



Building Stronger Communities, Together

Filos Lunchtime Talks

Sign up here

APR
Why Older People Fall & How to Prevent It

JUN
Advance Care Planning for Everyone

AUG
Dementia Awareness Talk

OCT
Youth Mental Health

OCT
Caring for the Caregivers (Self Care)

DEC
Understanding & Preventing Malnutrition in Seniors

MONTHLY HIGHLIGHT

Food for Thought: Lunchtime Talk Series

Did you know that depression is one of the top mental health conditions in Singapore? To help others better understand mood disorders like depression and anxiety, Filos conducted the 'Managing Mood and Feeling Good' lunchtime talk over Zoom on 18 February.

This also marked the start to our series of lunchtime talks this year! Our professional speakers introduced causes of mood changes and how physical and environmental factors, as well as the presence of chronic illnesses can affect the way we feel. They also shared on good habits (such as improving sleep and balanced nutrition intake) that participants can learn to practice mental wellness.

In the months to come, the following topics will be covered:

- Why Older People Fall & How to Prevent It
- Advance Care Planning
- Dementia Awareness Talk
- Youth Mental Health
- Caring for the Caregivers (Self Care)
- Understanding & Preventing Malnutrition in Senior

If you are keen to attend, please register at <https://bit.ly/FilosTalks2022>. Please recommend the talks to family members or friends who may benefit from them too!



PROGRAMME HIGHLIGHTS

Travelling the world through reading!

The pandemic may have sent many of us reminiscing about the days where we could travel freely. Under our Reading Room (Special) programme, we will be overcoming the geographical boundaries and bringing the world virtually to the kids instead!

In March, our volunteer, Louise from The Ireland Funds Singapore (Young Leaders Committee) served as our enthusiastic guide and brought our children to explore Ireland through two renowned Irish folk stories.

An epic coming-of-age adventure, “The Salmon of Knowledge” featured a pair of young and old protagonists’ heartwarming mentorship journey. The melancholic tragedy of “The Children of Lir” cautioned children to treasure their parents. Through the majestic and magical settings, both tales showed our young attendees the universal essence and importance of relationships.

The children can’t wait to travel to their next destination next month!

Reading Room (Special) is open to children aged 4 – 8 years old. If you would like to sign your kids up for the upcoming sessions to explore the world, do register at <https://bit.ly/ReadingRoomSpecial> today!



Changing Landscapes in Singapore- A Live Tour!

Virtual Outing to National Gallery of Singapore

PROGRAMME HIGHLIGHTS

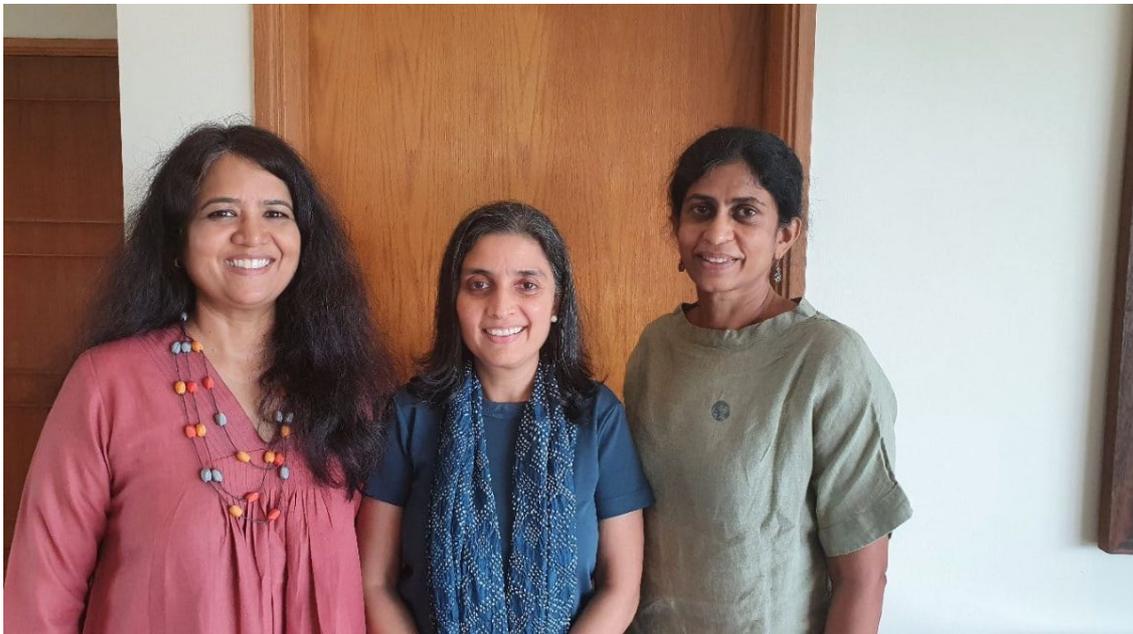
Changing landscapes in Singapore: A live tour

It was an exciting afternoon for our seniors under Filos' Active Ageing Programme as they got to go on a virtual live tour of the National Gallery of Singapore!

Our seniors were led by a guide through various areas in the Gallery and were brought on a quick guided tour of the exhibition, "Siapa nama kamu?" (which means "What is your name?"). The exhibition showcased several paintings of Singapore since the 19th century. Oil paintings of kampung houses and wet markets intrigued our seniors as they brought back memories of how the landscape in Singapore was like when they were younger. Our seniors were thoroughly engaged as they reminisced about old Singapore.

By harnessing the power of technology, we are grateful that our seniors got the opportunity to go on this virtual outing. We would also like to thank the National Gallery of Singapore for the wonderful collaboration!

If you would like to collaborate with Filos, do drop us a note at volunteer@filos.sg.



STORY OF THE MONTH

Catalysing change together: BridgeAble x SG Cares VC @ Bedok

“It is a very effective and meaningful way to volunteer; it’s like taking care of our parents.” Volunteer medical escorts from BridgeAble echoed similar sentiments on what keeps them going. BridgeAble was founded by Shobha, Ramya and Damayanti with the aim to help non-profit organisations by bringing like-minded individuals to participate in volunteering and philanthropic programmes.

Tapping on each other’s strengths and networks, the SG Cares Volunteer Centre (VC) @ Bedok, operated by Filos, and Bridgeable have been able to amplify their outreach to the community through the SG Cares-BridgeAble Medical Escort Programme that started in May 2021.

A journey with a volunteer medical escort typically takes about 4 hours and begins with the volunteer meeting the beneficiary and heading to the appointment together. Assisting beneficiaries with the necessary administrative procedures and accompanying them into the doctor’s room, where required, are part and parcel of the role. Volunteers will also send the beneficiaries home and share important follow-up information with the social workers thereafter.

Undaunted by the language barrier, volunteers from BridgeAble have been able to persevere and form meaningful connections with our senior clients. Humbled and enriched from the experience, Shobha encourages any other groups looking to volunteer regularly to dive right in, “Volunteering gives you the opportunity to create impact that can become an important part of your life’s work, and that experience is likely to stay with you forever.”

Potential volunteers who wish to collaborate with Filos / SG Cares VC @ Bedok are also welcome to write in to volunteer@filos.sg!

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, you could consider making a donation or sharing your skills and 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



**WE'RE ON
TELEGRAM!**

<https://t.me/BedokVC>



Filos Community Services

Family.

- [Befriender to a Malay-speaking Mother](#)
- [Tutor to a Malay-speaking Mother](#)

Eldercare

- [Activity Escort](#)
- [Activity Organiser \(Active Ageing Centre\)](#)
- [Activity Facilitator \(Active Ageing Centre\)](#)

Skills-based

- [Drivers for Ad-hoc Collections](#)
- [Fundraisers](#)
- [Videographer for Promotional Video](#)

Volunteer Recruitment Talks

- [Volunteering with Families, Children and Youth](#)

- [Volunteering with Seniors](#)

SG Cares Volunteer Centre @ Bedok

Multi-service

- [ComLink Bedok - Community Befriender](#)
- [Willing Hearts - Packer/Driver](#)
- [SG Cares VC @ Bedok - Handyman](#)

Seniors

- [LC Nursing Home - Befriender](#)
- [THK Bedok Radiance AAC - Befriender](#)
- [NKF - Dialysis Centre / Health Screener Volunteers](#)
- [SG Cares VC @ Bedok - Medical Escort](#)
- [HCA Hospice Care - Vigil Angel Project](#)

Persons with Disabilities

- [St. Andrew's Autism Centre - Class Support Volunteer](#)

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!](#)

Donate Today!

Get in Touch

About Filos

Filos Community Services is a not-for-profit social service organisation. 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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