



**Building Stronger Communities, Together**

The graphic features the Filos logo at the top center. Below it, the text 'RUN FOR Resilience' is displayed, with 'RUN' in orange, 'FOR' in blue, and 'Resilience' in a dark red script font. A paragraph of text explains the campaign's goal: 'This campaign aims to build the resilience in our seniors and their caregivers to be able to thrive in spite of physical, financial or emotional challenges they may be facing.' To the left, a woman in a pink top and black leggings is shown. To the right, a man in a grey and blue athletic outfit is shown running. In the center, a QR code is displayed with the Filos logo in the middle. To the left of the QR code, a green box contains the text 'OUR TARGET: \$150,000'. To the right of the QR code, the text 'SCAN THE QR CODE TO FIND OUT MORE!' is written in orange, with an orange arrow pointing towards the QR code.

**MONTHLY HIGHLIGHT**

## Run for Resilience!

*"If you want to run fast, run alone. If you want to run far, run together." – African proverb*

Filos Community Services recently launched the "Run For Resilience" fundraising campaign to gather support from our community to help seniors and caregivers in need!

When faced with the challenges of ageing, research has shown that staying socially connected and physically active can help enable seniors to live their silver and golden years happily and meaningfully. At Filos, we hope to help prevent and reverse physical and cognitive frailty in our seniors through our Active Ageing Programmes and Befriending services.

For their caregivers, we see them bearing the weight of caring for their ageing loved ones, in addition to the many other responsibilities they shoulder. Many are exhausted and overwhelmed. As such, Filos also provide resources and services to help caregivers facing burnout find respite

and support.

Individually, we can only do so much. Thus, we are calling upon the community to help us build resilience in our seniors and their caregivers- to enable them to thrive in spite of their physical, financial, or emotional challenges. To run further, let us run together as one community!

For this campaign, you may choose to **donate directly** or **run to raise funds** for our beneficiaries! For more information on getting started, click on <https://linktr.ee/filoscsfundraising>.

**Donate to help seniors and caregivers!**



## PROGRAMME HIGHLIGHTS

### Take Flight: "Start Small, Dream Big"

On 7th July, we had over 30 participants from 20 corporates joining us in our first ever physical corporate networking session since the pandemic.

In the cosy space sponsored by imPAct@Hong Lim Green, we had the honour of having CSR leads from CrimsonLogic, Gojek and Kleen-Pak share about their journeys in their respective companies. While there were many insights on how to seek management and staff buy-in for CSR initiatives, there were also honest sharing of projects that were not as successful and their key learnings – “start small, dream big”.

Our roundtable discussions had participants sharing about their challenges and best practices when kickstarting their CSR journey. To conclude the fruitful session, Speaker of Parliament, Mr Tan Chuan-Jin, also shared about “Why” and “How” to do CSR through a pre-recorded video.

If you are from a corporate organisation keen to explore CSR projects, write in to [volunteer@filos.sg](mailto:volunteer@filos.sg) to find out more!



### PROGRAMME HIGHLIGHTS

## Empowering our HAPPY Volunteer

**“I am a happier person since I started volunteering.** Now that my kids are older, it can get boring staying home alone. Volunteering gives me the chance to exercise with the seniors and see them improve in strength and confidence overtime – it is very fulfilling!” Xiang Xiang, our volunteer with Filos’ HAPPY exercise programme, shared.

While we all know the efforts of volunteers can go a long way in helping beneficiaries, what is less often spoke of is how volunteers do find themselves benefitting from the experience too.

Xiang Xiang, who has volunteered with Filos for 5 years, was recently nominated for and **completed the HAPPY Certification Programme to take on the role of a volunteer leader with Filos.** The course not only upskilled her, it also empowered her to take the lead in designing the routines.

“Nowadays, I also spend time researching ways to switch up the exercise routines so the seniors continue to feel cognitively engaged,” Xiang Xiang shared excitedly.

To those who may feel they are too old for volunteering, Xiang Xiang who is in her 50s espoused the cause of volunteerism, “Age doesn’t matter when it comes to volunteering. What matters is a volunteer’s love and passion to serve.” Before you know it, you may realise you have gained as much as you have given along the way too.

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### STORY OF THE MONTH

## For Youths, By Youths - Empowering young beneficiaries

Have you heard of **Area38**? This is the new name our youth beneficiaries brainstormed for Filos' youth mentorship programme! Through regular interactions with our committed volunteers, Area38 aims to provide youths from underprivileged households with support and guidance to build their resilience in facing life's challenges.

That is not all! 3 of our empowered youth beneficiaries also stepped up to the challenge of organising a Snow City outing for their peers during the June holidays- **an outing truly for youths and by youths**. They took on different roles and played to their strengths, with some planning the itinerary and others designing the publicity materials.

One of our youth leaders is 13-year-old Areeqah who has always had an interest in art and helped design the poster for the outing. "Initially, I was worried but the entire process turned out to be better than what I expected. It was enjoyable and not as stressful as I thought. Through this experience, it taught me the importance of being a team player. I also learned about being receptive to others' opinions as well. As everyone has their own opinions, it is important to ensure that they are heard," Areeqah shared.

At Filos, we believe in empowerment and in building our beneficiaries up so they can also feel confident to share and contribute. If you would like to be part of this journey as a volunteer/donor/sponsor, we welcome you to drop us a note at [volunteer@filos.sg](mailto:volunteer@filos.sg)!

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### 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

A promotional graphic for the Filos SG Cares Volunteer Centre @ Bedok. It features the organization's logo on the left, which includes the word 'filos' in a stylized font, a red circle with 'SG' inside, and the text 'Cares Volunteer Centre @ Bedok'. To the right is a large blue circle containing the white Telegram paper plane icon. Below the logo, the text 'WE'RE ON TELEGRAM!' is written in large, bold, black letters. At the bottom, a blue button contains the URL 'https://t.me/BedokVC' in white text.

### Filos Community Services

#### Family

- [Reading Room Storyteller](#)

#### Eldercare

- [Activity Escort](#)
- [Wellness Escort](#)
- [Activity Organiser \(Active Ageing Centre - AAC\)](#)
- [Activity Facilitator \(AAC\)](#)
- [Senior Befrienders](#)
- [Senior Tele-Befrienders](#)

#### Skills-based

- [Drivers for Ad-hoc Collections](#)

#### Volunteer Recruitment Talks

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

SG Cares Volunteer Centre @ Bedok

## Family

- [ComLink Bedok - Family Befriender](#)
- [M3 - Project Dian](#)

## Multi-service

- [Various organisations - Meals On Wheels](#)
- [SG Cares VC @ Bedok - Adopt a Repair](#)

## Seniors

- [LC Nursing Home - Befriender](#)
- [THK Bedok Radiance AAC - Befriender](#)
- [NKF - Dialysis Centre Volunteer](#)
- [SG Cares VC @ Bedok - Medical Escort](#)
- [EOT- Community Telehealth Service](#)
- [SGO - Silver Generation Ambassador](#)

## Persons with Disabilities

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

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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