



Building Stronger Communities, *Together!*

Eldersitter: Reviving the Good Ol' Days

The Eldersitter programme at Filos is a home-based intervention programme which provides Person-Centered care to seniors with dementia. Our Eldersitters visit the homes of dementia patients to engage them in activities that help to slow down their rate of dementia.

Ever since the COVID-19 situation escalated, all non-urgent home visits were suspended and our Eldersitter team were challenged to think of other avenues to engage their clients without being physically there with them.

Instead of the usual home visits, the Eldersitters engaged our seniors through good old fashioned phone conversations. The seniors genuinely enjoy the heartfelt conversations over the phone. Helen, one of our Eldersitter, shared that the seniors enjoy the phone calls as it brought back fond memories of how people used to make phone calls more often to one another.

Helen has further busied herself with another nostalgic mode of communication—handmade, personalised greeting cards. Other Eldersitters mail colouring worksheets and puzzles to keep their clients stimulated. Their creativity knows no boundaries!

We applaud the indomitable spirit of our Eldersitter team, seniors and their caregivers in keeping seniors creatively engaged during this challenging season!

If you would like to find out more about our Eldercare programmes, do visit our website [filos.sg](https://www.filos.sg) or drop us an email at info@filos.sg.





Where Learning Goes Beyond the Classrooms

Qarysya is taking her PSLE this year and she has been attending the volunteer-led tuition programme for the past 3 years.

Since the COVID-19 outbreak, the regular tuition programme has been suspended but support is still rendered to the students during this period through a virtual tuition initiative. Students continue to receive support and guidance from volunteer tutors over WhatsApp through the programme lead. Students attend these virtual tuition sessions twice a week.

Qarysya says that the most challenging aspect of the virtual tuition is not being able to interact and address her questions face-to-face with her tutors. She misses her tutors' warm friendship. She expresses a big "thank you" to her tutors for going the extra mile to support her and her peers, even during the COVID-19 outbreak. She hopes that the situation improves soon so that she can spend quality study time with her tutors and friends.

You, too, can shape the lives of young primary school students through helping them with their education. Volunteer with us today! Drop us an email at volunteer@filos.sg or check out more volunteering opportunities at <https://www.giving.sg/filos-community-services>.

Befriending: Heart to Heart Conversation

With the suspension of non-urgent home visits, our regular Befriending programmes, the Community Befriending Programme (CBP) and the More Than Friends (MTF) programme have been affected too. CBP is targeted at socially isolated seniors living in purchased flats while MTF is targeted at seniors who have been diagnosed with chronic illness.

Once Singapore turned to DORSCON Orange, the Eldercare team sprung into action, making sure that volunteers were aware of and understood the measures in place to protect our vulnerable elderly clients. Our reliable befrienders continued to maintain relationships through phone calls and many expressed their concerns for their befriendees, wanting to pass on face masks and to help in other ways. Others expressed that they could not wait to start their home visits again.

Similarly, our befriendees have been telling our staff that they miss the home visits from their befrienders. A couple of seniors from the MTF programme also highlighted their gratitude towards the volunteers and staff who are making the calls to them, describing them as "很有心" (thoughtful).

We are heartened that everyone is playing their part to tide our beneficiaries through these challenging times. If you would like to explore volunteering for our befriending programmes, do drop us an email at volunteer@filos.sg or check out other volunteering opportunities at <https://www.giving.sg/filos-community-services>.



STORY OF THE MONTH

Stephen: Commitment to Volunteerism Through the Ups and Downs

“Volunteering gives me fulfillment.”

This is the simple yet impactful belief that Stephen holds onto when it comes to volunteering. His no-frills approach and dedication to his duties has endeared him to the staff at Filos, who treat him like a fellow colleague in the office. Stephen shares his volunteering journey with us and hopes to inspire more people to step forward to serve from the heart, so more people can be helped. Click ‘Read More’ to be inspired by his story.

[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.”



VOLUNTEERING OPPORTUNITIES

Filos Community Services

- [Administration Support Volunteer](#)
- [Befriender for CBP Programme](#)
- [Befriender for More Than Friends](#)
- [Eldersitter](#)
- [Graphic Designer](#)
- [Happy Programme Activity Facilitator](#)
- [Little Sprouts Reading Teacher](#)
- [Medical Escort](#)
- [Tutors for P1 & P2 students](#)

Bedok Town

1. Family, Children & Youth

- [4PM - Mentors / Partnerships / Fundraising](#)
- [Social Service Office @ Bedok - Programme/Activity Organisers](#)
- [Social Service Office @ Bedok - Befriending](#)
- [Social Service Office @ Bedok - Child Minding](#)
- [Social Service Office @ Bedok - NURTUREAD](#)
- [Social Service Office @ Bedok - SG Healthy Buddies](#)

2. Eldercare

Regular

- [General - Medical Escort/Chaperone](#)
- [TRANS Family Service Centre \(Bedok\) - Befriender & Medical Escort](#)
- [GoodLife!@Bedok - Befrienders](#)
- [Moral Seniors Activity Centre \(Kaki Bukit\) - Befrienders](#)
- [NTUC Health - Befrienders in Nursing Home](#)
- [NTUC Health - Hygiene & Maintenance Assistants in Senior Care Centre](#)
- [NTUC Health - Painter or Gardener in Senior Care Centre](#)
- [THK Home Care & Home Help - Vehicle Attendant](#)

Ad-hoc

- [Moral Seniors Activity Centre \(Kaki Bukit\) - Handyman](#)
- [NTUC Health - Activity Coordinators in Senior Care Centres](#)
- [NTUC Health - Outing Coordinators in Senior Care Centres](#)
- [The Salvation Army - Peacehaven Day Centres \(Bedok & Changi\) - Outing Befriender](#)
- [TRANS Family Service Centre \(Bedok\) - H3 Active Ageing Programme & Befriender](#)

3. Special Needs

- [APSN - Events Assistants/Facilitators](#)
- [SUN- DAC \(Bedok South\) - BUDDIES](#)
- [SUN- DAC \(Bedok South\) - CIRCLES for volunteer groups](#)

[**Volunteer with Us Today!**](#)

DONATE

Giving Hope to the Community through Giving

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



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.

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