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## **Building Stronger Communities, Together**



### **MONTHLY HIGHLIGHT**

## **Official Opening of Filos@55: Care Begins @ Home**

Founded in 2004, Filos Community Services is a not-for-profit social service organisation. Focusing on building resilience in the community, we work towards empowering individuals and families to live more fulfilling, meaningful and happier lives.

On 9<sup>th</sup> July 2021, Filos held an official opening for our new office at Blk 55. Housing the SG Cares Volunteer Centre @ Bedok and the newly appointed Active Ageing Centre for Kembangan-Chai Chee, the programme of the opening centred around these two services – that is, Community Engagement and Eldercare, respectively.

Hosting 70 representatives across 30 organisations on our Zoom meeting, we had the honour of having Mr Tan Chuan-Jin, Speaker of Parliament, grace this very special occasion. Speaker Tan, who is also the Advisor to Marine Parade GRC GROs (Kembangan-Chai Chee) commended our two volunteers at the studio, Mdm Chan and Ms Fiona Tay, and all our various stakeholders in their efforts to partner Filos to reach out to our community.

We would like to sincerely thank our various partners and volunteers, past and current, who

have collaborated with us in building a stronger community. If you would like to join us in this journey of strengthening those around us, do drop us a note at [volunteer@filos.sg](mailto:volunteer@filos.sg).



#### PROGRAMME HIGHLIGHTS

## Spotlight on our activity facilitators

Filos Community Services keeps our elderly beneficiaries continually engaged. In the second quarter of 2021, we held a four-session series of talks with Tsao Foundation, where Traditional Chinese Medical practitioners shared health pointers covering a wide range of topics highly relevant to them.

Pulling this off while abiding by stringent endemic restrictions was no mean feat, and could only be accomplished by tweaking the activity format to a hybrid model, where a few participants attend the session physically and other participants attend the session online instead. Volunteers rendering aid in various ways such as assisting with administrative and logistics setup, as well as onsite IT troubleshooting, were critical in ensuring things ran as seamlessly as possible.

We are excited to plan a series of talks, by Bloomberg, about brainpower games in the third quarter of the year too. If you would like to help out as [activity organisers or facilitators](#) for our active ageing programmes, we welcome you to sign up today!



## PROGRAMME HIGHLIGHTS

### Stepping forward for a cause

With the ongoing pandemic, there is no doubt that everyone is trying to cope and adapt. We do not all have the same means and resources to do so effectively though.

For needy families who were finding it difficult to make ends meet, the pandemic has only exacerbated their circumstances. Elderly with limited social connections may feel even more isolated and our children are also faced with the challenges of adjusting to a virtual learning environment.

What is heartening though is how we have also seen many individuals and corporate organisations choosing to come forward to extend their help in this time of need.

One of the ways in which corporate organisations can help out is through Filos' **Adopt a Block** initiative which seeks to relieve the financial load of residents staying in rental blocks in Bedok town. As the name suggests, we encourage corporate organisations to adopt a rental block through sponsoring and distributing care packs for residents living in these blocks.

By taking that first step, your organisation can make a very tangible difference in the lives of many beneficiaries. Explore opportunities like this with Filos by contacting us at [volunteer@filos.sg](mailto:volunteer@filos.sg) today.



#### STORY OF THE MONTH

## Learning in the new norm

When the Covid-19 pandemic struck, many schools transitioned to virtual home-based learning (HBL) which required students to use technological devices to access classes.

However, for Primary 6 student, Alisha\*, this proved to be a significant road bump in her studies due to the lack of technological resources, such as a laptop and stable internet connection at home. Similarly, fellow Primary 6 student, Billy\* also faced difficulties transitioning to HBL, having to share one laptop with his other siblings.

Both students are part of Filos Community Services' Tuition programme and are bright and enthusiastic learners. When our staff learnt about Alisha's plight, a donated laptop and stable internet was secured for her. Both children, in their PSLE year, were also identified for the **TCher Online Sponsorship Programme**.

At TCher Online, former MOE teachers help support students from Primary 4 to Secondary 2 in their studies. With its live-streamed online classes and video playback capabilities, students are able to learn in an interactive environment. Parents can also meet the teachers weekly to discuss their child's progress.

With Filos' support, Alisha and Billy have benefitted much from their TCher Online classes. "I enjoy learning from TCher Online and it is very helpful for me. I'm getting better and improving and I feel supported when I learn. Thank you to TCher Online and especially to Filos for sending me", says Billy.

Parents have also found the programme to be helpful, as highlighted by Alisha's parents, "My child always looks forward to these lessons. I would like to thank the teachers for teaching my child."

\*Our clients' names have been changed to protect their identities.

## 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.”**

- Winston Churchill

### Filos Community Services

#### Regular

- [Activity Organiser/Coordinator \(Active Ageing Centre\)](#)
- [Buddy/Befriender \(Active Ageing Centre\)](#)
- [Befriender for More Than Friends Programme](#)
- [Malay-speaking Befriender for Mothers \(Filos Mothers' Group\)](#)
- [Mentor/Befriender for Children & Youth](#)

#### Volunteer Recruitment Talks

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

### SG Cares Volunteer Centre @ Bedok

#### 1. Eldercare

#### Ad-hoc

- [Moral Seniors Activity Centre \(Kaki Bukit\) - Handyman](#)
- [NTUC Health \(Heartbeat@Bedok\) - Activity Coordinator/Facilitator](#)
- [NTUC Health \(Fengshan\) - Activity Coordinator/Facilitator](#)
- [NTUC Health Nursing Home @ Chai Chee - Activity Coordinator/Facilitator](#)
- [Lions Home For The Elders - e-Volunteering/ Pre-recorded Video Production](#)

#### Regular

- [Goodlife! Bedok - Phone Befriender](#)
- [THKMC CS - Bedok CAN Carer](#)
- [NTUC Health Nursing Home @ Chai Chee - Befriender](#)



## 2. Persons with Disability

### Ad-hoc

- [THK Home for The Disabled @ Eunos - Virtual Activity Coordinator/Facilitator](#)
- [MINDS - Virtual Activity Coordinator](#)

### Regular

- [MINDS - Me Too! Club, Art & Craft](#)
- [MINDS - Me Too! Club Excursion](#)
- [MINDS - Me Too! Club Trek](#)

## 3. Children & Youth

- [VOX - Activity Engagement](#)

[\*\*Volunteer with Us Today!\*\*](#)

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### **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!\*\*](#)

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**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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