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Building Stronger Communities, Together



Project ARISE

Active, Resilient, Independent and Supported Elders

OUR GOAL:
\$75,000



With more seniors needing care, **your timely support matters more than ever.** Helps seniors **ARISE** to stay active, connected, and age with dignity today!

Click/Scan the QR code to donate or find out more:



STORY OF THE MONTH

Mr Koh's Story: Finding Strength to Rise Again

At 81 years old, **Mr Koh** lives alone in a rental flat. When he was diagnosed with *chronic Hepatitis B* and advised to undergo surgery last year, the news shook him deeply. With no family support by his side, his health challenges quickly took a toll not just on his body, but on his emotional well-being as well. For a time, Mr Koh kept to himself. The weight of illness and isolation left him feeling overwhelmed and alone, highlighting how crucial **timely senior support** can be for older adults facing health challenges on their own. That was when **Filos Community Services** stepped in.

Recognising that Mr Koh was struggling emotionally, Filos provided counselling support and, in August 2025, connected him to our senior befriending programme. Through regular phone calls and home visits, his befriender became a steady presence in his life; someone who listened, encouraged, and cared. This form of consistent senior support helped Mr Koh regain a sense of stability and trust. ***Slowly, Mr Koh began to open up.***

With gentle encouragement, he started attending Filos' community activities, including our Mid-Autumn and Christmas celebrations. These gatherings were more than festive occasions; they were part of Filos' active ageing approach, creating opportunities for seniors to stay socially engaged and emotionally connected. Today, although Mr Koh continues his medical treatment, his outlook on life has shifted. He is more accepting of his circumstances, smiles more, and looks forward to spending time with others. Instead of facing each day alone, he now finds comfort and belonging within **a caring community for seniors**. Mr Koh's journey is a reminder that **active ageing goes beyond physical health**. It is also about emotional well-being, companionship, and knowing that help is always within reach.

This is why **Project ARISE** matters. Through senior support, active ageing initiatives, and a strong community for seniors, Filos helps older adults like Mr Koh stay connected, supported, and hopeful, even in the most challenging seasons of life.

*Because no senior should have to face ageing alone.
Give today and help seniors age with dignity: <https://go.filos.sg/arise2026>.*



PROGRAMME HIGHLIGHTS

Yok Datang Filos Beraya! A Celebration of Living Well, Together

Hari Raya celebrations came alive at **Filos' Active Ageing Centre** on 10 April with 'Yok Datang Filos Beraya!'; a joyful celebration that brought together over **120 seniors** for a day of connection, laughter, and new beginnings. The event also marked a special milestone, as the senior participants were among the first to visit our revamped *Active Ageing Centre* and explore the

newly launched *Gym Tonic* facility. It was a meaningful day, welcoming them back into a refreshed space designed for their well-being.

The afternoon was filled with lively activities, from charades and performances by seniors, to spirited dances by **Bedok Jubilees** from *Thye Hua Kwan Moral Charities*. Dressed in their festive best, selected seniors took to the stage for a fun catwalk, with winners walking away with NTUC vouchers. In his address, **Filos' Executive Director, Mr Joseph Eio**, reflected on Hari Raya as a time of gratitude, forgiveness, and strengthening community bonds. He shared Filos' belief that growing older should not mean growing alone, but instead be a season where seniors remain active, connected, and purposeful. Highlighting the refreshed Active Ageing Centre and Gym Tonic as intentional spaces created for seniors to gather, care for their health, and support one another, he also shared hopes of reaching even more seniors in Chai Chee in the years ahead, so that all can age well in place with a strong sense of belonging.

After a hearty festive lunch, our seniors left with thoughtfully prepared goodie bags, containing a charming rattan bag filled with festive treats. More than just a celebration, it was a reminder that active ageing is about staying connected, engaged, and empowered so that every senior can continue to live with purpose and joy in the community.

If you would like to volunteer with our seniors, we welcome you to sign up as an [Exercise Facilitator](#) or [Active Ageing Programme Organiser](#) with Filos' Active Ageing Centre today!



PROGRAMME HIGHLIGHTS

Keeping Memories Alive, Through Reminiscence

Since February, Filos' **Care Connect** services have begun the first run of **Reminiscence Circle** for the year, continuing a meaningful programme that brings seniors and caregivers together through shared memories and connection. Each session, attended by about 15 participants, explores familiar themes such as *"My Neighbourhood & Childhood"* and *"My First Home."* Through guided discussions, music, and storytelling, participants are gently encouraged to recall and share moments from their past, creating opportunities for joy, self-expression, and social

connection. Some participants attended alongside their caregivers, making it a shared and meaningful experience.

One participant shared that her husband, who lives with cognitive impairment, “enjoys listening and singing songs,” while she values how the programme offers them “quality bonding time together.” *Reminiscence Circle* is an evidence-based programme designed for individuals at risk of cognitive decline, those with Mild Cognitive Impairment (MCI), or persons living with mild to moderate dementia. Caregivers are also welcome, fostering a supportive space for both individuals and their loved ones.

Mental health support should be accessible to all. Filos continues to reach out through a wide range of CMH services:

- **CREST (Community Outreach Team) Filos @ Bedok & Geylang**, a first-stop touchpoint for emotional support and guidance for individuals 18 years old and above, supporting early detection and intervention.
- **COMIT (Community Intervention Team) Filos @ Bedok** provides intervention through case management and counselling services for individuals with complex mental health challenges.
- **CREST-PDS**, supporting persons with dementia and their caregivers.
- **Care Buddy**, where trained volunteers provide befriending and emotional support.
- **Care Connect**, offering engagement programmes for seniors with mild cognitive impairment or dementia, and their caregivers.

To explore Filos' Community Mental Health Services, register for upcoming talks and events, or access helpful mental wellness resources, please visit:
<https://linktr.ee/filosCS>.



KEY HIGHLIGHT

RHB Singapore x Filos: Empowering Communities Together

At Filos, we believe that meaningful change is never achieved alone. It is made possible through strong partnerships with organisations that not only give, but journey alongside us to uplift the community. This Chinese New Year, we are deeply grateful for our partnership with **RHB Singapore**, whose support has brought both immediate relief and lasting encouragement to the families, seniors, and children we serve in Chai Chee.

As part of their festive celebrations, RHB chose Filos as their charity partner, translating their commitment into action through multiple touchpoints. In January, their support came to life through our *Waves of Blessing* collaboration, where close to \$8,000 worth of household essentials and festive treats were distributed to 650 households. More than 70 RHB staff also volunteered their time, stepping in to pack and distribute the items, a simple yet powerful act of care that reminded many that they are not alone. RHB's partnership also focused on empowering our younger beneficiaries. Through their sponsorship of goodie bags for 15 children and youth, each child received sports items and a festive red packet, encouraging them to stay active and keep trying their best. These were presented following a *Green Spot* enrichment session under Filos' *Project P.E.E.R.*, reinforcing lessons on making responsible choices and building healthy habits.

The partnership culminated in RHB's Chinese New Year Dinner in February, where an incredible **\$188,405** was raised in support of Filos, an amount that will be doubled through Tote Board's grant matching. Adding a special touch to the evening, our children took to the stage to perform a poem, *Garden of Dreams*, sharing their heartfelt thanks with the audience.

More than a season of giving, this partnership reflects what is possible when organisations come together with a shared purpose: to empower lives, strengthen communities, and create lasting impact. We are grateful for this meaningful partnership with RHB Singapore, and are excited to continue amplifying impact together in the years to come!

Are you a corporate looking to amplify social impact in Bedok town?
Check out Filos' [Social Impact Planner](#) to curate opportunities for your organisation!

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, Children, Youth

- [Childminding of children aged 3-6 years old](#)
- [Crochet Instructor for Mums Support Group](#)
- [Green Spot \(Activity Organiser\)](#)
- [Music Workshop Assistant](#)
- [Reading Room \(Special\) - \(Activity Organiser & Storyteller\)](#)
- [The Early Learning Programme \(Volunteer teacher\)](#)
- [Tuition](#)

Community Mental Health

- [Care Buddy](#)
- [Cognitive Stimulation Programme Facilitator](#)
- [Reminiscence Circle Facilitator](#)

Eldercare

- [Active Ageing Programme Organiser](#)
- [Exercise Group Facilitator \(Active Ageing Centre\)](#)
- [Senior Befriender](#)

Skills-based

- [Fundraising & Donor Engagement](#)
- [Graphic Designer for Filos Corporate Brochure](#)
- [Photographer](#)

SG Cares Volunteer Centre @ Bedok

Multi-service

- [SG Cares VC @ Bedok - Adopt a Repair](#)
- [Various Organisations - Haircut Services](#)

Seniors

- [Active Ageing Centres - Befriender](#)
- [Active Ageing Centres in Bedok Town - Community Outreach Volunteers](#)
- [NTUC Health Nursing Home \(Chai Chee\) - Befriender](#)
- [SG Cares VC @ Bedok - Clean & Shine \(House-cleaning for seniors\)](#)
- [SG Cares VC @ Bedok - Medical Escort](#)

Persons with Disabilities

- [St Andrew's Autism Centre - Class Support Volunteer](#)
- [SUN-DAC - Activity Befriender](#)

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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