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Building Stronger Communities, *Together*



#### MONTHLY HIGHLIGHT

## Your Change Changes Lives : Adapting to the New Norm

During these unprecedented times, our clients continue to face many pressing needs. Filos' services have had to adapt to the new restrictions caused by the pandemic.

Many of our senior clients live alone in the community. Previously, their days were spent at Filos and the neighbouring Senior Activity Centers where they could engage in activities and spend quality time with their friends. Since February 2020, social distancing measures meant seniors had to stay home to stay safe as they are a high risk group for Covid-19 infection. This cut off their social circles. It was made worse because many of them lacked the digital-savviness to connect with their friends virtually.

Filos eldersitters reached out to our senior clients over the phone, patiently guiding them to use WhatsApp video calls. The eldersitters faced many obstacles. These included trying to engage seniors who could not hear well over the phone. It was also difficult to explain terms like "camera button" and "app" to the seniors as well as trying to adapt to the different interfaces of different phone models!

Despite these challenges, some of our seniors got the hang of it and were able to join in the first online HAPPY sessions conducted for them. HAPPY is an exercise programme that aims to prevent and reverse frailty in community dwelling elderly.

Even as we gather the elderly back into Active Ageing sessions with us, we realise that several of them have grown physically and cognitively weaker after the period of the Circuit Breaker. Our goal is to systematically work with them to restore and maintain their function so that they can continue to age well in the community.

We hope you can join us to continue to help our seniors as well as our other beneficiaries. Our services have switched to online tuition classes and reading programmes, virtual children's drop in clubs as well as online and limited center based activities for our seniors. We also continue to distribute essential items and rations to vulnerable families. We need your support to make sure we can help as many clients as possible to adjust to the new norm. Your Change Changes Lives! Please give generously today via <https://bit.ly/filosflagday>.

If you would like to make a group donation or volunteer for our services, please contact [shawn@filos.sg](mailto:shawn@filos.sg).

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# ParentsPlus Adolescents

*You've lived through temper tantrums and school blues. Your child is now a teenager, a period of intense change as he begins his journey to independence and discovery of his own identity. That can result in differences in view points between you and your child, conflicts explode as he tests boundaries with risky behavior and you may feel your influence fade as his focus changes from parents to peers.*

Join our **FREE Webinar** as we discuss these issues together.

**Date: Every 3<sup>rd</sup> Sat of the Month**

**Time: 2:30 – 4pm**

## 18 July 2020: Connecting with your Teen



### **Ms Karen Vincent**

A Family Life Educator and Counsellor with Filos Community Services, Karen has 17 years of experience working with parents, youth and children. She is an approved trainer with the Health Promotion Board to conduct sexuality education in secondary schools. She is a mother of a teenage daughter.

Register at [bit.ly/Register-AP-session1](https://bit.ly/Register-AP-session1) Closing date: 16 July 2020

## 15 Aug 2020: Establishing Safe Boundaries for Teenagers



### **Ms Carrie Chan**

An SAC Registered Counsellor who has worked with children, youth and parents for 26 years, Carrie is passionate about building strong marriages, family relationships and reconciliation. A seasoned Family Life Educator, she is also an approved trainer with the Health Promotion Board to conduct sexuality education in secondary schools.

Register at [bit.ly/Register-AP-session2](https://bit.ly/Register-AP-session2) Closing date: 12 Aug 2020

## 19 Sept 2020: Empowering Teens



### **Ms Yayah Farida**

A Senior Executive and Counsellor at Filos Community Services, Yayah has 7 years of experience working with families, children and youth. Her passion is to nurture the potential of children and youth through mentoring relationships.

Register at [bit.ly/Register-AP-session3](https://bit.ly/Register-AP-session3) Closing date: 16 Sep 2020

For more details, email [karen.vincent@filos.sg](mailto:karen.vincent@filos.sg)



## PROGRAMME HIGHLIGHTS

### Inaugural kickoff of ParentPlus Webinars!

Filos rolled out a series of ParentPlus webinars that aim at helping parents to strengthen parent-child relationships.

The first session of ParentsPlus Early Years, 'Tuning In to Your Preschool Child', took place on 4th July for parents of preschoolers. The ParentsPlus Children's webinar, 'Pause for a Cause', was conducted on 11th July, for parents with children in primary school. The Parents' Plus Adolescence Programme ran on 18th July on the topic 'Connecting with your Teen'.

Participants shared that the facilitators created an inclusive and safe space that enabled them to feel comfortable and forthcoming in sharing their parenting triumphs and challenges. They also appreciated the videos that were shown during the sessions as it provided real-life examples of parenting. A parent shared: 'It's a very strength based programme and the facilitators are very knowledgeable about the topic.'

Want to join us to get new insights on parenting your child? Click on the sessions below to sign up! Registration is free for all webinars.

#### **ParentPlus Children Webinar Series**

8 Aug: [Rules for Kids to Live By](#)

Closing Date: 5th Aug

12 Sep: [Boosting Confidence in Children](#)

Closing Date: 9th September

#### **ParentPlus Adolescent Webinar Series**

15 Aug: [Establishing Safe Boundaries for Teenagers](#)

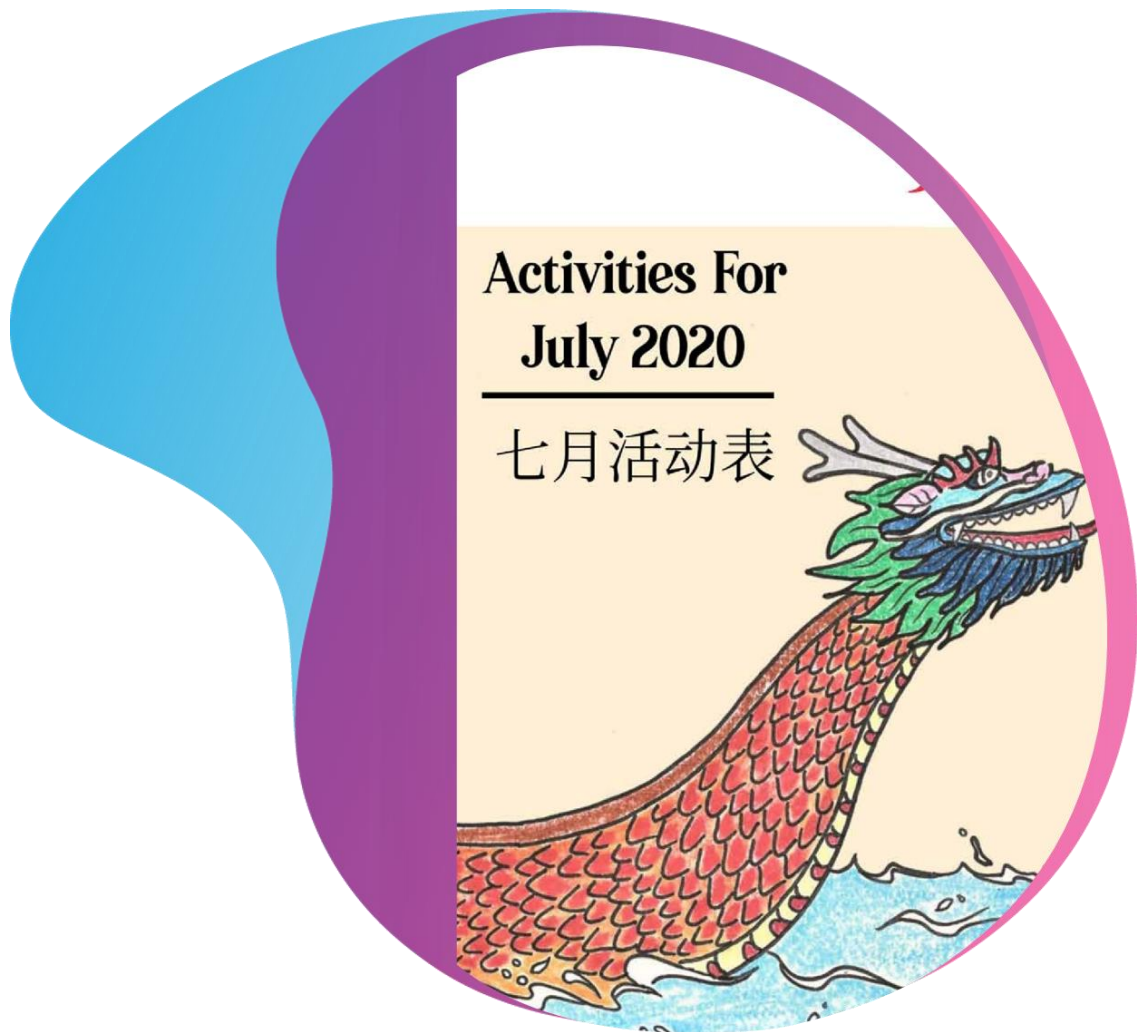
Closing Date: 12th Aug

19 Sep: [Empowering Teen](#)

Closing Date: 16th September

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#### PROGRAMME HIGHLIGHTS

### Filos x NUS Batch Project 2020: Senior Activity Booklet

The Filos x NUS Senior Activity Booklet is the result of the collaboration between Filos and the National University of Singapore's Batch Project 2020.

The idea of the activity booklet was initiated by our Eldercare Team. Due to the standstill on many of the active ageing and befriending programmes, many of our senior clients have been cooped up at home. Care staff have also not been able to conduct home visits to them. These circumstances have made it challenging to engage with our senior clients. The activity booklet presented an opportunity to keep seniors busy with activities in their own home to help reduce their boredom.

A total of 57 students came onboard to design and compile activity ideas into a Booklet for the month of July. Activities in the booklet range from classic games such as spot the difference and puzzles, to more interesting ones such as de-coding games. The students even provided tips on setting up WhatsApp accounts and a step by step guide to identify

potential scammers.

You can download this booklet, as well as other resources Filos has developed for seniors through this link [here!](#)

We are thankful to the skills-based volunteers who have been coming forward to work with our staff on such projects. If you are keen to contribute to such projects that enable and empower our seniors to remain active while being at home, drop us an email at [info@filos.sg](mailto:info@filos.sg) today with your ideas and suggestions!

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### STORY OF THE MONTH

## Mdm Norshimah & Family : A Board Game a day keeps the Boredom away!

When one of our staff who was doing her regular house visit for a client, she chanced upon Mdm Norshimah and her 6 kids. The family was introduced to Filos and has been receiving assistance since then. Her children are aged 2 to 11 years old and 3 of her them attend Filos' tuition programme. Mdm Norshimah is also a member of our Mother's Group. Click '**Read More**' to find out more about her family's journey with Filos!

[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.”



### Filos Community Services

- [Befriender for Community Befriending Programme](#)
- [Befriender for More Than Friends Programme](#)
- [The Green Spot Activity Centre Volunteer](#)

### Bedok Town

#### 1. Family, Children & Youth

- [4PM - Mentors / Partnerships / Fundraising](#)

- [Social Service Office @ Bedok - Programme/Activity Organisers](#)

## 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](#)

### Ad-hoc

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

## 3. Special Needs

- [SUN- DAC \(Bedok South\) - BUDDIES](#)
- [SUN- DAC \(Bedok South\) - CIRCLES for volunteer groups](#)
- [SUN- DAC \(Bedok South\) - Volunteer Driver](#)

[Volunteer with Us Today!](#)

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## DONATE

## Your Change Changes Lives - Filos Flag Day 2020

During these times of unprecedented challenge, Filos continues to deliver services to our beneficiaries. Help us to do all this and more as we adapt our services to address the new needs that have arisen.

Your Change Makes a Difference. Your Change Changes Lives.

Join us to build resilience and empower individuals and families!



To make a donation in support of our programmes and initiatives, please visit our [Giving.sg "Your Change Changes Lives - Filos Flag Day 2020" campaign page](#) and help us realise our campaign goal of \$150,000 that will be channelled towards supporting our vulnerable communities.

Your donation will receive dollar for dollar matching when made through this online channel. For more information about the campaign, please drop an email to [info@filos.sg](mailto:info@filos.sg). Thank you for your generosity and support!



## Your Change Changes Lives - Filos Flag Day 2020

Help us to deliver services to our beneficiaries and more as we adapt our services to address the new needs that have arisen during this time of unprecedented challenges.

Your donation will receive dollar for dollar matching when made through this online channel.

Give Today!

<https://bit.ly/filosflagday>



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.

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