



Building Stronger Communities, *Together*

**Expressing
Gratitude:
Saying "Thank
You"
the IDOP way!**

25 SEPT — Organised by RSVP Singapore, the International Day of Older Persons (IDOP) is celebrated yearly worldwide. The aim is to allow seniors to express their gratitude towards their caregivers and the people in their lives. In conjunction with the STEP OUT programme, our seniors spent some time penning down their thoughts and expressing gratitude towards the people who have taken care of them. Regardless of age, it is important that we continue to give thanks and appreciate those who care for us!

Among them are two friends, Chan Soon Yow and Wan Yoke Ching, who have been friends ever since they



were around 10 years old. They are also neighbours within the same block. They have been encouraging each other to participate in Filos' activities since 2018 and are very grateful to each other's companionship!

To find out more about Filos Eldercare programmes, visit our website at www.filos.sg/services-eldercare



PROGRAMME HIGHLIGHTS

Forging Ahead: Getting Corporates Onboard with Community Building!

6 SEPT — In collaboration with SBFF, Filos Volunteer Centre hosted its inaugural Corporate Engagement Session that brought together the Social Service Agencies, corporates and stakeholders to share insights on the volunteering landscape, needs and opportunities in Bedok Town. We are excited to see meaningful conversations taking place during the group discussions and look forward to more corporates stepping up as champions in the corporate giving

movement!

19 SEPT — After last year's memorable volunteering experience, Intel has returned to volunteer with Filos for the second time! 14 Intel staff volunteered their time on a workday to visit 24 households and gifted each of them fresh fruits such as peaches and kiwis! They also engaged the elderly in hands-on activities in the comfort of their homes. Despite some initial language barriers, it was heartwarming to see everyone bonding well with one another.

How would you like to introduce giving back to your community to your colleagues? Let us know! Contact Denise at denise@filos.sg to discuss your ideas.

RockVenture with Credit Suisse, Big Heroes & Boys' Town Adventure Centre

12 SEPT — As part of Filos' Children Enrichment Programme, our kids were treated to an adventurous day of rock climbing with staff from the Credit Suisse, organized by Big Heroes and held at Boys' Town Adventure Centre. The aim is to engage the children during the school holidays with healthy activities that promote social interaction, community involvement and character building.

Adults and kids broke the ice with introduction and creative handshakes, then grouped into two teams for the climb. Despite the rocky start, the children learnt to scale new heights through courage and teamwork. Zealous cheers and close mentorship from the adults spurred the children to climb higher at every turn — even when blindfolds came on in round 2.

It ended with high-fives, cheers, and new achievements; including our own spider- boy, accomplishing the most climbs of the day! Thank



you Credit Suisse, Big
Heroes and Boys' Town
Adventure Centre for the
rockin' afternoon!



STORY OF THE MONTH

Educating our Next Generation through Empathy and Football

Wen Lin started dedicating her time to Filos' tuition programme two years ago and it opened her to a world that she was not exposed to in her middle-class background.

One day, she discovered that a student was having difficulty concentrating because he did not have anything to eat for that day. From then on, she made a decision to learn more about the lives of her students. She also learnt and grew to be more empathetic of so called "bad" behaviour...

[Read More](#)

UPCOMING EVENTS

Join us at these events!

[Oh Happy Day! Community Event](#)

22 October . 10.00am-12.00pm . Filos Community Services (Blk 55)

[Training Workshop for Befrienders](#)

26 October . 8.30am-12.30pm . Kampong Ubi Community Centre



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.”

Filos Community Services

- [Befriender for More Than Friends](#)
- [Befriender for CBP Programme](#)
- [Monthly Bread Distribution](#)
- [Little Sprouts Reading Teacher](#)
- [Medical Escort](#)
- [Happy Programme Activity Facilitator](#)
- [Graphic Designer](#)
- [Nutritionist](#)

Bedok Town

- [APSN \(Association for Persons with Special Needs\) Katong School - Event Assistants/ Facilitators for Special Needs](#)
- [GoodLife!@Bedok - Befrienders for Elderly](#)
- [Malay Youth Literary Association \(4PM\) - Mentors/ Partnerships/ Fundraising for Children & Youth](#)
- [Moral Seniors Activity Centre \(Kaki Bukit\) - Befrienders \(Elderly\)](#)
- [Moral Seniors Activity Centre \(Kaki Bukit\) - Handyman \(Elderly\)](#)
- [SUN-DAC \(Tampines\) - Futsal Assistant Trainer \(Special Needs\)](#)
- [SUN- DAC \(Island-wide\) - Volunteer Driver \(Special Needs\)](#)
- [SUN- DAC \(Bedok South\) - CIRCLES \(Special Needs\)](#)
- [SUN- DAC \(Bedok South\) - BUDDIES \(Special Needs\)](#)
- [Various Organizations - Medical Escort/ Chaperone for Elderly](#)

Volunteer with Us Today!

DONATE

Giving Hope to the Community through Giving

If you believe in our cause and would like to further our efforts in reaching out to the community, do [donate now!](#)



About Filos

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

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