



# FACES

A newsletter of Filos Community Services

June | 2012



## From the ED's desk

I recently watched the children's movie, 'The Lorax', with my 17 year old daughter. The last screenshot of the movie caught my attention:

*'Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.'*

Dr. Suess' words, written in his inimitable style in 1971, still rings true today.

At Filos Community Services, we are blessed with people from all walks of life, young and old, who care a whole awful lot, to make a difference in the lives of those who are needy and struggling through different challenges of life. This newsletter is dedicated to our faithful volunteers and donors, who have purposefully and tirelessly gone the extra mile to help, with their time, talent, resources, presence, presents and so much more! Read and see them in action in the articles and reports of this newsletter!

2011 has been a year of expansion for Filos. We are thankful for support that has come in from the President's

Challenge and also from the fund raising efforts of Citibank Youth for Causes. Our Family Life Services has seen attendances of over 13,000 in 166 family life events for parents and students run in 2011. Our Children and Youth Services saw us going into primary and secondary schools to run Lifeskill Programs for latchkey and at risk students through Resilience Clubs, Sexuality Education Programs and Smoking Cessation Programs. Filos was credited in Mediacorp Productions for Presidents' Challenge as well as the docu-drama 'Four Chapters' that were both aired in 2011.

Our Elderly Services saw us befriending lonely elderly in the Bedok community and extending health screening services to them. Social events and outings were highlights the elderly looked forward to, and participated whole heartedly in, bringing cheer and gladness to otherwise uneventful days. We celebrated Christmas early on December 2nd 2011, with a big bang, in a community event 'The Joy of Christmas' that was graced by Minister Lim Swee Say as our Guest of Honour.

Under our Assistance Services, we started Bread Distribution to needy families in the community. In November 2011, we started a Bursary and Scholarship Award scheme to help deserving students pursue their academic dreams.

As we move forward into 2012, Filos hopes, together with all of you our treasured partners, to continue to serve the community. Laurence Leamer, in King of the Night, said : The difference between a helping hand and an outstretched palm is a twist of the wrist.' Let's put our hands together and twist our wrists, to be a Helping Hand to those who are stretching out their palms for help!

Serving Together,

Dr. Foo Fung Fong  
Executive Director  
Filos Community  
Services ◆





## Family Life Services

# A Helping Hand to Families

Staff and volunteers of Filos visit families living in the Bedok Community. We get to know them, befriend them and try to help them in whatever way we can. Through these visits, we have come across families with different needs:

- Single parent families where mothers struggle to single-handedly provide for their children. Filos helps them with food and transport vouchers that go a long way to help them in their time of need.
- Children who struggle with their school work. These children are

referred to Filos' Tuition Program for Students. They come into contact with dedicated volunteer tutors who work with them to help them with their school work.

- A Story of Tea and Napkins  
John\* (not his real name) has been unemployed for several months. His wife needs to stay home to look after 5 children whose ages range from 3 to 9. The family struggles to put food on the table to feed the growing kids.

With no money and scarce food, the youngest child had to drink tea instead of nutritious milk. Not

yet toilet trained, this child had to wear napkins instead of pampers. A call was made through Filos' Wish List, for donations for pampers for this family. Generous donors responded.

John is very grateful for the help that Filos has rendered. He says, 'Filos has made a difference to my family! The staff are very friendly and ready to lend a listening ear and a helping hand. They helped too with job referrals for me. A truly big THANK YOU FILOS!' ♦

# Assistance.....

An outstretched arm,  
A little act of kindness,  
makes a difference in one's life.



Chinese New Year Blessings Project

Hampers Distribution by NUS Freshmen

Monthly bread distribution to the needy elderly and families.

Hampers Distribution by students of Victoria School

Chinese New Year Blessings Project

Hampers Distribution by NUS Freshmen to Bedok block 12 residents



# A Helping Hand to Children

Filos runs a Resilience Lifeskill Workshop for students at a Primary School. Here's what the Children have to say:



## 1. How has the programme helped you?

"The programme teaches me to be a good girl." - Hannah, P 3  
"I have learnt to care for and respect my friends." - Jin Kang, P 5  
"Integrity" - Davin, P2  
"I had gained confidence." - Adlina, P5

## 2. Do you enjoy the activities?

"Yes. It is so fun!" – Hannah, Davin, Adlina  
"Yes because it helps us to think and so we learn morethings!" - Jin Kang



## 3. Name 1 thing that you have learnt?

"I have learnt to respect and care for others." – Hannah  
"Help each other." - Jin Kang  
"Teamwork" – Davin  
"I have learnt more about how Mother Teresa had helped people." – Adlina



## 4. Will you share something good about the programme with other schoolmates?

"Yes. I love to!" – Hannah, Jin Kang, Davin, Adlina



**18** Bursaries for Needy Students  
were given out on 19 Nov 2011



# A Helping Hand to the Elderly

**M**r Loh Kok Wah is a 52 year old wheelchair bound man who lives in the Bedok community. Jacob and Molly Gan, volunteers from Filos, have been visiting and befriending him.

Mr Loh dropped out of school after Primary 6 and got involved with teenage gangs. He then started learning and working in the metal industry doing welding and all kinds of metal works under the guidance of his uncle.

At the age of 20, he began to work as contractor doing all kinds of metal work and renovations and earned very well during that time. His first wife died after 6 months of marriage.

In 1999, due to an accident at work, his legs were crushed by a heavy metal object. He was paralysed from

the waist down. In the one year following the accident, he had a very tough time learning to cope with his disability. His 2nd wife helped out by working part time but eventually divorced him around 2005 when the money from the insurance ran out.

With his disability and restricted movement, he spent most of his time watching TV and on the computer. When his computer broke down, a friend with technical knowledge helped him fix it and also taught him the basics of repairing computers (both hardware & software). As his educational level was quite low, he memorized a lot of the terms and computer commands so that he could repair PCs. He was then able to go out to work in a shop to earn about \$800 per month. He managed to do this for about 4 years. Due to his long hours of sitting, he developed a sacral

sore without knowing as he couldn't feel any pain. It got so bad that he had to stop working as he could not sit up anymore for more than 30 minutes at any one time. People started bringing PCs to his home for him to repair. Eventually, this source of income trickled down to almost nothing.

When Filos learnt of his plight, we highlighted his need through our Wish List, for a special wheelchair air cushion that allows him to sit for longer periods without putting pressure on his sore. Generous donors responded and we were able to procure this cushion for him.

Mr Loh's wish is to get better and well enough to move around (on his wheelchair) to find some work and be more independent. ♦

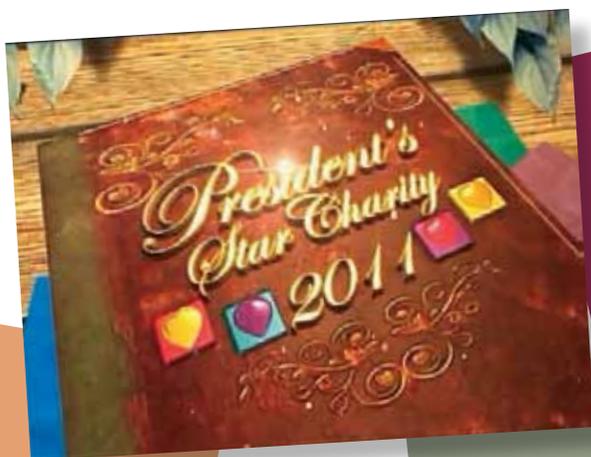




Photo Collage done by Singapore Management University students



Social Event - Joy of Christmas Singing Volunteer



Fund Raising by Citibank-YMCA Youth for Causes



Elderly Services - Outing to Spore Zoo with Hewlett Packard



Volunteer Appreciation Day event - Thanks to all volunteers



Social Event - Joy of Christmas Dance Volunteers

**To make a difference in someone's life!**  
▶ Every little act of kindness counts,  
▶ Every single volunteer matters,  
▶ Every donor valued.  
Thank you to all donors and volunteers.



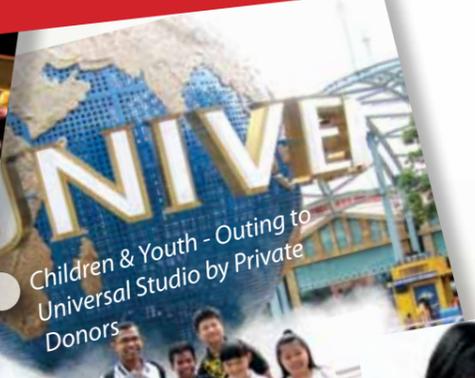
Children & Youth - Tutor Volunteers



Elderly Services - Sit Exercise by Singapore Management University



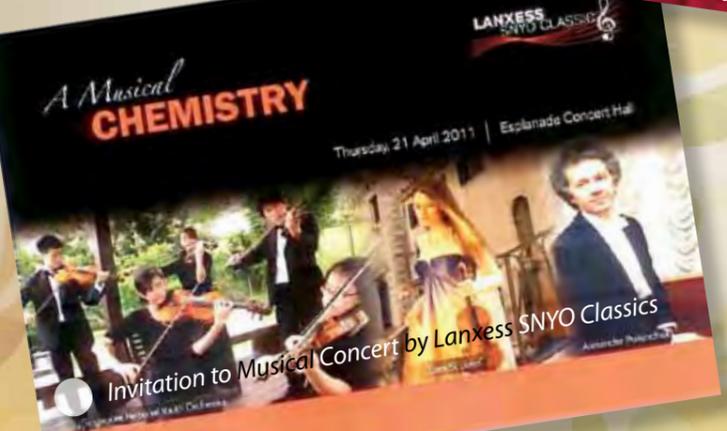
Social Event - Joy of Christmas Guests of Honours



Children & Youth - Outing to Universal Studio by Private Donors



Social Event - Joy of Christmas Performance Volunteers



Invitation to Musical Concert by Lanxess SNYO Classics



Elderly Services - Saturday Health Program with volunteers from Bedok Methodist Church



Children & Youth - Outing to Spore Zoo with Hewlett Packard

# WISHES FOR FILOS



More Hands (Volunteers & Sponsors) to support Filos' work. - **Allan**



Abundant blessings of resources, manpower, funds, opportunities to serve the community. - **Bee Kwee**



May Filos spread the fragrance of love, hope and kindness to all and may our staff and volunteers always be filled with joy and purpose in serving the needy in the community. - **Carrie**



Faithful Volunteers, Abundant Funds, Caring Staff, Empowered Clients. May Filos make a difference to the needy in the community! - **Dr Foo**



My wish for Filos is that God will continue to supply us with unceasing funds & countless volunteers. - **Dr Gan**



I wish that Filos will make a positive IMPACT in the community, so that God's love may shine through in all that we do. - **Jacob**



Hand in hand working for the better of those in need. - **Kath**



May Filos continue to be the beacon of light and serving selflessly to meet the needs of those in the community. - **Madeleine**



Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. - **Pauline**



Serving with Pride and Compassion. - **Peter**



"This little light of mine I'm gonna let it shine" Let Filos be the light that shines through lives and make the difference. - **Thou Mui**



The ties that bind the heart & mind, the hands to serve with passion & love! - **YY**



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