



Building Stronger Communities, *Together*



' Help Sarah's parents to give her roots of responsibility as well as wings of independence.'

MONTHLY HIGHLIGHT

Family Matters!

Your present builds their future.

It has certainly not been an easy year but the pandemic does not affect everyone equally. Many low-income families are still struggling to make ends meet, as the pandemic continues to affect the economy and set back learning milestones for students. We urge you to lend a listening ear to some of their stories and learn about the potential impact of your donation:

Remember your first day of school? For Daniel, the idea of entering primary school next year is a daunting thought. While he naturally chatters away in his Mother Tongue Language, he becomes shy and reticent when conversing in English. His mother worries about his ability to cope but finds it hard to seek help while juggling the financial needs of a family of 5. **Your donation can help us to provide Daniel and his peers from low-income homes with English literary classes to help them with school readiness.**

Also well-loved by her family is Sarah, who is 8 years old this year. However, her parents express their love differently. Her mum wants to inculcate good habits in Sarah but such efforts are undermined when her husband steps in to defend Sarah. Sarah grows to become rude and defiant to her mum and her parents often bicker over what they deem is best for their child. **Your donation can help fund coaching workshops to equip parents with skills to build better parent-child relationships and strengthen the resilience of families.**

Help us empower more children and their families today. Your present builds their future.

Make it happen with your donation!

Visit <http://bit.ly/filos-familymatters> to make a difference now!



PROGRAMME HIGHLIGHTS

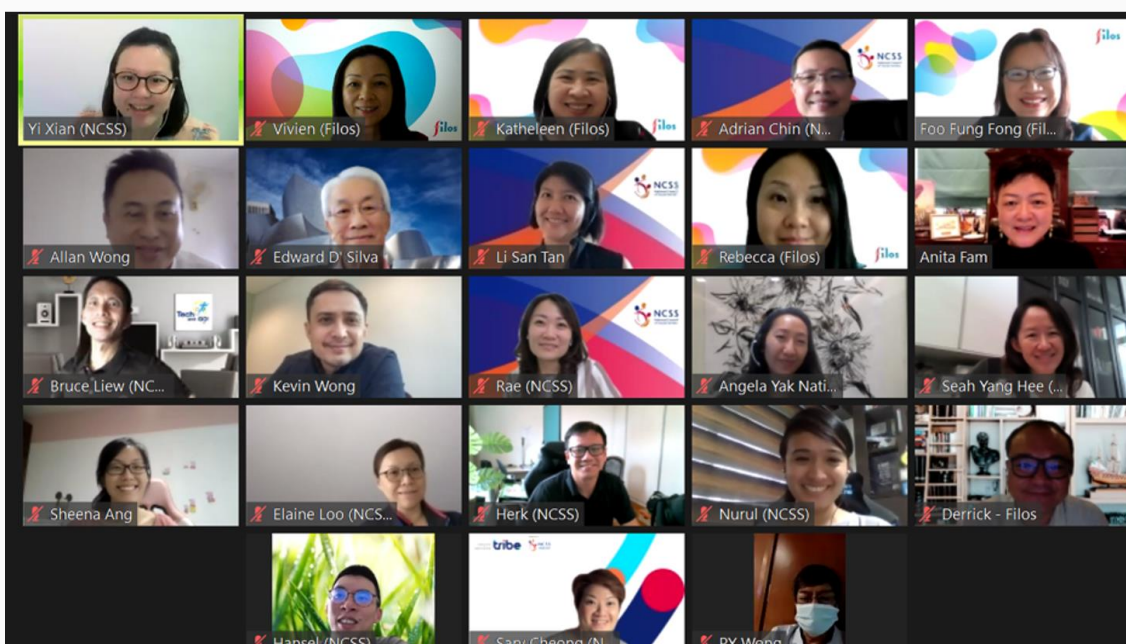
Conversations that matter- Advance Care Planning

Advance Care Planning (ACP) is a series of discussions and conversations to plan for your future health and personal care. ACP usually involves:

- sharing your personal values and beliefs;
- exploring what you might or might not want in certain medical situations;
- choosing someone to voice your wishes; and
- writing down your wishes and sharing your plan.

ACP is for everyone. Healthy individuals, young adults, working professionals and retired seniors are encouraged to discuss the type of healthcare that they prefer.

On the evening of 18th March, Filos held a virtual session to share more about ACP with the caregivers. If you would like to find out more about ACP, do contact theodore@filos.sg as we have a team of professionals who can provide the most accurate advice for you and your loved ones.



PROGRAMME HIGHLIGHTS

The first e-visit by NCSS President

Filos is proud to have the National Council of Social Services (NCSS) president, Ms Anita Fam, and NCSS CEO, Ms Tan Li San, join us in a virtual meeting on 10th March. We shared about the work of Filos and also discussed the challenges that Filos faces as a Social Service Agency (SSA). The conversations were fruitful and engaging, with NCSS also sharing about projects in the pipeline that will help address the trends in the social service sector.

Collaboration is the buzzword as stakeholders like community partners, volunteers, corporate organisations and the public sector come together to serve the needs of beneficiaries. We are thankful to NCSS for the role they play in advocating for SSAs and for helping us to enhance our capabilities and to remain agile and relevant to serve new needs on the ground, especially as we enter a post-Covid world.

Together, we can make a difference!



STORY OF THE MONTH

Nurturing our Next Generation

The Reading Room is one of the latest programmes that Filos has launched in early 2021 to encourage children to read more and to build up their command of English at an early age. Volunteer storytellers spend time reading with kids from pre-school to primary school age. We also encourage parents to join in so that it becomes an enriching family activity that not only improves the literacy skills of kids, but builds family bonds as well.

Click "**Read More**" to see how we empower our children !

[Read More](#)

VOLUNTEERING OPPORTUNITIES

Make a difference in someone's life and volunteer with us today!

If you are thinking of ways to give back to the community beyond making a donation, the next step could be to share your skills or time for a great cause!

Check out the various volunteering opportunities at Filos and within Bedok Town below!

"We make a living by what we get, we make a life by what we give."

- Winston Churchill



Filos Community Services

1. Eldercare

Regular

- [Volunteer Befriender/Medical Escort](#)
- [Befriender for Community Befriending Programme](#)
- [Befriender for More Than Friends Programme](#)
- [Malay Speaking Befrienders for Community Befriending Programme \(CBP\)](#)
- [Volunteer Recruitment Talk \(Volunteering with Seniors\)](#)

Bedok Town

1. Eldercare

Ad-hoc

- [Moral Seniors Activity Centre \(Kaki Bukit\) - Handyman](#)
- [NTUC Health \(Heartbeat@Bedok\) - Activity Coordinator/Facilitator](#)
- [NTUC Health \(Fengshan\) - Activity Coordinator/Facilitator](#)
- [Lions Home For The Elders - e-Volunteering/ Pre-recorded Video Production](#)

Regular

- [Goodlife! Bedok - Phone Befriender](#)
- [THKMC CS - Bedok CAN Carer](#)
- [NTUC Health Nursing Home @ Chai Chee - Befriender/Activity Coordinator](#)
- [NTUC Health Senior Day Care Centres - Befriender](#)
- [PA Fengshan House Cleaning Volunteer](#)

2. Persons with Disability

Ad-hoc

- [THK Home for The Disabled @ Eunos - Virtual Activity Coordinator/Facilitator](#)
- [MINDS - Virtual Activity Coordinator](#)

Regular

- [MINDS - Me Too! Club, Art & Craft](#)
- [MINDS - Me Too! Club Excursion](#)
- [MINDS - Me Too! Club Trek](#)

3. Children & Youth

- [VOX - Activity Engagement](#)

[Volunteer with Us Today!](#)

DONATE

Giving Hope to the Community

If you believe in our cause and would like to further our efforts in reaching out to the community, do [donate now!](#)

Get in Touch

About Filos

Filos Community Services is a not-for-profit social service organization. We focus on building the strengths of the community we live in. We work towards empowering individuals and families to live more fulfilling, meaningful and happier lives.

Get the latest updates on our different platforms via this link: <https://linktr.ee/filosCS>



Or scan the QR code above for more details!

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