**

I see being involved with the YES program as an opportunity to reach out to meet the needs of a segment of the community that in

my normal course of life I will not have contact with.

- **What was the experience been like for you?**

I really enjoyed myself interacting with the girls. They are so forth coming! Some of their experiences and exposures in their teen life made me cry. I empathize their 'loss of innocence' at such a young tender age. At the same time I know it is important to inculcate in them strong values and arm them with helpful knowledge so that they are equipped to make wise choices and decisions in their life ahead.

- **What do you think are some of the common needs/issues of at-risk youth that you perceive from your experience with working with them?**

All youth, whether they are well adjusted or at-risk, share the common needs of wanting to love and be loved. These needs are found in relationships.

Unfortunately when such needs are not met in their family of origin through family bonding, they will seek love outside the home, and may end up looking for love in the wrong places. When they don't have good role modelling in the

home, they are confused and often get hurt when they try to find love outside the home.

It is crucial for us to seek out these potentially at-risk youths early (before they become hardcore in their mindset and refuse to change) and put them through life skill preparation courses, which include values education and skills in healthy relationship choices. If these youths are given a chance to bond with others in healthy activities which allow them to harness their strengths, it makes life more meaningful for them and gives them a chance at realising their potentials.

- **What do you find meaningful about helping girls through the YES program?**

I enjoyed the face to face interaction with these girls and hearing their stories of adventure and fun, which often put them in danger, made me realise that early intervention in helping them cope with issues is important. If they grow up in a less than friendly environment, the community can play the role of cushioning the pain by being a trusted friend to them and modelling what a healthy relationship should be like. ♦



Discovering Personality Differences through DISC



Parent Child bonding at parenting workshop at Catholic High School

# Friends of the Elderly

Filos runs Social Wellness Programmes at the Radiance Senior Activity Centre (SAC) at Blk 12, Bedok South, every 1st Monday of the month. Activities include Mooncake Making sessions, Storytelling sessions, Outings to Gardenia and to Marina Barrage.

Last Christmas, the Elderly were also treated to an outing to the Singapore Flyer, with an extra special programme put up by Purple Click Media, who entertained them with songs, games and prizes.

Listen to what some of our volunteers have to say about their time with the Elderly:



I feel happy just seeing the contented faces of the elderly folks coming together & having a good time!

I must say Filos has done an excellent job reaching out to these elderly people through your various programmes at the Senior Activity Centre & fun outings that you have organised for them.

Well done keep up the good work!

*Christine*

It is a good idea to spend some quality time with the old folks. I find it rewarding to let them know that they are not forgotten by society. Hopefully the little time spent with them, in this instance decorating



Gingerbread cookies leading to the Christmas season, has been enjoyable for them. I could see it brought out their creativity, improved

their dexterity and they had the enjoyment of seeing their finished decorated cookies.

It was a worthwhile afternoon spent at Block 12. I would volunteer my time again. I appreciate the company of the elderly as one can gather words of wisdom from them. It's appropriate to plough back some of our time for them.

*Chiew Yan*



We have been taking the elderly out on excursions. We went to Marina

Barrage where a tour guide explained the process of turning sea water into fresh water. They were wowed by the efficient technology. We also took a ride on the Singapore Flyer. In the flyer capsule, I played tour guide to 16 elderly. I pointed to and described landmarks in Singapore to them. They were filled with reminiscence of their younger days.

Filos's thoughtful planning and cheerful volunteers put the elderly at ease and the result was an unforgettable day for all. I enjoyed it all!

*Stanley and Audrey Wong* ♦



*In the flyer's capsule*



*Up and away on the Singapore Flyer*



*Light moments in the air*

# Social Wellness Programmes



One big happy family at the Marina Barrage

Look here, everyone!



Lending a helping hand



Christmas Cookie Decorating.....  
the men DO get it!



Fruit of my labour



I'm so proud of my creation!



Making snow skin mooncakes

# Blessed to be a Blessing

**O**n 8th Dec 2010, FILOS volunteers went out to Blk 12, 13 and 38 to give out Christmas Blessing Boxes.

On 23rd Jan 2011 FILOS volunteers went out again over the Chinese New Year(CNY) period to distribute Oranges and 5kg of Rice to needy families.

Through the blessing projects, volunteers had a first hand encounter with the needs of the Community. They became a friendly FACE to the residents, who appreciated their listening ear and care and concern for them. ♦



Rice and oranges for needy folks



Ryan, Simon and Diana distribute CNY goodies to residents



Friendly FILOS Volunteers



A happy resident receiving her share of goodies.

**T**he CNY Blessing Project was meaningful. Our simple act of delivering rice and mandarin oranges had indeed brightened up the day of the recipients. It is

definitely a joy to be a blessing to others even in small ways.



Chen Guang Ren

**I** think having an opportunity to do such things (Christmas Blessing Project) is a joy! Especially when you see the smiles on their faces. Wonderful experience.



Jermaine Tan

**T**he CNY Blessing Project was a meaningful one. It was a particularly eye opening experience, especially when we walked into the Blk 12, Bedok South flats to pass the rice bags & mandarin oranges to the recipients. The corridors were dark and dingy, and most of them live in either very spartan apartments, or rooms that are jam-packed with tons and tons of things that there is hardly space to move about. One flat even had a court summons stuck on it, and that door got spray painted by loan sharks! A very different sight indeed from homes I usually visit, or that most of us live in.



Some of the recipients also spent time sharing their frustrations and difficulties with us as we handed out the rice bags & oranges. It was a sobering reminder of how we take many things for granted, and that even as we buzz about new spanking new malls and the IR and double digit economic growth in Singapore, let us not forget the underbelly of society - that there live amongst us, people who struggle to eke out a living.

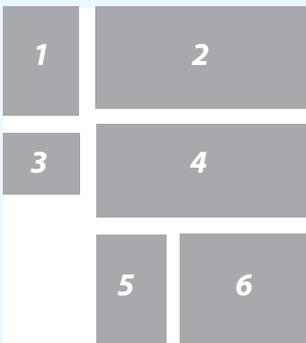
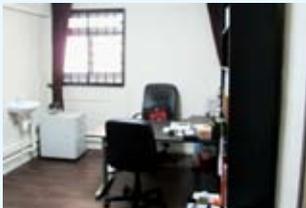
Claire Ban

# FILOS' New Office

How do you feel when you receive a bunch of keys to your new house? Happy?? Excited?? You can't wait to move in, isn't it? That's exactly how Filos' staff felt as they received the keys to their new office on 18 Nov 2010.

After 7 years at 408B Upper East Coast Road, Filos is now located at Blk 56 New Upper Change Road, #01-1320. This brings us right into the heart of the Bedok South community, where we hope to serve the elderly, the children and

the youth as well as the families, helping them at their point of need.



1. Stairway to office
2. Staff working area
3. Executive Director's room
4. Tuition programme in full swing at the new Filos office
5. Kitchen and Washrooms
6. Conference Room



# HELPING + HANDS + NEEDED!

Befrienders needed for lonely elderly and needy families  
For more info, please contact Lin Yau Yeng at 62425978/96392376 or email: [info@filos.sg](mailto:info@filos.sg)

## FILOS Flag Day (22 June)

- 1000 Volunteers to sell flags
- 40 Station Marshals to supervise volunteers and students
- 10 Collectors to collect bags from station marshals and deliver to Counting Station (must have vehicle)
- 30 Counters to count donations

For more info, please contact Joshua Chong at 62425978/98433244 or email: [info@filos.sg](mailto:info@filos.sg)



-  Family Life Services
-  Assistance Relief & Referral Services
-  Children & Youth Services
-  Elderly Services



**22 June 2011**  
**Giving Hope**  
**Improving Lives**

## Make a Donation!

Filos' programs and activities are funded largely by contributions from donors. Your contribution will help FILOS improve the well being of the less fortunate in our midst as we endeavour to reach

many more individuals in the community.

### Cash / Cheque Donation

Cash donation can be made at our office.

For cheques, kindly make

cheques payable to "Filos Community Services Ltd" and mail to 408B Upper East Coast Road, Singapore 466484.

*\*All donations to FILOS are eligible for double tax deduction.*

## Online Donation

Please visit our website [www.filos.sg](http://www.filos.sg) or donate through SGGIVES website [www.sggives.org/filos](http://www.sggives.org/filos)



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