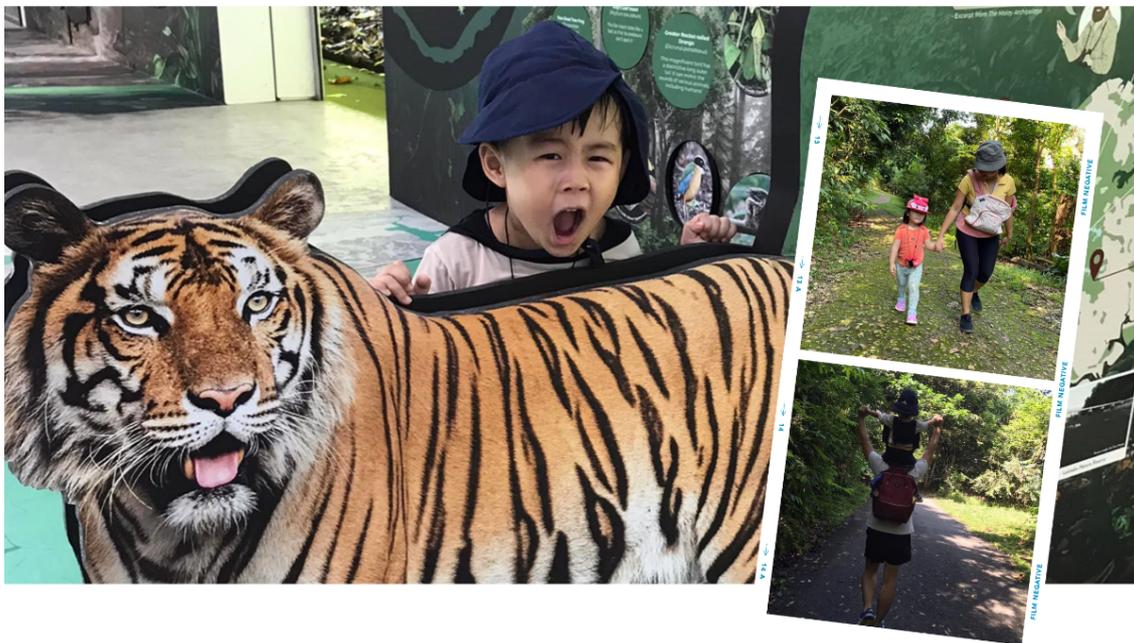




Building Stronger Communities, Together



MONTHLY HIGHLIGHT

Your Gift Goes On!

As we approach the season of giving, are you wondering how you can give back to the community? Our colleague, Intan, brought her kids on this journey to do good recently by walking to fundraise for Filos beneficiaries! This is part of the mini fundraiser that Filos staff has started and you can follow our journey here too: <https://bit.ly/FilosFB-WalknGive>.

The funds raised will contribute to our 'Gift Goes On' campaign and go towards helping the following groups of beneficiaries: **families affected by food insecurity, seniors facing loneliness, and children from low-income families to become school ready.**

There are different ways you can contribute: 1) You can use your skills, hobbies, or talents to **start a mini fundraiser** (like what our staff did) and garner donations from your friends and family or 2) you may also choose to **donate directly** to our fundraiser here: <https://bit.ly/FilosGiftGoesOn>.

Keen to start a mini fundraiser? Find out more about how you can go about doing so at <https://linktr.ee/filos.sg.gift>.

Let us come together to bring cheer and joy to the community. Every dollar counts, every dollar helps - let your gift go on to bless others in the community!

Donate Today!



PROGRAMME HIGHLIGHTS

Adopt-a-Repair: Making a difference with skills-based volunteerism

Tracy's volunteering experiences took a pause upon news of her pregnancy. Nevertheless, she never forgot the fulfilment that came from helping and empowering others. This motivated her to look into cultivating the value of giving among her staff at Howdyman, a company that she and her husband had set up.

Working together with Filos, the Adopt-a-Repair project came into fruition. Howdyman's staff volunteer their repair services during their working hours to residents living at rental blocks. In rendering practical help to needy families whose homes are usually not in the best state, Howdyman's staff were able to hone their skills and creatively adapt solutions for each situation. For example, a brand-new tap design formerly unsuitable for one household was put to good use for an Adopt-a-Repair beneficiary who had a leaking tap at home.

Howdyman's foray into skills-based volunteering demonstrates the impact volunteering can have on both the company and beneficiaries. If your organisation is keen to explore skills-based volunteerism, do reach out to us at volunteer@filos.sg!



PROGRAMME HIGHLIGHTS

Listening with the heart: Helping with a client's stroke recovery

“Initially, she slurred her words and it was difficult to make out what she was saying. But slowly and surely, she made great improvement. She started speaking words, then short sentences. Instead of feeling frustrated, she is now a happier person,” April Yap, a senior befriender at Filos, shared about the stroke recovery journey she has seen in one of her befriendees.

What April was too humble to share though was the significant role she played in helping our beneficiary, Mdm Ang*, reach such recovery milestones.

As Mdm Ang struggled with the frustration of not being able to express herself well, April was there with her every step of the way, patiently listening and practising with her while encouraging her to not give up. Despite being limited to tele-befriending, due to the covid restrictions, the impact on Mdm Ang was evident. “Now, she can even laugh during our conversation, which really encourages me,” April added with a heartening smile.

On some takeaways that she would like to share, she spoke of the importance of being sincere and patient, “Set aside time to volunteer and be willing to hear them. Take notes about what they say, and follow up in the next call. When you reach them with sincerity, they will appreciate it.”

Our volunteers all contribute in their own way to better our clients' lives. If you would also like to explore volunteering opportunities with Filos, do check out <https://www.giving.sg/filos-community-services>.

**The client's name has been changed to protect her identity.*



STORY OF THE MONTH

A little effort goes a long way

With some time in between jobs, Ruth had some spare time on her hands. That was when her friend, Christine, suggested doing some baking to bless the community. Rallying support from their friends, they gathered 9 mummies and their children to come together for this baking project.

The first bakeout with Filos was carried out in May 2020 during the Circuit Breaker. Each mum and their children did the baking in their own homes and coordinated to pack and deliver the goodies to the beneficiaries at Filos. Since then, the team has continued baking goodies for our clients on an ad-hoc basis.

Earlier this year, when Christine learned that Filos serves a group of mothers from disadvantaged backgrounds, she was spurred to bake cakes for their birthdays as a way of letting them know they are appreciated. She recalls receiving a photo of a mother and her 4 children smiling so excitedly, surrounding the cake she had baked. Christine thought, "Wow! My small cake is barely enough for this family, yet it has been such a big blessing for them!"

Ruth echoes this perspective that simple efforts can bless others, and when you do so with a group of friends, the blessings are multi-fold. She also pointed out that the whole experience did not just benefit the clients, but the mums and children had fun coming together to turn their hobby into something that brings joy to others.

If you are inspired to bless our community with your talents, please write to us at 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



Filos Community Services

Eldercare

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

Skills-based

- [Drivers for Ad-hoc Collections](#)
- [Volunteer Digital Marketer \(Fundraising\)](#)
- [Volunteer Fundraiser](#)
- [Videographer for Promotional Video](#)

Volunteer Recruitment Talks

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

SG Cares Volunteer Centre @ Bedok

1. Eldercare

Ad-hoc

- [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

- [HCA Hospice Care - Vigil Angel Project](#)
- [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

- [SPD@Bedok - EIPIC Teacher](#)

3. Family, Children & Youth

Ad-hoc

- [VOX - Activity Engagement](#)

Regular

- [SSO@Bedok - Family Befriending](#)

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!

Filos @ 55

55 Chai Chee Drive #01-222
Singapore 460055

T +65 6241 1503 | **F** +6242 6039

Filos @ 38

38 Chai Chee Avenue #01-177
Singapore 461038

T +65 6242 5978 | **F** +6242 6039



Copyright © 2021 Filos Community Services Ltd, All rights reserved.