



Building Stronger Communities, *Together*

## Social Needs Survey: Understanding the Needs of our Community

**16 NOV**— Filos has embarked on a Social Needs Survey that spanned over three Saturdays in November. The aim was to uncover and understand the social, financial and health needs of people in the community. This will allow us to offer relevant programmes and services to meet their needs. One of such programmes is the **Community Befriending Programme (CBP)**, which provides social and emotional support to isolated seniors.

It was indeed encouraging to see many first-time volunteers stepping forward for this meaningful outreach and one of the



neighbours even offered to help translate the survey for some of the residents!

All in all, the event was a great platform for volunteers, residents and professionals to come together to strengthen the community. Kudos to everyone for the hard work!

If you would like to find out more about CBP, do contact Evangeline at [evangeline@filos.sg](mailto:evangeline@filos.sg)



#### PROGRAMME HIGHLIGHTS

### **Building Stronger Family Ties with ParentsPlus**

ParentsPlus is an evidence-based parenting programme that promotes confidence, learning and positive behaviour in children.

Parents learn techniques to improve communication and build relationships with their children through day-to-day interactions. Topics covered include solving childhood problems, building children's self-esteem and confidence, encouraging learning in children and managing misbehaviour using consequences and sanctions.

The Ireland Funds Singapore (TIFS) raised S\$20,000 during their Emerald Ball on 8 November to support the expansion of the ParentPlus programme at Filos.

A team from Filos will be sent for training in the ParentPlus Adolescent Programme in 2020. This will allow Filos to offer workshops to parents of teenagers, empowering them with skills and support to strengthen their relationships with their teens.

Would you like to strengthen your family relationships? Contact Karen at [karen@filos.sg](mailto:karen@filos.sg) to join the ParentsPlus programme right now!

**Join us for the next  
ParentsPlus Children's  
Programme**

Place: Living Hope  
Methodist Church

Dates: 15th, 22nd, 29th Feb,  
7th, 21st & 28th March 2020  
(Saturdays)

Time: 2pm - 4pm

Closing Date: 1st Feb 2020

Trainers: David Leong &  
Margaret Lee

# Filos x ECOLAB Hygiene Workshop & Donation of Recycled Scented Soap

**30 OCT** — In the spirit of Ecolab's dedication to healthy environments, they teamed up with Mandarin Orchard Associates for their "Ecolab Beyond Soap CSR 2019". The staff learnt to sanitize and process worn soap into brand new bars of scented soap. These brand new soap bars and hand sanitisers were then bundled into hygiene packs to be gifted to Filos' beneficiaries during our Christmas Carolling event in December.

The Ecolab team also organized a hygiene workshop that aims to educate seniors on the importance of personal hygiene in maintaining a healthy lifestyle. The workshop encompassed interesting segments, such as a hygiene quiz, handwashing demonstration and live bacteria test. The seniors thoroughly enjoyed themselves and went home with a nice hygiene pack and greater hygiene awareness!

Does your company have an expertise to share?



Contact Linnet  
at [linnet@filos.sg](mailto:linnet@filos.sg) to  
volunteer with us now!



## STORY OF THE MONTH

### Amanda's Story: The Beginning of A Young Social Worker's Journey

Inspired by a career talk given by a young, passionate social worker in Junior College, Amanda felt a stirring inside of her to explore what social work was about. Starting out fresh from school as a social worker was not an easy feat. Amanda has quickly grown wiser to know that the issues she deals with are far more complex and nuanced than presented in school. Still, she tries to reflect back on her own experiences to ground herself when circumstances get trying. Amanda hopes to build meaningful and trusted relationships with people, that will encourage them to want to help themselves and build their own resilience. That is the main goal of her social work, and she aims to carry out that belief for many years to come...

[Read More](#)

### UPCOMING EVENTS

Come join the festive celebrations at Bedok Mall and support a good cause! All proceeds collected will go towards Filos's programmes and services.



["Christmas in Faraway Land" Fundraising Campaign cum Caroling Performances 2019](#)

**'A Musical Gift for Charity' & 'A Small Small World Tour' Fundraising Campaign**

29 Nov to 29 Dec . Bedok Mall

**Caroling by Amazing Grace Presbyterian Church**

20, 21, 22 Dec . 8.00pm - 8.20pm . Bedok Mall (Level 1, Outside Main Entrance)



## 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 More Than Friends](#)
- [Befriender for CBP](#)
- [Monthly Bread Distribution](#)
- [Little Sprouts Reading Teacher](#)
- [Tutors for P1 & P2 Students](#)
- [Tutors for P3 - P6 Students](#)
- [Medical Escort](#)
- [Happy Programme Activity Facilitator](#)
- [Nutritionist](#)

### 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](#)
- [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](#)
- [SUN- DAC \(Bedok South\) - Volunteer Driver](#)
- [SUN-DAC \(Bedok South\) - Futsal Assistant Trainer](#)

[Volunteer with Us Today!](#)

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## 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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