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Building Stronger Communities, *Together*

Little Sprouts Reading Programme: A Path towards Equal Opportunities in Education

Nine months ago, Kevin* was a quiet and shy boy who kept to himself often. This year, Kevin starts primary one on a different page; his confidence has grown and he is now unafraid of making mistakes. Often the first one to raise his hand, Kevin eagerly anticipates opportunities to answer questions. After half a year of lessons, Kevin is able to identify more letters in the alphabet, and read and write more fluently. He has also developed a keen interest in reading storybooks.



This is the head start that Filos' Little Sprouts Reading programme aims to give children (4 to 6 years old) from families-in-need in the Kembangan-Chai Chee community. Led entirely by a group of dedicated volunteer teachers, the programme follows an established phonics-based curriculum and uses interactive activities to inculcate a love for reading and build self-confidence. Initially finding much difficulty writing their names legibly, those who are eventually able to do so is a testament that guidance and practice pays off.

With unwavering support and encouragement, these faithful volunteers play a significant role in helping the children determine and shape their own individual paths in life.

*Name has been changed.

PROGRAMME HIGHLIGHTS

Chinese Painting Interest Group: A Path For Seniors To Discover Their Talents

Last November, a special interest group with a focus on chinese painting was started for seniors. This initiative was conceived by our staff to encourage our seniors to discover their talents and promote active ageing.

Chinese painting allows our seniors to train their dexterity with different brush-in-ink techniques, and builds their cognition by nurturing their artistry. Furthermore, this traditional art form connects our seniors back to their roots, as they reminisce about the good old days.

Prior to the formation of this interest group, many seniors did not have experience in chinese painting. To our surprise, they took to it like a duck to water and created many beautiful masterpieces during the class! Under the guidance of a volunteer teacher, they managed to paint a wide array of things from still life to changing landscapes. Recently, they even painted Chinese Couplets to usher in the



Chinese New Year!

It is heartwarming to see how this interest group has served as a path for these seniors to unleash their creativity and bond over a shared hobby.

Nanyang Girls' High School: A Path Being Paved For Regular Volunteerism

Four years ago, Nanyang Girls' High School (NYGH) embarked on their volunteering journey with Filos Community Services. It started off with four girls, Glenda, Grace, Josephine and Celine, volunteering for the Community Befriending Programme (CBP). Since then, students from NYGH have been collaborating with us for their Values-in-action (VIA) programme.

These students have volunteered with Filos for programmes such as Blessing Projects, Social Wellness and also provided administrative support to the staff. Every year, the students make it a point to conclude the programme with a group performance



for the seniors, where they will present their special skills such as wushu and gymnastics. In one memorable year, the girls were moved by a senior's story about his struggles, and how he could no longer afford his favourite meal—a juicy steak. Learning this, they pooled money together to treat him to a simple steak lunch at the coffee shop. It was a particularly gratifying end to their befriending sessions that year.

These positive experiences fostered a good and lasting relationship between Filos and NYGH. We are heartened that a path has opened for many more students to build stronger communities together with us at Filos.



STORY OF THE MONTH

Ibrahim - Setting Sights on Creating New Paths

Ever so often, our office will be greeted with a cheerful call from Ibrahim, ending with his trademark “love you” blessing. Ibrahim’s sunny personality makes him a well-liked figure in the community. He enjoys the

company of people, frequently opening his home to volunteers for befriending activities. With such a positive persona, it is hard to fathom the personal difficulties faced by Ibrahim.

His recent journey to cataract-free vision captures his effervescent light shining in the face of a fearful procedure. Watch Ibrahim's story and find out more about Parkway's Cataract-free initiative [here](#).

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

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](#)

[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!](#)



[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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